

equivalent to that of a placebo, with no statistically significant difference (RR=0.97, 95% CI=0.90-1.05, $P=0.5$). Significantly higher than the lack of mathematical teaching model reform, with a statistically significant difference (RR=1.26, 95% CI=1.07-1.49, $P=0.006$).

Conclusions. College students' anxiety disorder is an important factor affecting their mental health, and effective measures and timely intervention and treatment are urgently needed. Based on the perspective of healthy personality cultivation, the study of the impact of percussion teaching on college students' anxiety disorder is of great significance for the comprehensive development of college students' physical and mental health.

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Integrating psychological education into aviation service teaching on social anxiety of flight attendants

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Background. This study examines the influence of optimized aviation service education integrated with psychological education on social anxiety disorders among cabin crew members. Social anxiety disorders are prevalent among individuals working in high-demand social interaction professions, such as cabin crew members, and interventions targeting these disorders are crucial for their well-being.

Subjects and Methods. The study involved a sample of 150 cabin crew members, aged 25 to 35, from a major airline. Participants were randomly assigned to two groups: the experimental group ($n=75$) and the control group ($n=75$). The experimental group received optimized aviation service education integrated with psychological education, while the control group received standard aviation service education. The Stanford Acute Stress Response Questionnaire (SASRQ) and the 3-min Confusion Assessment Scale (3D-CAM) were used to assess social anxiety levels before and after the intervention. The intervention was conducted over six months, with weekly sessions of optimized education for the experimental group.

Results. Analysis using SPSS23.0 showed that the experimental group demonstrated a significant reduction in social anxiety levels compared to the control group ($P<0.001$). The experimental group experienced an average decrease of 55% in social anxiety symptoms, indicating the positive impact of optimized aviation service education integrated with psychological education on social anxiety disorders among cabin crew members.

Conclusions. Incorporating psychoeducation into aviation service education can effectively alleviate social anxiety disorder in flight crews. Optimized educational methods produce better outcomes than standard education alone. Implementing this integrated intervention can greatly support the mental health of cabin crew and contribute to improved performance and passenger satisfaction.

National music culture inheritance and music education on college students' anxiety

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Background. This study examines the impact of ethnic music culture inheritance and music education on anxiety levels among college students. Anxiety is a prevalent issue affecting college students. Exploring the potential influence of ethnic music culture and music education could provide insights into effective interventions to address anxiety among this population.

Subjects and Methods. The study involved a sample of 200 college students from different ethnic backgrounds, aged 18 to 25, studying at a university. Participants were divided into two groups: the experimental group ($n=100$) and the control group ($n=100$). The experimental group received ethnic music culture inheritance classes and music education programs, while the control group proceeded with their regular curriculum. Assessments of anxiety levels were conducted using standardized psychological scales, including the State-Trait Anxiety Inventory (STAI) and the Depression, Anxiety, and Stress Scale (DASS). The intervention period lasted for one academic semester.

Results. Analysis using SPSS23.0 showed that the experimental group, which received ethnic music culture inheritance and music education, exhibited significantly lower anxiety levels compared to the control group ($P<0.001$). Both the STAI and DASS scores demonstrated a 30% reduction in anxiety symptoms among the experimental group, indicating the positive impact of ethnic music culture inheritance and music education on reducing anxiety among college students.

Conclusions. The results show that incorporating ethnic music cultural inheritance and music education into university curricula can effectively reduce students' anxiety levels. The integration of cultural elements and music education not only promotes the preservation of national music culture but also contributes to the mental health of students.

Cognitive behavior group counseling on alleviating social anxiety disorder marketing majors' students

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Background. Social anxiety often poses challenges for students majoring in marketing, as social interaction is a requirement for marketing majors. Understanding the potential effectiveness of