

reference to sociological methods, the comparative method of functionalism can form operational methods and functional concepts for observing functions. Finally, when the functionalist comparative jurists evaluate the legal system, they should not only combine the utilitarian standard, but also use the functionalist principle through the moral standard.

Objective: The purpose of this study is to improve the psychological problems of anxiety patients and their mental health.

Subjects and methods: This paper studies and analyzes the current problems and challenges of the functionalist principle of the comparative method, puts forward four reform paths of the functionalist principle of the comparative method, analyzes the effect of the reform path on the emotional relief of anxiety patients through the latest version of Das statistical analysis software and support vector machine algorithm, and sets the test time range as 3 months. The subjects were 50 people with anxiety disorder in three cities. Anxiety, worry, depression and fear were the evaluation indexes of anxiety relieving effect. The evaluation method is 50-100. The higher the score, the better the mitigation effect. In order to facilitate calculation and statistics, the average value of all personnel is taken as the final result after integer processing.

Results: Table 1 refers to the effect of the functionalist principle reform path of the comparative method on the emotional relief of anxiety patients. The proposed reform path can improve the psychological problems of anxiety patients in four levels: anxiety, worry, depression and fear. Therefore, the functional principle reform path of comparative law can greatly improve the psychological problems of anxiety patients.

Table 1. The effect of the functional principle reform path of comparative method on the emotional relief of anxiety patients

Index	Before	After 1 month	After 2 months	After 3 months
Anxious	58	62	75	82
Worry	59	68	79	88
Depressed	56	63	74	85
Fear	57	68	73	83

Conclusions: The principle of functionalism should be effectively combined with the legal culture. Perhaps corresponding solutions should be formulated according to different specific problems. At the same time, legal systems with value and symbolic meaning should also be analyzed. The basis of functionalism principle is to solve social problems and meet social needs. This basis is a utilitarian standard, which takes the maximization of effect as the evaluation index. The proposed reform path can improve the psychological problems of patients with anxiety disorder in the four levels of anxiety, worry, depression and fear. The improvement score range is 82-88 after 3 months of implementation.

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RESEARCH ON THE INFLUENCE OF VOCAL MUSIC TEACHING MODE BASED ON EDUCATIONAL PSYCHOLOGY ON STUDENTS' STAGE ANXIETY

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Background: Educational psychology belongs to psychology. It is an interdisciplinary subject of pedagogy and psychology. It studies the psychological situation and change law of educators and educates. The knowledge of educational psychology is the inevitable requirement of quality education. The goal of quality education is to improve students' all-round quality and make students' ability training and mental health education develop in an all-round way. When teaching related subjects, teachers need to understand the basic psychological laws of students, understand the psychological process of teacher-student interaction in the teaching process, and gradually guide students in the teaching process, so as to achieve teaching objectives and improve students' comprehensive quality. Teachers can manage students through educational psychology knowledge, so that students can abide by discipline in the teaching process, maintain classroom continuity and create a good classroom atmosphere. Pay close attention to students' learning psychology and change rules in the teaching process, and adjust the management work according to these changes to improve the management efficiency, so as to improve the teaching quality. By using the

relevant knowledge of educational psychology, we can intervene the students' mental health problems and improve the students' mental health level. At present, many college students have mental health problems. Many students have great learning pressure. In terms of interpersonal communication, they have contradictions with their classmates, feel at a loss about the future and don't know what they want to do in the future. Various problems lead to increasing psychological pressure on students, and students have anxiety. Stage anxiety is a kind of learning anxiety. Some students majoring in vocal music are afraid of performing vocal music in front of others because of their introverted personality. Before the performance, they will show tension, uneasiness, worry and other emotions. In the performance, I dare not look down at the stage, and my heart beats faster and trembles, which seriously affects the normal play of students and is not conducive to the study of students majoring in vocal music. College music teachers should pay attention to students' stage anxiety in the process of vocal music teaching, and take certain measures to intervene students' stage anxiety, in order to alleviate students' stage anxiety, improve students' self-confidence, and enable students to give full play to their level.

Objective: To understand the current situation of stage anxiety of vocal music majors in colleges and universities, and analyze the causes of stage anxiety. On this basis, the reform of vocal music teaching mode is carried out, and the comprehensive quality of students is improved through the training and regulation of students' stage performance psychology. In the teaching process, guide students to actively practice the basic skills of vocal singing and stage performance, and improve students' self-confidence while laying a good foundation. Guide students to summarize and improve their stage practical experience in time, motivate students through reward and punishment measures, and improve students' perseverance. Under the correct and scientific stage performance skill training, let students face stage performance in a positive state and alleviate stage anxiety.

Subjects and methods: The research object are college vocal music students. 112 college vocal music students are randomly selected from a university. These students come from different grades and family backgrounds, and their personality characteristics are different. To understand the professional level of vocal music and mental health status of these students, analyze the reasons for students' stage anxiety, and divide the research objects into experimental group and control group. The number of experimental group and control group is 56. The control group carried out general vocal music teaching, and the experimental group carried out the reformed vocal music teaching. The experimental cycle was 2 semesters, and the relevant data were recorded during the experiment. Fuzzy comprehensive evaluation is used to evaluate the impact of the reformed vocal music teaching on the stage anxiety of vocal music majors. The relevant data are processed and analyzed by SAS software. The higher the score, the heavier the degree.

Results: In colleges and universities, students majoring in vocal music have some problems in stage performance. Some students are afraid to sing on the stage, and they are not confident enough to communicate with the audience. Some students pursue perfection and are prone to stage anxiety. The more they want to show their style perfectly, the more serious their stage anxiety is, resulting in the abnormal performance of these students. Through the training and regulation of students' stage performance psychology, the establishment of reward and punishment measures and other relevant vocal music teaching reform measures, the stage anxiety of vocal music majors has been alleviated. After the experiment, the fear score of the students in the control group was 3.68, 1.45 points higher than that in the experimental group. The results are shown in Table 1.

Table 1. After the experiment, the stage anxiety scores of the two groups of students

Group	Fear psychology	Nervous psychology	Anxiety psychology
Control group	3.68	4.12	4.24
Experience group	2.23	2.19	2.36

Conclusions: Educational psychology belongs to psychology. It is an interdisciplinary subject of pedagogy and psychology. It studies the psychological situation and change law of educators and educates. In vocal music teaching, we should intervene the students' mental health problems by using the relevant knowledge of educational psychology, and actively guide the students to actively practice the basic skills of vocal music singing and stage performance. While laying a good foundation, let students improve their self-confidence, alleviate stage anxiety, let students no longer be too nervous and give full play to their normal level. And summarize and improve the stage experience, in the continuous progress, improve their professional level of vocal music, so that the stage anxiety can be at an appropriate level.

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ANALYSIS ON THE INFLUENCE OF FILM AND TELEVISION MUSIC APPRECIATION ON UNIVERSITY STUDENTS' MENTAL HEALTH

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Background: In recent years, colleges and universities have recruited more and more people, and more college students have received a good education. With the increase of the number of college students, it also brings some problems, such as the increasingly prominent psychological problems of college students. For freshmen, leaving the familiar environment in the past, many freshmen will have negative emotions such as anxiety, anxiety and fear. In the process of getting along with classmates and roommates, there will be some conflicts, especially those college students who are self-centered. Their interpersonal relationship processing ability is poor and they do not get along well with the people around them, so they are prone to anxiety and depression. Gradually, they will become alienated from other classmates and like to be alone. In this case, it is easy to aggravate their mental health problems. Some college students show emptiness of mind and great dependence on the Internet, so as to avoid the problem of communication difficulties. With their increasing dependence on the Internet, some college students are even addicted to the Internet. They indulge in the virtual world all day, isolate themselves from real life and are unwilling to communicate with others. The whole person becomes very decadent, with poor academic performance and no will to fight. Some college students are under great learning pressure because their major is not what they like. In this kind of conflict, students' physical and mental suffering. Or there are many learning contents, heavy learning pressure, fear of failing the exam and failing to get credits, resulting in anxiety among college students. Or the unsatisfactory learning methods of college students bring a sense of frustration, which makes students feel anxious and uneasy. In the long run, they are prone to anxiety disorder. Some college students can't deal with emotional problems well, which affects their mental health. For example, college students' emotional crisis caused by love leads to psychological abnormalities. Some college students can't accept lovelorn, so they go to extremes and have vicious behaviors such as self-mutilation and hurting others. In colleges and universities, many college students are only children. The long-term doting of their parents and relatives leads to these college students being more willful, arrogant and selfish. These bad habits are easy to cause psychological diseases, and even violent tendencies and behaviors will appear because of a little thing. Some college students will be affected by their family and external environment, which will lead to psychological problems, college students tend to be sensitive to others' mental health when they are born, and tend to be sensitive to their own family. Music can affect students' individual mental health. Through music appreciation, individuals can feel the beauty of music and produce spiritual pleasure. In the process of listening to music, it can enhance the state of low metabolism opposite to awakening, and alleviate individual negative emotions. Therefore, this paper analyzes the impact of film and television music appreciation on college students' mental health problems.

Objective: To understand the mental health problems of college students, analyze the causes of mental health problems of college students, and study the role of film and television music appreciation in mental health education. Reform the mental health education, regulate the bad mood of college students through film and television music appreciation, relieve the nervous nerves of college students and improve their sleep. With the help of music, it is conducive to the elimination of interpersonal barriers and self-expression of college students.

Subjects and methods: The research object are college students. 120 college students are randomly selected from a university. These students come from different grades, majors, gender, age and family background, and their personalities are different. Understand the mental health status, daily life, study, interests and hobbies of these college students, and understand their views and suggestions on film and television music appreciation. These college students were divided into control group and experimental group. The number of the two groups was 60. The control group received general mental health education, and the experimental group added the teaching content of film and television music appreciation on the basis of the control group. The experimental cycle was 2 semesters, and the relevant data during the mental health education were recorded. Fuzzy evaluation is used to analyze the impact of the reform of mental health education on college students' mental health problems, quantify the specific factors, use grade 1-5 score, the higher the score, the heavier the degree, and use SPSS software and Excel software to process and analyze the data.

Results: In view of the mental health problems of college students, we should carry out the reformed mental health education and teaching for them, and integrate film and television music appreciation into mental health education. After two semesters, the mental health problems of college students have been improved to some extent. The improvement effect of the experimental group is more obvious than that of the control group. The score of college students in the experimental group on harmonious interpersonal