

has a great impact on people's psychological adaptability. Shallow reading is a direct and concrete manifestation of this impact on the audience's psychology. The Sixth Plenary Session of the 17th CPC Central Committee profoundly pointed out that we should firmly establish socialist core values and promote the great prosperity and development of socialist culture. The emergence of shallow reading phenomenon reflects the trend of entertainment, personalization, utilitarianism, differentiation and selectivity of audience psychology. Media managers are required to adhere to the correct value orientation of cultural communication, constantly adapt to the psychological changes of the audience, provide more targeted cultural communication products to meet the different needs of the audience, and prosper and develop socialist culture from the level of cultural communication industry.

**Subjects and methods:** This paper will start with the biggest environment of network communication, which is the phenomenon of shallow reading. Firstly, the psychological factors of shallow reading as a means of shallow reading behavior are investigated. Then, the psychological factors between shallow reading and shallow reading behavior are studied by using survey data and psychoanalysis. Finally, it comprehensively analyzes the shallow reading phenomena such as web page reading, mobile phone reading, paper reading and audio-visual reading. This paper analyzes the universality and particularity of the psychological motivation, attention and implicit needs of the audience's shallow reading behavior, and then obtains the media operation strategy and cultural communication industry strategic suggestions to adapt to the contemporary audience's psychology.

**Results:** Emerging media such as the Internet and mobile phones are the material and technical conditions for the rise of shallow reading. Traditional media are also constantly changing the content and form of communication in order to better adapt to this influence. In depth reporting plays a sacrificial role in the communication of modern mass culture. The essence of the change of the status of shallow reading and deep reading in cultural communication is a historical game at both ends of the same psychological model.

**Conclusions:** The research on shallow reading as the psychological factor of mass culture communication is a new topic born from the combination of the development of computer and network technology and the field of psychology, which reflects the development trend of integration and reference of various disciplines. On the one hand, the combination of network technology and traditional psychology promotes the networking trend of psychological research. On the other hand, psychology has taken the psychological behavior and phenomenon in the network as its own research content.

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## CLINICAL ANALYSIS OF THE EFFECT OF MUSIC EDUCATION ON EMOTION REGULATION IN PATIENTS WITH DEPRESSION

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**Background:** Depression is a common mental disease, mainly manifested in emotional loss and cognitive impairment, which belongs to mental disease. Affected by this condition, patients will lack interest in things around them. At the same time, in the process of treatment, because it takes a long time, the economic pressure will be large, which will cause a certain burden on the patient's family and reduce the patient's quality of life. This paper studies and analyzes the psychological effect of music assisted therapy on patients with depression.

**Subjects and methods:** This paper selects 76 patients with depression treated in our hospital from March 2017 to March 2019 as the research object, and is divided into experimental group and reference group, with 38 cases in each group. The reference group received routine nursing, and the experimental group received music assisted therapy. The psychological regulation of the two groups was compared and analyzed.

**Results:** The mental health level of the experimental group was significantly better than that of the reference group, the data were different, the difference was statistically significant, and the treatment effect of the experimental group was higher than that of the reference group, the difference was statistically significant. Music therapy can relax the mood of patients with depression, make them find the point of release and vent, learn to express their inner feelings, stabilize the internal environment of patients, and provide a safe and pleasant interpersonal environment for patients with depression. Music therapy can not only alleviate patients' depression, but also awaken their enthusiasm for life and block the onset of depression from the root.

**Conclusions:** Music therapy can effectively control the depressive factors of patients with depression and effectively alleviate the onset of depression. Through clinical analysis, music therapy has different effects on different groups, most of which is reflected in psychology. Music can relax the mood of patients with depression, make them find the point of release and vent, and learn to express their inner feelings. Music acts on the ID. It can help patients control their emotions and learn to release negative emotions, so that patients can get great satisfaction. Music therapy can also stabilize the internal environment of patients and provide a safe and pleasant interpersonal environment for patients with depression. It can not only alleviate the depression of patients, but also awaken their enthusiasm for life and block the onset of depression from the root.

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## EMOTIONAL ANALYSIS OF VOCAL SKILLS IN VOCAL MUSIC TEACHING

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**Background:** Singing is a combination of physiological actions such as human respiratory organs, language organs, resonance organs and expression organs. It is directly dominated by human psychological consciousness. Therefore, singing is not only a physiological activity, but also a psychological activity. Both run through the process of vocal music teaching and learning from beginning to end, affecting and controlling the occurrence and development of vocal skills and artistic emotion. The learning process of vocal music pays attention to the overall coordination of the body. Sometimes a local problem will affect the overall singing state, and sometimes a local problem is solved, and other problems are solved. An excellent vocal music teacher can not only accurately find the problem of students, but also have a variety of means to solve the problem. These means can directly target the problem itself, or start from the root causes of the problem.

**Subjects and methods:** Singing psychology is not only a new subject, but also an interdisciplinary subject of vocal music and psychology. It deepens and develops the traditional physiological teaching method and provides the theoretical basis of singing psychology for the teaching of vocal music teachers. Grasp the mutual promotion relationship of teaching singing psychology, and provide help for students to solve the bad state of timidity and so on. This paper discusses some views on how to grasp the mutual promotion relationship between teaching and singing psychology in the process of vocal music teaching.

**Results:** This paper holds that music memory is an indispensable and important link in the process of vocal music learning, and it is particularly important to develop a good habit of memorizing music. Music theme is an important aspect of music image. A unique tune can represent a role, an image and character, a struggle, a will and so on. A large-scale work sometimes uses some same or similar musical materials between the beginning and end or between movements for the unity of various chapters. Memory ensures the effect of the music theme on the singer, and the singer can move the audience only when he has true feelings; In turn, only after the audience completes the music memory can they be infected by the music theme.

**Conclusions:** From the perspective of psychology, musical memory refers to the ability and process of preserving and reproducing music in the mind. Like other kinds of memory, it is a process of repeated perception, including memorization, retention, recall and re recall. From the perspective of vocal music teaching, music memory is a prerequisite for maintaining intonation, stabilizing interval relationship, clarifying mode and tonality, standardizing speed, ensuring the continuity and overall image of melody and the unique color and functional sequence of harmony. It is also a necessary accomplishment for singers to maintain their perception of the basic factors in music. Because vocal music is an auditory art of time, the sound emitted will disappear after it completes its specified time value. If the memory of the front sound is lost, the back sound will lose its standard and reference. Therefore, for vocal singers, music memory is an indispensable and important link in the process of vocal music learning. It is particularly important to develop a good habit of memorizing music.

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