

data processing and analysis to compare the differences between the experimental group and the control group.

**Results.** The attention deficit score of the experimental group students was significantly reduced, and the SPSS22.0 statistical method verified that the difference between the experimental group and the control group was statistically significant ( $P < 0.05$ ). In addition, the academic performance of the experimental group students has also significantly improved, such as improving exam scores and increasing interest in learning.

**Conclusions.** The research results indicate that teaching reform has a positive impact on students' attention deficit. Improving teaching methods and increasing interaction and collaborative learning can help improve students' concentration and attention regulation abilities.

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## Ethnic music integration on students' attention deficit in music education

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**Background.** Attention deficit in students has a negative impact on their learning and development. The integration of ethnic music and music education provides a diversified and comprehensive music education model, which may have a positive impact on students' attention deficit.

**Subjects and Methods.** The study selected students from a school as the research subjects and divided them into an experimental group and a control group. The experimental group received integrated music education for ethnic music, including learning traditional and ethnic music, participating in instrument performance and choir singing, etc; The control group continued to receive traditional music education. To clarify the grouping, we use a random sampling method to randomly assign students to two groups. The study collected data on students' attention ratings and academic performance as research indicators and used SPSS 23.0 statistical software for data processing and analysis.

**Results.** In the experimental results, the attention score of the experimental group students significantly improved. The attention score of the experimental group students increased from an initial 6.7 to 8.9, while the attention score of the control group students increased from an initial 7.2 to 7.6. In addition, the academic performance of the experimental group students also

showed a significant improvement trend, with math scores increasing from the initial 70 to 80 and Chinese language scores increasing from the initial 75 to 85.

**Conclusions.** Research can effectively improve students' attention level and concentration ability through diversified and comprehensive music education models.

## Impact of vocational college enrollment expansion on students' anxiety disorders

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**Background.** The expansion of vocational education enrollment is a policy measure aimed at increasing the popularity of vocational education. From the perspective of dealing with student anxiety, the expansion of vocational education may bring some positive effects.

**Subjects and Methods.** The study selected students from several vocational colleges as the research subjects and divided them into vocational expansion groups and non vocational expansion groups. The vocational expansion group includes newly recruited students under the expansion policy in recent years, while the non vocational expansion group includes traditionally recruited students. The study collected students' anxiety scores and mental health questionnaire survey data as analysis indicators and used Stata statistical software for data processing and analysis.

**Results.** In the experimental results, the anxiety scores of students in the vocational expansion group were slightly lower. The anxiety score of students in the vocational expansion group decreased from the initial 28.5 to 27.8, while the anxiety score of students in the non vocational expansion group increased from the initial 27.8 to 30.2. The experimental results showed statistical significance between the experimental group and the control group.

**Conclusions.** The research results indicate that the expansion of vocational college enrollment has a certain positive impact on students' anxiety disorder, providing a certain reference for the implementation of vocational college enrollment expansion policies, and having practical help effects on students' mental health problems.

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