

well as provide consumers with a higher quality of service level, ensure the economic benefits of enterprises. The psychology of the consumer should be integrated into the current marketing education in all schools, and psychological education should be incorporated into the various competencies in marketing education to enhance the overall ability of students.

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INTEGRATING STRATEGIES OF MORAL EDUCATION AND PSYCHOLOGICAL HEALTH EDUCATION IN COLLEGES AND UNIVERSITIES

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Background: In the context of the development of the times, the pace of people's life is gradually accelerating, and the society's thirst for talents is constantly increasing. This has further increased the pressure on people at work, and more and more people have problems with their mental health. In addition, there is a certain difference between moral education and psychological education in colleges and universities. The former is based on ideological theory and regulates people's thoughts and behaviors, while the latter is inclined to the development of mental health, using special methods to guide students to learn how to vent bad emotions and reduce the impact of emotions on oneself and on development. The organic combination of the two is very important for social progress and personnel training.

Objective: College students are an important part of the country's future development and progress. Therefore, colleges and universities should pay more attention to moral education and psychological education in the process of setting subjects, and further use methods and theories to help students relieve pressure, so that when students enter social work, there will be no problems with mental health. On the one hand, my country is still in the stage of development, and the demand for talents is more serious. Talents not only need professional ability but also a high level of quality and anti-pressure ability. The integration of moral education and psychological education is conducive to the cultivation of high-quality life for students. Views, values, and worldviews, and guide students to progress in the right direction. In addition, moral education in colleges and universities is more to guide students' behavioral norms, while psychological education is to promote students' self-disclosure of negative emotions in a scientific form. The two complement each other's advantages. Only through organic integration can we meet the needs of social development and talent training need.

Subjects and methods: This article will focus on the content and strategy of moral education and psychological education in colleges and universities, so as to create conditions for talent training and social progress in our country. In the study of psychological education and moral education in colleges and universities, it is proposed to cultivate students' comprehensive ability from the following aspects: First, enhance the quality level and professional ability of teachers. The main body of education is teachers. Teachers play the role of leaders in the classroom, which can lead students to train and cultivate their thinking. Therefore, if you want to further improve the integration of moral education and psychological education, teachers need to increase their focus on the two learn. In addition, instructors are the group that college students have the most contact with. It is an important role in the psychological counseling of college students. Students spend a very long time in school. In this process, teachers should give full play to their role to help students build good morals and qualities and improve their comprehensive ability. In specific work, it is necessary to actively study mental health knowledge, find out the common points between psychological education and moral education, and then promote the organic combination of the two. Second, the construction of campus culture is an important part of promoting the all-round development of students. Campus construction can create a good atmosphere for psychological education and moral education. Therefore, school administrators should create a unique learning environment based on actual needs. Third, it is necessary to establish a psychological counseling studio. At this stage, there is a shortage of psychological resource experts in my country. Many school staff are played by teachers or administrators. Because these people intersect with students in their daily learning and life, the student union Conflict will arise, which will weaken the effect and significance of the psychological counseling

work and make it difficult to play its role. Therefore, in daily work, teachers need to help students with psychological counseling as their own responsibility, pay more attention to the talents of psychological counselors, and use regularly held lectures to provide a good platform for students' psychological counseling, so that students can relax more discuss your difficulties in learning, life and interpersonal communication. Teachers should look at problems from the perspective of students, help students change their thinking, and enhance their self-confidence. Fourth, family is very important to students. The family of origin will even affect the subsequent development of students. Many unexpected events in society are caused by the family of origin. Therefore, in the process of integrating moral education and psychological education in colleges and universities, it is necessary to increase the understanding of students' families of origin and combine specific Situation analysis of students' behavior and ideological construction.

Result: Schools are required to cooperate with parents to effectively provide students with a good family atmosphere, so that students can feel family affection and relieve the pressure of life in the subtle process. In addition, the school can establish a parent committee to provide parents with some knowledge materials on a regular basis, so that parents can correctly guide their thoughts and behaviors in the follow-up work of students, relieve pressure, and create a good environment for students' all-round development.

Conclusion: In the process of practicing the above strategies, it is found that it can effectively meet the needs of the society for talents and further promote the all-round development of college students. It can be seen that the following conclusions can be drawn: in the follow-up work, the university should increase the integration of moral education and mental health education, help students establish a correct ideology, and lay a good foundation for the follow-up social life. In addition, it is necessary to pay more attention to students' thoughts in daily work, so as to improve the comprehensive quality of college students.

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OVERCOMING NERVOUSNESS ON THE IMPORTANCE OF IMPROVING THE MUSIC PERFORMANCE SKILLS

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Background: Music psycho-pedagogy is an emerging course that focuses on the psychological activities of people in music education from a psychological perspective. This includes, among other things, the psychological activities (Tension, anxiety and psychological disorders) of students as they learn to perform music. According to research, students' psychological activities have a significant impact on music performance skills, and this impact is gradually increasing. Therefore, in the process of music appreciation, teachers must provide the right guidance to students' psychology (Tension, anxiety and psychological disorders), so that they can identify certain psychological rules and engage in guiding educational activities.

In recent years, with the continuous reform of the education system, many universities in China have gradually begun to attach importance to music education, and continue to move towards a connotative development. In order to conform to the current concept of music education in colleges and universities and to meet the needs of the music education model, many colleges and universities pay great attention to the guidance of the psychological aspects of students. The Encyclopaedia of Music and Dance has a clearer explanation of music education psychology, stating that music education psychology is used to study the psychological activities of people in music education, and that it is the use of psychological methods and theories to study the interrelationship between music and various psychological imaginations of human beings, and to accurately find out the regularity of existence. The psychology of music education is based on psychology, while combining theories related to biology and physics. Through continuous psychological guidance, the student's inner activity is smoothed and the student's skills in music performance are eventually improved gradually.

Objective: The importance of musical performance skills is evident in music education. It often reflects a student's level of musical attainment and also implies a different depth of education. Through a