

**Result:** The concept of intonation does not appear at the outset, but is acquired only through long periods of training or through professional technical training.

By strengthening the sight-reading aspect, students can enhance their mastery of the various instruments and grasp the spatial sense of each movement in the performance process. For example, the distance between each key on the piano and the pitch of each note on the violin. Students develop a unique physiological memory for each instrument, which allows them to automatically generate accurate responses during performance, thus improving their playing skills.

As part of the relaxation process, it is appropriate to allow some, but not all, of the muscles to become tense when the student has completed a particular movement. If the whole body is tense, there is a certain amount of internal resistance and a certain amount of mental fatigue. Ultimately, this affects the sensitivity of the student's movements and the coordination of the body. Therefore, during the relaxation phase, students' muscles need to be given the opportunity to relax and rest in order to lay a good foundation for subsequent performances.

In order for students to perform more fluently and completely, they need to develop their mental activity and be given more opportunities to perform, and to help them stabilize their emotional state of mind before they go on stage, so that they can find their usual training. This will not only help the students to relax, but will also help to harmonies their physiological functions and avoid any nervousness that could lead to incomplete performances.

**Conclusion:** In conclusion, a deeper understanding of music psychology has been achieved through a specific presentation of music psychology. Students are often influenced by their inner emotions in the performance process, resulting in many negative emotions that can lead to serious psychological disorders. This is why it is important to strengthen the intonation training of students to help them gain a better sense of musicianship. Training in sight-reading is also needed to improve mastery of the instrument. Teachers need to provide students with the right psychological guidance to help them relax and reduce their tension. This will ensure that the performance process is more complete and fluid, ultimately enhancing the students' musical performance skills and promoting their overall development.

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## THE COMMUNICATION STRATEGY OF RED SPORTS SPIRIT BASED ON THE AUDIENCE'S MENTAL HEALTH

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**Background:** In the context of social development, the dissemination of the red sports spirit mainly relies on the propaganda and introduction of words. The red sports spirit is the ideology summed up by party in sports activities in the 1930s. Someone once pointed out: "We must strengthen training, play field exercises well, exercise well, and then overcome the enemy's encirclement." At this stage, the red sports spirit not only helps the army to improve its combat effectiveness, but also promotes the ideological training of young people, so that they can form an inner spirit of tenacity, tenacity, self-improvement, and hard work.

**Objective:** The red sports spirit provides the foundation for country's path of socialism with Chinese characteristics. In the past, due to the backward economic level, many sports venues and equipment were relatively rudimentary, and it was difficult to meet the conditions for sports activities, which also seriously hindered the practice of the red sports spirit. Today, in order to further promote the development of socialism with Chinese characteristics, it is necessary to further increase the spread of the red sports spirit. However, in the specific work, because the form of communication does not satisfy the audience's mental health, the communication effect of the red sports spirit cannot achieve the expected effect. This is because young people mainly use the form of network communication to understand the content, and this form of text push is not suitable for the promotion of the red sports spirit, and does not meet the needs of the audience's mental health. In addition, from the point of view of information dissemination, the promotion of sportsmanship needs to go through more than two codings. On the one hand, it needs to use pictures and texts for publicity, and on the other hand, it needs to deepen the content. Really understand its connotation, which also seriously hinders the quality and efficiency of the red sports spirit of dissemination. At the same time, in the context of the rapid development of the Internet, only vivid pictures and delicate text can resonate with the masses. Therefore, in the early editing process, it is necessary to improve the vividness of information as much as possible.

**Subjects and methods:** This paper will focus on the research on the communication strategy of red sports spirit based on the audience's mental health, and propose targeted solutions for the current obstacles in the communication of red sports spirit in my country, so as to improve the social economy, build a cultural power, and promote social development in China. A good foundation has been laid for the further development of ideology. In the context of detailed research, this paper proposes the following development paths: First of all, for the country, it is necessary to profoundly summarize the inner meaning and spirit of the red sports spirit to create favorable conditions for subsequent development. Sports spirit is an important resource for a strong country. Only by using the "higher, faster and stronger" in sports spirit to cultivate young people's thoughts can we cultivate more talents for the development of country. Secondly, from the social level, spiritual cultivation can promote people's subjective initiative, so that people can find the correct route in a complex society. At this stage, the promotion of sportsmanship is no longer only beneficial to the sports industry. The spirit of facing difficulties can also play a very important role in promoting other industries. Finally, for the general public, the construction of a strong sports country is the key to promoting the prosperity of the country. In daily work, we must adhere to the core of improving the "physical health of the whole people", and increase the support for the "Olympic Glory Plan" and "comprehensive construction". The implementation of the plan" will create favorable conditions for my country's all-round development. At the same time, in terms of spiritual propaganda, it is necessary to further expand communication channels. At this stage, with the continuous development of the Internet, platforms such as Kuaishou and Douyin have become important forms for the masses to obtain information. Many bloggers on the platform have more than millions of fans. Therefore, when spreading the red sportsmanship, we should start from this and cooperate with them, so as to break the limitation that mass information is mainly entertainment, and further use mass media to enhance communication. Effect. On this basis, it is necessary to increase the understanding of the popularity of the masses' information, and to strengthen the relationship between the content and the masses themselves as much as possible, so that the masses can practice after understanding the sports spirit, and then meet the inherent needs of sports spirit dissemination.

**Results:** "Involvement in events" can be enhanced in specific work. As a psychological concept, "involvement in events" mainly refers to improving the connection between information and individuals, enhancing persuasion, and enabling the masses to improve their subjective initiative and conscious awareness. Accept relevant information, and the red sports spirit itself has a very positive effect on the physical fitness and physical fitness of the public. The staff can use this as a starting point to introduce some sports activities suitable for the masses, and on this basis, promote the red sports culture spirit.

**Conclusion:** To sum up, propaganda of the red sports spirit based on the cognition of the audience can effectively enhance the dissemination of the red sports culture spirit. At present, in the context of building a well-off society in an all-round way, it is necessary to vigorously promote the sports spirit and use the sports ideology. Cultivate the conclusion that promotes the coordinated development of multiple industries in my country, drives the continuous improvement of social and economic construction, and then creates favorable conditions for the further development of country.

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## **THE IMPACT OF COMPUTER NETWORK TECHNOLOGY ON CRIMINAL PSYCHOLOGY RESEARCH**

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**Background:** Criminal psychology has a strong comprehensive and cross-cutting, set sociology, psychology, prison science and other multidisciplinary knowledge, although China's criminal psychology research history is relatively short, but it has a strong practical application of utility, through the