

the traditional elderly care group have significantly more emotional disorders, behavioral disorders and abnormal diet and sleep than those in the intelligent elderly care group.

Conclusions: For the empty nesters with Alzheimer's disease, the joint intelligent elderly care model can provide timely medical security services for the elderly with Alzheimer's disease, alleviate the symptoms of the empty nesters with Alzheimer's disease through modern medical technology, help the elderly with Alzheimer's disease delay the course of disease, and fully mobilize various medical resources through cross regional collaborative medical services to help the empty nesters with Alzheimer's disease improve their elderly care happiness index.

* * * * *

ANALYSIS OF THE PENETRATION AND INTEGRATION OF IDEOLOGICAL AND POLITICAL EDUCATION AND VOCAL MUSIC TEACHING ON ALLEVIATING THE PSYCHOLOGICAL ANXIETY OF COLLEGE STUDENTS

Lulu Chen

Qingdao University, Qingdao 266071, China

Background: Psychological anxiety is an emotional disorder mainly composed of anxiety. The generation mechanism of this emotion is to preset the worst outcome in advance because of the possible danger, loss and threat to the future. Different individuals show different levels of psychological anxiety. The reason is that this kind of anxiety will be affected by internal factors such as individual cognitive structure and psychological endurance, as well as external objective factors. At present, the law of College Students' physical and mental development is not yet fully mature, and their value evaluation and self-identity are more vulnerable to the impact of non-objective evaluation by others. At the same time, academic pressure, employment pressure, emotional pressure and so on will make students' psychological pressure and burden heavier, and in the absence of professional psychological emotional counseling help, it is easy to produce psychological anxiety and negative emotions. More serious psychological anxiety will directly affect the formation of individual value judgment standards and values. In serious cases, it will also make individuals suffer from depression and make self mutilation and suicide. In the current college education, the main contents of psychological counseling include the opening of professional psychological counseling rooms, ideological and political education courses and mental health lectures. However, it is difficult for students to have a clear understanding of their own emotional changes, so they will resist the treatment of psychological anxiety and be shy of treatment. In the current vocal music education, teachers mostly follow the traditional way in setting the course content, formulating the course objectives and teaching methods, and seldom carry out the course innovation. Moreover, teachers are difficult to grasp the students' mental health and emotional changes in the teaching process, so they cannot effectively play the guiding role and active intervention role of music in individual psychology and emotion. Therefore, on this basis, the study strengthens the infiltration and integration of Ideological and political education and vocal music teaching, in order to explore the impact mechanism of the new education model on students' psychological anxiety. Integrating Ideological and political education into vocal music teaching can imperceptibly guide students' psychological emotions in the learning of educational courses, promote the formation of their correct values, have a more objective, sober and comprehensive evaluation of themselves and external environment, and further realize the healthy formation of their psychological status.

Subjects and methods: The research take the ideological and political program of the curriculum as the research object, and the students of different grades in a university as the experimental object. Before the experiment, the initial information about the mental health status and anxiety level of the subjects was collected with the help of Hamilton scale and self rating anxiety scale. Then the vocal music teachers conducted an 8-week teaching experiment, fully applied the ideological and political education content to the vocal music teaching process in the implementation of the program, made innovations in the design of teaching objectives, teaching means and teaching programs, and designed a vocal music teaching program that met the students' psychological needs and psychological characteristics. Subsequently, students are invited to participate in the experiments of different vocal music teaching programs, explore the changes of their anxiety psychology in the experiment process, and use statistical analysis tools to achieve the statistical collation of the experimental data, so as to draw experimental conclusions.

Results: Adding ideological and political content to the vocal music teaching course can effectively play the leading role of the ideological and political course in students' values and internal emotions, achieve the innovative development of the teaching content and teaching design, and fully consider the students'

emotional changes and psychological characteristics in the process. The experimental results show that the infiltration and integration of Ideological and political education and vocal music teaching can effectively achieve positive intervention on students' mental health and help them reduce negative emotions. Table 1 shows the statistics of psychological anxiety scores of the subjects under different vocal music teaching methods during the experiment.

Table 1. Statistics of psychological anxiety scores of subjects in different vocal music courses during the experiment

Curriculum	Original vocal music teaching mode	The teaching mode of Ideological and political education combined with vocal music
Before experiment	5.77±2.39	5.82±2.04
After experiment	4.26±1.74	1.22±1.56
<i>t</i>	-2.146	1.829
<i>P</i>	0.063	0.001

The results in Table 1 show that before the experimental intervention, there is little difference in the psychological anxiety scores of the experimental subjects. However, after the experimental intervention, the improvement effect of students' psychological status under the vocal music course learning is worse than that under the integrated vocal music teaching mode ($P < 0.05$). The fusion model can effectively reduce the psychological anxiety of the subjects and improve the students' mental health to a certain extent.

Conclusions: Ideological and political education aims to guide students' values. Through combing ancient and modern history and paying attention to and evaluating social hot events, it can help students better understand individual values and emotional needs and the relationship between them and the surrounding environment. Integrating Ideological and political education into vocal music education can effectively meet students' psychological needs and improve their mental health.

* * * * *

TREATMENT AND INFLUENCE OF MODERN PAINTING ART COLOR EXPRESSION ON PATIENTS WITH ANXIETY DISORDERS

Yuan Li¹ & Ming Chang^{2,3*}

¹*School of Art and Dsaid, Xi'an University of Technology, Xi'an 710054, China*

²*School of Psychology, Shaanxi Normal University, Xi'an 710062, China*

³*Shaanxi Provincial Key Laboratory of Behavior and Cognitive Neuroscience, Xi'an 710062, China*

Background: With the development of society and the improvement of people's quality of life, a large number of social people have anxiety. With the increase of social pressure and economic pressure, a large number of anxiety patients gradually deteriorate and have serious anxiety symptoms. In clinical manifestations, patients with anxiety disorder often have obvious emotional out of control, and then become anxious. Patients with serious anxiety disorder will be difficult to receive normal treatment, and eventually have mental disorders. From the perspective of psychology, anxiety disorder is a kind of psychological disorder. Its influencing factors include external factors and internal factors. External factors are the unbalanced psychology caused by environmental differences, and internal factors are the damage of psychological defense caused by psychological endurance. In the research of psychologists, the treatment of anxiety patients generally adopts the psychological induction scheme. Psychological induction treatment refers to inducing the psychological and emotional change of patients through the transformation of external things, including the use of eco-tourism environment to create a better psychological state of patients, and the cultivation of healthy psychology of patients through ideological and political education, so as to conduct psychological counseling. At the same time, with the development of the new era, psychologists have found that art design can significantly affect the negative emotions of anxiety patients, among which the effect of painting art is more significant. Therefore, the study will analyze the impact of the performance of modern painting art color on anxiety patients, and put forward the treatment methods for anxiety patients.

Modern painting art is an important part of art education, and it is also an important link in the current artistic expression. The thoughts reflected in the expression of modern painting art are extremely rich. Generally speaking, in the expression of modern painting art, the thoughts displayed in the color expression