

Conclusions: Because singing psychology is affected by the changes of external things, it restricts singing physiological activities. How singers can control singing psychology under any circumstances, not affected by external factors, so that singing can be brought into normal play, psychology can achieve self-control and emotion can be self-regulated, which are very important in examinations, performances or competitions. The normal play mainly depends on the usual training, but in the examination, competition and performance, we should enter self-regulation, believe in ourselves, firmly believe in the basic methods of usual training, psychologically establish confidence, cheer up and adjust our mood. The activity of this psychological state will stimulate the positive activities of singing physiology and make the activities of physiological function serve the psychological activities.

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THE INFLUENCE OF YOGA TEACHING ON COLLEGE STUDENTS' PHYSICAL AND MENTAL HEALTH

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Background: Yoga can make people feel the true meaning of life in a calm state. It is a popular sport. Yoga also has strong aesthetic characteristics. It integrates fitness and art, and creates a new form of fitness. Long term yoga exercise can not only achieve the purpose of self-cultivation, but also cultivate sentiment and purify the soul. Yoga teaching in Colleges and universities is of great significance. It can enrich college sports, mobilize students' enthusiasm to participate in physical exercise and improve students' physical quality. In addition, through yoga practice, college students' body and mind can be relaxed and their pressure can be relieved, which can promote the formation of College Students' healthy psychology. Yoga teaching has a positive impact on the physical and mental health of college students. Therefore, colleges and universities should include yoga teaching in the basic physical education teaching content, promote the all-round development of students and promote the continuous progress of yoga teaching.

Subjects and methods: Yoga is a popular sport nowadays, which has a significant effect on the overall promotion of people's physical and mental health. Yoga is a sport integrating music, dance and fitness. It is loved by people, especially women, because of its unique charm. In recent years, many colleges and universities in China have also set up yoga courses to improve students' physical quality and cultivate students' awareness of lifelong sports. Yoga teaching in Colleges and universities can not only make students achieve the function of strengthening their body, but also cultivate students' sentiment and promote the formation of students' healthy psychology. It can be said that yoga teaching in Colleges and universities has a positive impact on College Students' physical and mental health. This paper discusses the embodiment of the impact of yoga teaching on College Students' physical and mental health.

Results: Based on all the above contents, from the change of indicators in various dimensions, the change of indicators improves the beauty of the body. The purpose of weight loss can be achieved by consuming a lot of heat energy through exercise. After half a year, the vital capacity of female college students has increased, the quiet heart rate has decreased, and the systolic and diastolic blood pressure have decreased, showing very significant changes. The results of forward flexion in the back seat were improved, the grip strength was increased, and the number of sit ups in one minute was increased, showing a significant change. The time of standing with eyes closed and one foot increased, showing a very significant change. The standing long jump performance has improved, and the 800 meter running time has decreased, but it does not show significant changes.

Conclusions: Yoga is deeply loved by college students with its unique charm, and more and more college students participate in yoga learning. Yoga teaching in Colleges and universities has a positive impact on College Students' physical and mental health. Yoga can help college students shape a good body shape and improve their body shape. Yoga can improve the physical function level of college students, and yoga can improve students' flexibility and balance.

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RESEARCH ON AFFECTIVE DISORDER AND COUNTERMEASURES BASED ON THE ACCEPTANCE OF TWO COURSES EDUCATION

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Background: The acceptance psychology of Two courses education is a psychological phenomenon occurring in the acceptance activities of Two courses education. It is the general name of various psychological phenomena in the activities of reflecting, selecting, understanding, explaining, integrating, internalizing and externalizing the receiving object of Two courses education under the influence of the environment and driven by their own needs. In the activities of Two courses education, we should fully consider the psychological characteristics of the receiving subject, follow the psychological laws in the receiving process, and combine the contents, methods and methods of Two courses education with the laws of people's psychological activities, so as to make the information of Two courses education receive effectively and make the Two courses education more vitality.

Subjects and methods: In the fusion of psychology and ideological and political pedagogy, starting with the analysis of relevant research literature at home and abroad, this paper will analyze the psychological phenomena in the acceptance activities of Two courses education under the background of modern Two courses education. The reception psychology of Two courses education is a complex psychological system, in which needs, emotions and cognitive psychology are the three most basic and important psychological components. This paper will reveal the connotation, characteristics and obstacles of the acceptance psychology of Two courses education, and strive to tap the relevant theoretical research results in the field of psychology. This paper makes a systematic and in-depth study on the needs, cognition and emotional psychology in the acceptance process of Two courses education. This paper explores its influence on Modern Two courses education, analyzes the structure and law of acceptance psychology of Two courses education, and puts forward the optimization strategy of acceptance psychology of Two courses education.

Results: In recent years, facing the problems in Two courses education, scholars have begun to re-examine and study Two courses education, and there is a combination of Two courses education and psychology to explore the psychological phenomena, psychological problems and psychological laws in the process of Two courses education. This paper holds that the formation of people's thought and behavior is inseparable from psychological function. Only by following the people-oriented thought, fully considering people's psychological characteristics, mastering the law of people's psychological activities, and combining the content, methods and methods of Two courses education with the law of people's psychological activities, can Two courses education have more vitality.

Conclusions: At present, the research on the reception psychology of Two courses education is still a new topic to be discussed in depth. The discussion of this paper in this field is just the beginning, which needs to be continuously improved and deepened in the future research process. The shortcomings of this paper are as follows: first, the mining, generalization and refining of relevant research data at home and abroad are not deep enough; Second, the depth and breadth of research are not enough. The reception psychology of Two courses education has a complex structural system and function. The combination of psychology and Two courses education still needs to achieve a real and deep blending. Only in this way can we guide the construction of psychological theory and practice system of Two courses education at a higher level.

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ANALYSIS ON THE ROLE OF HOST'S TENSION COUNSELING IN BROADCASTING PROFESSION

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Background: In today's society, there are many kinds of media, the most important of which are radio and television. This is not only in line with the growing cultural needs of people in the early stage of socialist society, but also in line with the law of economic development followed in the process of social development. It is precisely because of the expansion of audience groups that the challenges and tests