

**Methods:** The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

**Results:** Before the experiment, the number of high, medium and low anxiety groups were 23, 23 and 18 respectively. After training, the number of people with high anxiety level decreased to 12 and the number of people with low anxiety level increased to 32. The average anxiety level of 64 students ( $76.55 \pm 15.11$ ) was much lower than that before training ( $84.45 \pm 14.10$ ), and the difference was statistically significant ( $P = 0.001$ ).

**Table 1.** Comparison of students' English speech anxiety before and after the experiment (n)

Anxiety level	Score	Before teaching	After teaching
High	91-150	23	12
Secondary	76-90	23	20
Low	30-75	18	32
General situation		64	64

**Conclusions:** In the language environment of English as a foreign language, affected by the speaker's personal factors and external factors, the speaker often shows varying degrees of anxiety, which may lead to the speaker's "language shock". The learner training based on English speech classroom teaching is not only language training, but also different from the simple intensive training of speech skills. It takes into account the three aspects of language, nonverbal and psychology, pays attention to students' emotion, strengthens self-concept, especially strengthens the cause analysis and coping strategy training of speech anxiety, and gives all-round guidance to the study of speech theory and practical practice. Learner training based on English speech classroom teaching can help students use speech strategies, reduce their speech anxiety and improve their speech effect.

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## INFLUENCE OF THE INHERITANCE AND DEVELOPMENT OF MINORITY MUSIC EDUCATION IN COLLEGES AND UNIVERSITIES ON ALLEVIATING COLLEGE STUDENTS' MENTAL ANXIETY

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**Background:** In the era of increasing cultural diversity, integrating the mission of the inheritance and development of national music into the work of music education in colleges and universities in China will help to promote the inheritance and development of national music. The world's diversified music culture can strengthen the integration and collaborative progress with national music, so it is of great value to carry forward China's national music. First of all, due to the continuous development of the cultural level in the new era and the influence of the cultures of various countries, some western music cultures have entered, which makes China's traditional culture challenged by the assimilation of European and American music. This is a difficult problem that must be faced in order to better realize the inheritance of China's current national music culture. Music major in colleges and universities is a key area for cultivating national music. We should start with this, strengthen the promotion and dissemination, and popularize the education of inheriting culture in our country. The direct beneficiaries of minority music education are college students. In order to improve the efficiency of education, it is necessary to study and explore the psychological factors of college students. With the continuous development of society and the increasing competition for talents, self-awareness and values are also changing in people's hearts. At present, college students generally pay more attention to their achievements and honors, and are under increasing pressure from society, school and family, which makes college students have varying degrees of anxiety. In the past minority music education in colleges and universities, teachers often ignored the mental health problems of students, and even some people thought that national music had nothing to do with students' mental health. Teachers only taught national music itself and did not integrate students' psychological quality education into teaching. Minority music is a special language with physiological, therapeutic, emotional and memory functions, which can regulate the physiological functions of breathing, circulation and endocrine system. Research shows that the impact of music on human psychology is also complex and diverse. Integrating the mission of inheritance and development of national music into music education in colleges and universities in China can stimulate students' willingness and enthusiasm to participate in intervention and treatment of

mental anxiety and enhance students' initiative in learning.

**Objective:** To integrate the mission of the inheritance and development of national music into the work of music education in colleges and universities in China, in order to provide targeted guidance for alleviating college students' mental anxiety, so as to help college students improve their psychological quality.

**Research objects and methods:** 450 students from the department of folk music of a university were selected as the research objects to participate in a one semester music professional course. During this period, the inheritance and development of folk music were integrated into the music teaching. After one semester, the mental anxiety status of all subjects before and after teaching practice was compared.

**Research design:** After teaching, the teaching effect was evaluated by General Self-Efficacy Scale (GSEs), Self-rating Anxiety Scale (SAS), simple coping assessment and other methods. The correlation of the three psychological evaluation results was analyzed in detail, and the regression analysis was carried out with self-efficacy and anxiety as independent variables.

**Methods:** The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

**Results:** There was a significant correlation among self-efficacy, anxiety and coping style. Specifically, there is a significant positive correlation between self-efficacy and anxiety, while there is a significant negative correlation with coping style ( $P < 0.05$ ), which shows that college students with higher self-efficacy are more likely to have higher anxiety level and lower coping style level.

**Table 1.** Correlation analysis of three psychological levels

Psychological level	Self-efficacy	Anxiety	Coping style
Self-efficacy	-	-	-
Anxiety	0.236*	-	-
Coping style	-0.789*	-0.201*	-

Note: \*  $P < 0.05$ .

**Conclusions:** In order to improve the inheritance and development of China's national music, the problems existing in the teaching process of China's national music need to be solved by adopting corresponding measures, and corresponding reforms should be carried out in the aspects of teacher team, textbook compilation and practical teaching, so as to promote the development of China's national music, so as to further alleviate the mental anxiety of college students. The results show that anxiety has the characteristics of increasing in grade, that is, with the increase of grade, the anxiety of college students in the Department of national music is also increasing step by step. In general, the influence of gender on anxiety does not vary with different majors and grades, that is, the influence of gender on anxiety is relatively stable in majors and grades. There is a significant positive correlation between self-efficacy and trait anxiety, but a significant negative correlation with coping style.

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## THE MEDIATING ROLE OF LEARNING ADAPTABILITY IN THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND PSYCHOLOGICAL ANXIETY OF COLLEGE STUDENTS

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**Background:** The university stage is a key time in students' life. During this time, students must carry out a series of problems such as autonomous learning, independent life and employment, which is very easy to produce adverse emotions such as psychological anxiety. Some scholars pointed out that the mental health problems of contemporary college students are very serious, which are mainly reflected in psychological anxiety and depression. It is necessary to analyze the health status and influencing factors of contemporary college students' psychological anxiety in time. At the same time, a large number of research results show that the greatest impact on college students' psychological anxiety is emotional intelligence