

ideological and political education should pay attention to the transformation and innovation of its educational mode. It has realized the innovative teaching of curriculum content and the grasp of students' learning needs and psychological characteristics, and has changed in the adjustment of teaching objectives, teaching design and improvement of assessment mechanism, that is, it should pay more attention to the cultivation of humanistic quality, and help students realize the unity of correct emotional cognition and "Three Outlooks". The transformation of ideological and political classroom education mode can effectively play its role in intervening and alleviating students' anxiety and negative psychological problems, and then promote the development of students' mental health. With the help of the relevant theories of educational psychology, the research realizes the transformation and innovation of the ideological and political education mode in colleges and universities, to alleviate the anxiety of students, cultivate the "Three Outlooks" and correctly evaluate their own values.

Subjects and methods: The research selected the college students with learning anxiety in a university as the research object. Firstly, the information about their ideological and political teaching effect, learning anxiety and mental health status was collected, and then the three-month ideological and political teaching reform was carried out for college students to achieve the psychological intervention of the research object. The experimental design is to divide the research object into teaching innovation group and teaching routine group. The teaching routine group is taught according to the conventional ideological and political teaching mode. Under the guidance of educational psychology theory, the teaching innovation group carries out innovative teaching from the aspects of teaching design, teaching plan and teaching objectives, and constructs diversified teaching models. The teaching experiment lasts for eight weeks. After the teaching experiment, the information about the improvement of students' learning anxiety before and after the experiment is collected by means of self-assessment anxiety scale and self-test psychological scale, and the five-level scale is used to score the impact of the scoring items. The experimental data are collated and statistically analyzed in order to better explore the effect of the transformation of ideological and political education model on the alleviation of students' learning anxiety and the improvement of their mental health.

Results: The innovation and reform of the ideological and political education mode in colleges and universities is a necessary measure to adapt to the teaching reform and the requirements of the times. The optimization of the teaching classroom with the help of educational psychology can effectively alleviate students' learning anxiety from the perspective of students' learning needs. Table 1 shows the scores of learning anxiety of the two groups before and after the experiment.

Table 1. The scores of learning anxiety of the two groups before and after the experiment

Timing	Teaching innovation group	Teaching routine group
Before experiment	32.76±0.28	31.98±0.63
After experiment	12.23±0.22	27.53±0.11
<i>P</i>	0.035	0.052

Table 1 shows that after the experiment, the learning anxiety of the subjects in the teaching improvement group has been significantly improved, with a difference of 20 points, and the data before and after the experiment have significant statistical significance ($P < 0.05$). The learning anxiety of students in the teaching routine group was significantly lower than that in the teaching improvement group.

Conclusions: Ideological and political education is an important part of the construction of spiritual civilization, and students' ideological and political quality and psychological emotional state are more likely to be affected by internal and external environmental factors and their own cognitive level, resulting in learning anxiety. The transformation of ideological and political teaching mode with the help of relevant theories of educational psychology can effectively improve students' psychological status and guide their negative emotions, and promote their mental health.

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AN ANALYSIS OF THE INFLUENCE OF CULTURAL EXCHANGES BETWEEN CHINA AND LATIN AMERICAN COUNTRIES ON PEOPLE'S ANXIETY FROM A CROSS-CULTURAL PERSPECTIVE

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Background: Anxiety is a painful emotional experience that is not commensurate with the situation. Its typical form is anxiety without definite objective objects and specific and fixed concept content. It is also called floating anxiety or nameless anxiety. Anxiety is an instinctive emotion of people. Everyone has anxiety. When we are in a state of psychological pressure and stimulated, we will have anxiety. Normal and moderate anxiety is an antagonistic agent for indifference to life, a preventive needle for self satisfaction and stagnation, which can effectively promote personal socialization and cultural identity, promote the development of personality, and help us constantly think about the changes of ourselves and the surrounding environment. However, the long-term and excessive anxiety will have a great impact on the individual's mental health, making people fall into their own negative emotions and incorrect evaluation. In the long run, it will have a negative impact on the individual's mental state. According to the international health organization, the prevalence of anxiety disorder is becoming younger and more serious, and its number is increasing year by year. Different individuals show different degrees of mental illness and reaction mechanisms due to differences in cognitive structure, age experience, social experience and other factors. One of the most widespread anxieties is social anxiety. Social anxiety is the anxiety expressed by language habits, communicative ability and personality. The most obvious is cultural communication anxiety. With the acceleration of China's opening-up process, the frequency of international cultural exchanges has accelerated, and cultural activities have gradually increased. However, due to different language use, it is difficult for people to better participate in cultural exchange activities and appreciate cultural exchange activities. When using native language for communication, there are often no problems such as semantic ambiguity or pragmatic failure that cause language communication obstacles. Among them, language communication ability and organizational ability are the concentrated embodiment of thinking logic. Cross cultural perspective refers to the differences in cultural habits, language civilization, values, language usage and so on that people with different language backgrounds and languages show in their communication activities. As the largest developing country in the world, China has frequent foreign cultural activities and communication activities, among which there are more cultural exchanges with Latin American countries, but the huge differences in cultural backgrounds make it difficult for cultural exchanges with that country to cause better interaction and feedback with people. Therefore, the study explores the impact of cultural exchanges between China and Latin American countries on people's anxiety from a cross-cultural perspective, and provides referential suggestions for foreign cultural exchange and communication workers to alleviate people's anxiety.

Subjects and methods: The study developed a scale of anxiety about cultural exchange, which includes the people's views and opinions on cultural exchange, as well as the causes and extent of anxiety. People with different age structures, different educational levels and different social experiences were invited to participate in the experimental scale, and the basic information about their views on the cultural exchange between China and Latin American countries was collected. The research analyzes the problems existing in the cultural exchanges between China and Latin American countries from a cross-cultural perspective, and puts forward corresponding solutions and improvement suggestions. Subsequently, psychologists, heads of foreign cultural exchange embassies and representatives from some fields were invited to form an expert review team, which would score the rationality of the suggestions put forward by the study, including the feasibility, shortcomings and optimization points of the suggestions. With the help of the 5-point rating system, the weight of the impact degree of the table results and the proposed measures is assigned, that is, from 0-5 points to indicate the severity from heavy to light. At the same time, the suggested improvement measures reviewed and approved by experts are added to the questionnaire, and the questionnaire is distributed to the public after the end of the experiment to collect their cultural exchange anxiety change data, and use statistical analysis tools to analyze the experimental data, so as to better explore the impact mechanism of cultural exchange activities on people's anxiety from a cross-cultural perspective.

Results: With the help of cross-cultural perspective, we can better grasp the negative factors caused by language differences in national foreign exchange activities, and then better improve cultural exchange activities to reduce people's anxiety under the background of different cultural habits. Table 1 shows the scoring results of the psychological intervention effect of the countermeasures proposed by the expert review team to improve the anxiety of the masses.

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Conclusions: Looking at the cultural exchanges between China and Latin American countries from a cross-cultural perspective can effectively have a correct understanding of cultural phenomena, customs and

language exchanges that are different from or in conflict with the national culture, and accept and respect them with an inclusive attitude. At the same time, in the process of cultural exchange, the relevant staff can effectively reduce the generation of anxiety and promote the improvement of their mental health status on the basis of the acceptance of the public.

Table 1. The expert review team scored the psychological intervention effect of the countermeasures proposed in the study to improve people's anxiety

Project	Popularity of communication form	Promotion of video transmission mode	Increase in cultural exchange activities
Feasibility	4.74	5.25	4.16
Operability	7.33	8.69	5.23

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THE EFFECT OF MUSIC TEACHING MODE OF IDEOLOGICAL AND POLITICAL EDUCATION ON IMPROVING STUDENTS' LEARNING MENTAL HEALTH UNDER THE BACKGROUND OF "STRENGTHENING TEACHERS' PLAN"

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Background: The standard of mental health refers to that an individual has a good ability of psychological adjustment and emotional control, and can make a good psychological response and state to the changes and stimuli of the surrounding environment. The specific performance is that he has a strong ability of self cognition, a peaceful mood and a stable and positive mood, a strong sense of happiness, and his behavior is purposeful and self-conscious. Strong self-cognitive ability means that individuals can evaluate their own advantages and disadvantages comprehensively, objectively and clearly, and do not belittle themselves or feel sorry for themselves due to external evaluation or frustration. Emotional stability and high sense of happiness enable individuals to deal with their own life and the relationship with the surrounding environment with a positive and optimistic attitude, and maintain a more harmonious interpersonal relationship. At the same time, different individuals show different psychological conditions at different stages, so their mental health is also different. Mental health is easily affected by subjective and objective environment, cognitive level and external feedback mechanism. The quality of mental health status has a significant relationship with the direct emotional expression of individuals, that is, if individuals are in negative emotions for a long time and cannot get timely and effective improvement and intervention, it will affect their mental health status, and the low mental status will aggravate their negative emotions, fall into a vicious cycle, and cause great damage to their physical and mental health. As a high-quality group, college students are the builders of society and the inheritors of human civilization. Their mental health status has an important correlation with their own growth and development and career planning. The updating speed of science and technology, social competitive pressure, employment situation, economic burden, family factors, interpersonal relations and emotional factors will make a certain proportion of college students suffer from obvious complex and diverse psychological barriers and diseases, which will seriously affect their mental health, and correspondingly generate negative emotions such as mental anxiety, depression, fear and resistance, which will greatly interfere with and affect their study and life. Students are in a critical period of physical and mental development, and their main values are guided by teachers. Therefore, teachers' quality and teaching ability will directly affect and interfere with students' mental health. With the acceleration of China's educational reform process, the improvement of teachers' quality has become an important concern at present. Under the background of "strengthening teachers' plan", it has a more comprehensive understanding of teachers' comprehensive quality and requirements. It is of great significance and value to accelerate the proportion of Ideological and political education in music teaching mode and give full play to its intervention effect on students' mental health.

Subjects and methods: By selecting music majors in a university as the research object, the study first collected basic information about their mental health status, including their emotional changes, psychological perception level and mental state in the recent month, and made statistics of preliminary information with the help of the mental health self-test scale and the mental state scale. Then the subjects were intervened in the music education mode, that is, the form of ideological and political education was added to the teaching mode, that is, the teaching plan was arranged and optimized through video viewing