

Objective: This paper studies the psychological stress of trumpet players during musical performances from the perspective of psychology, as well as the psychological and physiological problems that some players have, so as to propose corresponding scientific regulation methods, improve the physical and psychological qualities of players, enable people to have a deeper understanding of the psychological mechanisms in musical performances, enrich the research on the psychological aspects of trumpet players' musical performances, and provide information for their. The aim is to provide solutions to the psychological problems that occur in trumpet performance, to promote the development and progress of trumpet performance, to improve people's appreciation of art, and to enable players to perform more consistently and carefully.

Subjects and methods: The object of this research is the psychology of musical performance of trumpet players, and the research methods used are survey method, observation method and research method to study and explore the psychology of musical performance of trumpet players.

Result: The study reveals that the psychological study of musical performance is of great significance and provides a variety of bases for the trumpet player to carry out the psychology of musical performance, so that the trumpet player can have a grasp of the psychology of musical performance in performance. This paper is divided into the following sections. The first part introduces the psychology of musical performance and the psychological problems that often occur in trumpet players, as well as the current development of music performance psychology at home and abroad. The second part introduces the psychological problems and manifestations that occur in trumpet players before performance, including the stages of preparation, rehearsal and performance, and explores the trumpet player's memory and the problems and precautions that may arise when mobilising stored memories, and summarises the habits of mind that need to be mobilised when using memory. The third section focuses on the psychology of the trumpet player during performance activities and the manifestations of this psychology. The fourth section focuses on the scientific approach to training the trumpet player prior to performance, as well as the considerations that should be taken into account during performance.

Conclusion: The first stage is due to inadequate preparation and unfamiliarity with the performance environment. The trumpet player should increase practice and overcome this psychological pressure and anxiety by rehearsing several times. This stage is less severe and can be solved in a number of simple ways, such as through psychological suggestion and encouragement from outside. The second stage is more serious, where some players may have other physical manifestations of psychological problems, such as increased blood pressure, increased heart rate, or even slowed brain response, breathing disorders, and reduced hearing and visual abilities, which are not really physical, but can have a serious impact on the performance. The trumpet player will need to be given psychological support so that he or she can quickly adjust to the situation and overcome the psychological barriers, and if he or she is faced with such a situation, the management will need to make adjustments to the programme to avoid the failure of the performance due to the player's psychology. The trumpet player's problems in music performance are mainly caused by the player's unskilled technique, unfamiliarity with the style of music and even inappropriate dressing style, which requires the player to train scientifically and systematically before the music performance, so as to improve their own playing skills and to learn a variety of styles to find the most suitable style for themselves. The performer should pay attention to the dress code before the performance, and try to choose clothes that fit well to avoid accidents on stage due to inappropriate clothing. It is only through more in-depth research that a better methodology can be proposed to improve the trumpet player's stage playing skills and promote the development of trumpet playing.

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ANALYSIS OF THE PROBLEM OF RETRACTED CONFESSIONS BASED ON THE COMBINATION OF LAW AND PSYCHOLOGY

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Background: As a widespread and objective phenomenon in criminal proceedings, retracted confessions often occur for a variety of reasons. In the course of criminal proceedings, retracted confessions are in most cases based on the overturning of incriminating statements by suspects and defendants, a phenomenon that requires a full understanding of the suspect and the person being interrogated, both on a psychological level and on a legal education level. To ensure that the initiative in criminal proceedings can be mastered from a variety of perspectives, it is necessary to grasp the evidence accurately and to ensure that the interrogation

can be fully regulated in accordance with the law, so as to avoid the phenomenon of retracted confessions due to a lack of reasoning and education. To study the withdrawal of confession from the dual perspectives of jurisprudence and psychology is an important way to ensure the fairness and rationality of national criminal procedure and avoid the occurrence of wrong conviction.

Objective: To view the issue of retracted confessions based on a combination of jurisprudence and psychology is essentially a full investigation and study of the suspect's and the defendant's state of defence, as retracted confessions, as a special state of confession, are generally a suspect's reversal of the original incriminating statement. The purpose of this article, which is based on a combined legal and psychological exploration of the issue of retracted confessions, is to explore the dual nature of the act of retracting a confession. Is such behaviour an overall negative denial of the original truthful confession, or is it an attempt by the suspect and the defendant to evade justice? Or is the retraction of confessions by suspects and defendants fully investigated and studied from a juridical and psychological point of view to clarify the facts of the crime, whether there was a falsehood in the previous confessions and such retraction is a form of correction? The aim of such a study is to examine the impact of retracted confessions on criminal proceedings in a rational way. It is important to be able to look at retracted confessions objectively in practice, to ensure that the positive effects on the case are understood, while not ignoring the negative ones.

Subjects and methods: As retracted confessions in practice refer to a special category of defence for suspects and defendants, the specific subject of this paper is the retraction of confessions by defendants and suspects in criminal cases. It also includes a study of the investigation itself and the external environment, and a psychological analysis of the psychological state of the defendant and the suspect, either due to luck or fear of guilt, in order to clarify the psychological characteristics of the retracted confessions of different suspects. Is it possible that the original confession was found to be false in the course of the proceedings, or that some suspects retracted their confessions for other reasons in order to shield others? The probability of retracted confessions at the juridical level in the course of criminal proceedings is studied through case studies and comprehensive literature analysis. The study was conducted to understand the reasons behind the retraction of confessions, whether it was due to problems in the legal system of administrative proceedings or to psychological changes in the suspects and defendants themselves.

Results: Further research into the analysis of retracted confessions in criminal proceedings, through a combination of literature and research, reveals that there are certain factors that influence retracted confessions at both the psychological and jurisprudential levels. Psychologically, most of the cases are caused by the suspects and defendants themselves. Some suspects retract their confessions due to fear of guilt and luck, in order to avoid being punished by the law if the facts of the case are revealed, or deny their confessions based on the investigator's description of the case, taking into account the lack of physical evidence involved in the crime. At the same time, there are also cases where suspects and defendants are able to realise their mistakes and retract their confessions. For the criminal authorities, the retraction of confessions can occur as a result of insufficient evidence, delays in deciding cases and illegal questioning and torture. It is also important not to overlook the fact that external factors that interfere with the results of research include the most common social connections of suspects and defendants, which can lead to the retraction of confessions by suspects and defendants encouraged by their connections.

Conclusion: Retracted confessions occur in the course of criminal proceedings, and the causes of this problem are varied and have both a negative and a positive impact on the conduct of criminal proceedings. In order to ensure that retracted confessions do not have an impact on criminal litigation cases, it is necessary for the case officer to be able to control the suspect's psychological and external environmental interference factors based on both jurisprudence and psychology. Through legal and policy education, confession review and other means, carefully collect cases, fix evidence, avoid unreasonable confession by suspect and defendants, and ensure the impartiality and preciseness of national justice.

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MEASURES TO DEVELOP THE MENTAL RESILIENCE OF SECRETARIAL STUDENTS

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Background: Secretaries are essential and important positions in all enterprises and institutions. They take on multiple responsibilities such as communication, coordination and support, and are key figures in the central system of each organisation responsible for carrying on the work from above and coordinating with the left and right. In practice, the professionalism of secretaries determines the effectiveness of