

so as to promote the development and perfection of students' creative thinking.

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RESEARCH ON THE INFLUENCE OF VOCAL SINGER'S PSYCHOLOGICAL STATE ON ART SONG PERFORMANCE

Mingxing Zhao^{1,2*}

¹*College of Music, Mahidol University, Nakhon Pathom 73170, Thailand*

²*Dalian Art College, Dalian 116600, China*

Background: Vocal singing is expressed through three aspects: sound, action and emotion. In this singing process, it needs to be closely related to psychology. The mental state of a vocal singer indicates the mental state of the vocal singer in the stage performance, such as tension and excitement. Generally speaking, the vocal singer will have some excitement and tension in the stage performance. An appropriate amount of excitement and tension will not affect the performance process of the vocal singer, but excessive tension may affect the stability of the vocal singer's pronunciation and breath. This will have a great impact on the singer's singing effect and reduce the quality of song singing. For the vocal singers on the stage for the first time, they will have a rapid heartbeat and tense hands and feet in the performance of art songs, and the singers show excessive tension. Usually, few people can complete the whole performance process calmly. In the relevant research, it is found that when people encounter difficulties and obstacles, in order to achieve their goals, they will take relevant measures or actions to overcome the difficulties. In this process, people's hearts are often restless and nervous, and even some people will have fear and anxiety. Vocal singers will do the same in the performance of art songs. The process of overcoming difficulties is dominated by the singer's own psychological activities. The process of psychological activities will have three stages, namely occurrence, development and completion. In the development stage, vocal singers may have stage fright and be afraid of performing art songs. They are worried about the effect of art song performance. Some singers will have rapid heartbeat and shortness of breath. In the development stage, some vocal singers will unconsciously shake their hands and feet in the performance of art songs, sweat all over their body, and have the behavior of out of tune and high-pitched singing in extreme tension. In the completion stage, the brain of some vocal singers is often blank after the performance of art songs. They will feel lost and afraid of the mistakes they show in the singing process, and lose confidence because of the mistakes they show. When the psychological problems of vocal singers become serious, the singers will have psychological obstacles, which makes the singers lose their desire to sing and performance enthusiasm. Among the students majoring in vocal music in colleges and universities, some students will also have psychological activities in these three stages, which will affect the performance effect of students' art songs.

Objective: To understand the psychological state of vocal music majors in colleges and universities in the performance of art songs, and to analyze the reasons for their psychological problems. On this basis, we should reform the teaching of vocal performance course, reform the old ideas, clarify the new objectives, and cultivate comprehensive talents with singing ability, cooperation ability, teaching ability and learning ability. Optimize the vocal music teaching mode, establish a communication bridge between teachers and students, and let teachers provide guidance for students' professional and psychological problems in the process of vocal music singing, so as to ensure that students maintain a good singing psychological state while improving their professional technology. Hold lectures and master classes to put forward effective solutions to students' problems, so that students' problems can be solved in time.

Subjects and methods: The research objects are students majoring in vocal music in school. 345 students majoring in vocal music are randomly selected from four universities. These students come from different grades and family backgrounds, and their professional abilities are different. Understand the personal information of these students and their psychological problems in the process of vocal performance, analyze their causes, and carry out the teaching of vocal performance course for these students after the reform. The teaching practice is two semesters, during which the relevant data of students are recorded. The changes of students' psychological state before and after the reform of teaching are analyzed by statistical software. The higher the score, the more relevant it is.

Results: Influenced by learning ability, personal psychological quality and other related reasons, college vocal music students showed different psychological states in art song performance. Students with poor personal psychological quality are prone to tension, rapid heartbeat and running away in the performance of art songs, which has hit students' self-confidence. Through the reform of the teaching of vocal music

performance course, with the help of teachers, the professional and psychological problems of vocal music students have been answered to a certain extent, and the students' tension, anxiety and stage fright have been alleviated to a certain extent. Through a variety of practical activities, the students' negative psychological state has been significantly improved. Among them, the grade of stage fright of sophomores is 2.25, and the results are shown in Table 1.

Table 1. Scores of negative psychological states of vocal music majors in different grades

Grade	Stage Fright	Anxious	Uneasy
Freshman	2.85	2.43	2.87
Sophomore	2.25	2.35	2.53
Junior	1.58	2.05	1.96

Conclusions: The traditional teaching concept of vocal music performance course in colleges and universities is relatively old, which cannot meet the needs of today's society for vocal music talents. Many students' psychological state in vocal music art song performance is not good. Negative psychology such as tension and fear affect students' normal play and make students bear great psychological pressure. In order to meet the social demand for vocal talents, colleges and universities reform the traditional concept, determine the teaching goal of cultivating comprehensive talents with singing ability, cooperation ability, teaching ability and learning ability, build a communication bridge between teachers and students, let teachers intervene in students' negative vocal performance psychological state, improve students' psychological quality, and let students improve their comprehensive ability in different practical activities.

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THE EFFECT OF EDUCATIONAL REFORM MODEL UNDER TEACHING PSYCHOLOGY ON ALLEVIATING STUDENTS' EMPLOYMENT ANXIETY

Ming Li, Jianfeng Wen, Tao Tang, Fuwen Zhang & Jianrong Xiao

College of Science, Guilin University of Technology, Guilin 541004, China

Background: Educational psychology is a branch of psychology, which closely connects education and psychology. The research content of this psychology is the basic psychological law of learning and teaching in the educational situation, and its core content is the research on the learning process. In the teaching process, it not only reflects the strict seriousness of imparting knowledge and skills, but also shows the flexibility of students in improving their ability to obtain knowledge. This teaching process is a bilateral activity jointly completed by teachers and students. In the process of communication, teachers and students carry out information exchange under the transmission of knowledge and emotional exchange of psychological resonance. Emotional communication and information exchange are a process of mutual promotion. Under the two-way promotion, a harmonious and unified best classroom teaching situation can be formed. In classroom teaching, teachers' emotional input will affect students' listening effect. Similarly, students' emotional feedback in teaching will also affect teachers' teaching mood and teaching effect. Therefore, in the process of teaching, teachers should treat students sincerely, help students enthusiastically, seriously prepare courseware, adhere to rigorous academic research, so that students can feel the teacher's respect, amiability and due diligence, so as to make students respect teachers and study seriously. Teachers should also pay attention to creating a good classroom atmosphere, improve students' learning enthusiasm, improve students' professional skills, and make the effect of classroom teaching better.

With the continuous development of economy, society and enterprises have higher and higher requirements for talents, and the comprehensive requirements for graduates' computer are also increasing. At present, the computer teaching of students in higher vocational colleges cannot meet the talent requirements of enterprises. Therefore, higher vocational students have different degrees of employment anxiety in the process of employment. They are afraid that they can't find a suitable job, that their ability can't meet the requirements of the post, and feel nervous and uneasy about the job interview. In addition to the low level of their own ability, the students' personality, psychological quality, professional evaluation and social environment will lead to different degrees of employment anxiety. These employment anxieties affect students' employment. In serious cases, they will lead to psychological diseases and affect students' physical health. Therefore, higher vocational colleges should pay attention to the cultivation of students'