

brain network structure, cerebral limbic system cerebral cortex, central nervous system and endocrine system and other physiological changes to achieve emotional adjustment.

Objective: Learning the piano helps to ease personal emotions, improve personal quality and accomplishment, and gradually learn how to enjoy life through the influence of art. Through piano teaching, the mood of blind children with mental disorders can be gradually improved, so that they can be more optimistic, outgoing, and more willing to expand their communication range, improve communication skills, and build self-confidence.

Subjects and methods: 300 blind children with mental disorders were taken as the survey subjects. Through the one-year piano teaching, analyze the impact of piano teaching on mentally disabled blind children, including three aspects: self-confidence, learning ability and optimism. In the survey results, five levels from 0 to 4 are used to quantify the impact of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, and 4 means sufficient influence. Statistics of teaching results with Excel software.

Results: Through the analysis of the beneficial effects of piano teaching on the mental development of blind children with mental disorders (shown in Table 1), practical application results can be obtained. In the piano enlightenment teaching, by cultivating the sense of music of the blind children, it can promote the improvement of the blind children's living ability and perception ability. Through the understanding of music and the use of music to express thoughts and feelings, the blind children's optimism can be enhanced, and at the same time, the blind children's learning interest can be effectively improved, and the learning ability can be stimulated to promote the blind children's comprehensive development in both technology and music.

Table 1. The impact of piano teaching on blind children with mental disorders.

Strategy	Self-confidence	Learning ability	Optimistic
Actual effect	4	4	4

Conclusions: In recent years, the country has paid more and more attention to the construction of quality education and developed vigorously, and people's awareness of music education for visually impaired children has been improved. Blind children's keen hearing, dedicated learning attitude, hardworking spirit and good memory are all the unique advantages of blind children in learning piano. These advantages also enable blind children to learn piano and even excel. In the process of piano teaching for blind children, we need to pay more attention to the cultivation of musical sense. It can be done through the teacher's explanation and appreciation of musical works, so that the blind children can think of the content or background of the musical works, or by appreciating different style music works to improve artistic accomplishment. Therefore, if teachers can provide blind children with more blind scores of different styles, so that blind children can have more exposure to different styles of works, then more blind children will be attracted to learn piano and let them find it in learning piano. Be happy, use music to drive away the darkness and loneliness of the inner world, so that the hearts of these special children are filled with brilliant sunshine. Therefore, the teacher's teaching can effectively improve the piano learning ability of blind children, and on the other hand, it can also relieve the psychological pressure of blind children with mental disorders and improve the quality of life.

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CORRELATION ANALYSIS OF LEARNING BEHAVIOR TRAINING IN IDEOLOGICAL AND POLITICAL COURSES AND COLLEGE STUDENTS' ANXIETY

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Background: Anxiety is the nervousness and fear caused by the disturbance of the autonomic nervous system. The mental and physical development of college students is in the late stage of youth development. Their individual psychological mechanism is not sound, their will control is poor, and various psychological conflicts are intense. It is a period of tension and anxiety full of crises. Studies have shown that among college students receiving psychiatric treatment, the rate of anxiety patients has reached 40%. Anxiety disorder is a kind of mental illness that is easy to produce under the background of great mental stress. It

is very harmful and more common in life. Now college students' anxiety disorder is the most common in society, and many students have anxiety disorders due to various factors. With the rapid development of the social economy, the reform of colleges and universities has also developed rapidly. However, the quality of current college teaching cannot match the quantitative development of college expansion, resulting in current college students who have a strong knowledge level but lack a matching mind. Education and care.

Ideological and political courses are the main way of school moral education. It is the main position of ideological and political education for college students. It is important to help students establish the correct political direction, establish a scientific outlook on the world, life, and values, and form good moral qualities. The guiding role. Therefore, we must give full play to the main channel function of moral education in the teaching of ideological and political courses, change the educational concepts of teachers in ideological and political courses, improve teachers' ability to teach and educate people, correct students' attitudes towards ideological and political courses, standardize student learning behavior, and cultivate students' good behavior. Ideological and political quality, improve the personality of college students. By improving the learning behavior training ability of ideological and political courses, it can effectively alleviate the anxiety of college students, which has great practical significance.

Objective: In recent years, anxiety has become a bad mood often experienced by college students, which affects the healthy growth of students. Anxiety, as an important aspect of measuring mental health, has attracted the attention of many psychologists and educators. The anxiety level of college students is increasing year by year, so the learning behavior training of ideological and political courses plays an important role in alleviating the anxiety of college students.

Subjects and methods: Learning behavior training in ideological and political classes can help college students alleviate anxiety. This article mainly conducts research from six aspects: personal self, social self, ideal self, physical self, social self, and ability self. Junior high schools, high schools, and universities were selected as the research objects, and questionnaires were issued to their students to count the impact of ideological and political learning behavior training on college students in all aspects.

Study design: Using stratified cluster random sampling method, 500 college students were surveyed. Randomly select 1 junior high school, high school, and university. 500 questionnaires were distributed and 473 valid questionnaires were returned.

Methods: Using Excel statistics of ideological and political lesson learning behavior training for college students' anxiety relief

Results: Learning behavior training in ideological and political courses can effectively alleviate the anxiety of college students. Strengthen personal self-awareness and improve social self-awareness. In the process of forming an ideal self, the purpose of exercise is achieved through exercise to show social ability, and ultimately achieve the improvement of ability.

In the survey results, five levels of 1-5 are used to quantify the impact value of specific factors. 1 represents irrelevant, 2 represents slight impact, 3 represents general impact, 4 represents significant impact, and 5 represents sufficient impact. In order to reduce the impact Individual subjective causes large errors. Take 500 students' evaluation values and take the average. The result is determined by rounding off. The specific statistical table is shown in Table 1.

Table 1. Relief of anxiety in college students.

Factor	Personal self	Social self	Ideal self	Body self	Social self	Ability self
Junior high school	4	3	3	3	3	4
High school	5	5	4	5	4	4
University	5	4	5	4	5	5

Conclusions: In recent years, almost 10% to 30% of college students across the country have psychological barriers of varying degrees. Nowadays, depression has become a common mantra for college students, and anxiety is a common emotional and psychological disorder. Anxiety is not only a common mental symptom, but also an uneasy and worried state of mind when normal healthy people encounter certain tension, irritation or frustration. Learning behavior training through ideological and political courses can allow college students to correctly understand the anxiety situation, and at the same time eliminate anxiety in time, and effectively promote the formation of college students' healthy psychology.

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THE INFLUENCE OF SPORTS GAME TEACHING METHOD ON ANXIETY OF COLLEGE