

Table 2. Dance training before and after the experiment in the experimental group ($\bar{x} \pm s$).

	Experimental group	Control group
Athletic ability	1.29±0.482	2.70±0.434
Stimulate vitality	1.60±0.506	3.26±0.335
Relieve stress	1.71±0.482	2.79±0.232
Increase confidence	1.68±0.311	3.27±0.375
Self cognition	1.66±0.515	3.02±0.431
Self regulation and control	1.80±0.473	2.84±0.362
Imagination and creativity	1.46±0.528	2.99±0.424
Feeling emotions	1.77±0.528	3.46±0.379
Active engagement	1.57±0.486	2.54±0.471
Interpersonal relationship	1.89±0.512	3.20±0.623

Note: $P > 0.05$; * means $P < 0.05$; ** means $P < 0.01$.

Table 3. Dance training of the control group before and after the experiment ($\bar{x} \pm s$).

	Experimental group	Control group
Athletic ability	1.26±0.412	1.85±0.583
Stimulate vitality	1.60±0.506	2.08±0.877
Relieve stress	1.68±0.517	1.96±0.332
Increase confidence	1.60±0.420	2.18±0.530
Self cognition	1.66±0.515	2.07±0.326
Self regulation and control	1.83±0.512	2.15±0.566
Imagination and creativity	1.45±0.446	1.78±0.834
Feeling emotions	1.78±0.531	2.34±0.328
Active engagement	1.58±0.385	1.82±0.839
Interpersonal relationship	1.89±0.531	2.33±0.782

Note: $P > 0.05$; * means $P < 0.05$.

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MEDIATING EFFECT OF POSITIVE PSYCHOLOGY ON THE PSYCHOLOGICAL ADJUSTMENT OF PRESCHOOL EDUCATION MAJORS IN COLLEGES AND UNIVERSITIES

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Background: The concept of “mental health” defined by the World Health Organization is “mental health is a state of health or happiness in which individuals can achieve self-esteem, be able to cope with daily biochemical pressure, work effectively and achieve results, and have the ability to contribute to their communities”. This is consistent with the value orientation of positive psychology. Positive psychology pays attention to the beautiful aspects of human nature, and expects to improve people’s happiness and prevent the emergence of various psychological problems through positive emotional experience, cultivating positive quality and forming a positive support system. The value orientation of positive psychology is in full conformity with the basic requirements of the teaching of psychological health education course for students in general colleges and universities issued by the general office of the Ministry of education.

Objectives: Positive psychology is expected to improve people’s happiness and prevent the emergence of various psychological problems Learning has great theoretical and practical guiding value for mental health education of preschool education students.

Subjects and methods: Through literature analysis, it is found that many domestic scholars have investigated the mental health of preschool education students. Most of the results showed that the scores of nine factors, such as obsessive-compulsive disorder, interpersonal sensitivity, anxiety, phobia and

depression, of preschool education students were significantly higher than those of the national norm of college students, and there was no significant difference between the other factors and the national norm of college students. Therefore, the psychological problems and symptoms of students majoring in preschool education are different from those of other college students. The specific reasons are related to the specialty's particularity. The specific manifestations are as follows: first, the curriculum of preschool education is complex, and the requirements for students' comprehensive quality and various skills are high. Second, the sex ratio of male and female students is seriously unbalanced. Preschool education major has always been regarded as a "daughter country". Boys as preschool teachers are often regarded as "worthless". There are more girls than boys. Gender imbalance makes it difficult for students to complement each other in communication. In particular, boys either deliberately avoid or are "assimilated" by girls, which is not conducive to the formation of their complete personality. Thirdly, students are in the early stage of sensitive youth, and all kinds of psychological conflicts and contradictions are escalating. Fourthly, the pressure of study and employment, and the imbalance between low treatment and low social identity after employment and high expectation of parents and society. Most of the students majoring in preschool education are engaged in preschool education after graduation. At present, the low treatment and high turnover rate of preschool teachers have not been properly solved. However, the expectation of society and parents for preschool teachers is getting higher and higher, which leads to students' confusion and anxiety about the future in school. In addition, the "child abuse" incident in recent years has caused endless controversy the comprehensive effect of various factors makes the pressure of preschool education students doubled, and the mental health is deeply affected.

Study design: There are four levels of mental state.

Health status: I don't feel pain - that is, in a period of time (such as a week, a month, a season or a year), the feeling of happiness is greater than the feeling of pain. Others don't feel abnormal-that is, the psychological activities are in harmony with the surrounding environment, and there is no phenomenon of being out of tune with the surrounding environment. Good social function-that is, they are competent for family and social roles, can give full play to their own ability in the general social environment, and use the existing conditions (or create conditions) to realize their self-worth.

Bad state: also known as the third state, is a state between health and disease. It is a common sub-health state in the normal group of people. It is caused by personal psychological quality (such as too good win, isolation, sensitivity, etc.), life events (such as work pressure, promotion failure, criticism by superiors, frustration in marriage and love), physical adverse conditions (such as long-term overtime work and physical illness).

Psychological barrier: psychological barrier is the advance, stagnation, delay, retreat or deviation of one aspect (or several aspects) of psychological state caused by personal and external factors. Disharmony-the external performance of their psychological activities is not commensurate with their physiological age or the way of reaction is different from ordinary people.

Mental illness: mental illness is a strong psychological reaction (thinking, emotion, action, will) caused by personal and external factors, accompanied by obvious physical discomfort. It is the external manifestation of brain dysfunction.

Results: A total of 200 students majoring in preschool education in a university were selected, including 100 boys and 100 girls. The psychological state of the 200 students was obtained by questionnaire. The results are shown in Table 1.

Table 1. Mental state of 200 students.

Gender	Health status	Bad state	Psychological barrier	Mental illness
Male	58	28	11	3
Female	32	33	27	8

Analysis of Table 1 shows that among the 200 preschool education students, 90 are in a healthy state of mind, and 61 are in a bad state of mind, including 28 boys and 33 girls. There are 38 students with psychological problems and 11 students with serious psychological diseases. The overall analysis shows that the number of girls with poor mental state is more, which shows that girls are more delicate, and some students need to improve their mental state.

Therefore, positive psychology is used to adjust the psychological state of the above students. After six months of adjustment, the changes of each student's psychological state are detected, and the results are shown in Table 2.

According to Table 1 and Table 2, the number of healthy state adjusted by positive psychology increased from 90 to 180, indicating that most students recovered from bad and psychological disorders, and only 7 had mental disorders and mental diseases. It shows that positive psychology can effectively regulate the

psychology of the students in preschool education.

Table 2. Changes of students' psychological state after adjustment of positive psychology.

Gender	Health status	Bad state	Psychological barrier	Mental illness
Male	92	7	1	0
Female	88	6	5	1

Conclusions: Preschool education students will be given a special mission after graduation. Their mental health level will not only affect their own development, but also affect children's physical and mental health development and early childhood education, as well as the future of society and the hope of the country. Therefore, compared with other college students, the mental health education work of preschool education students not only cannot be ignored, but also is imminent. This paper analyzes the mediating effect of positive psychology on the psychological adjustment of preschool education majors in Colleges and universities, verifies this view through experiments, and gives some effective suggestions. For example, the state and society should gradually increase the investment in preschool education; standardize the admission and entry standards of preschool education; balance the gender ratio of boys and girls; improve the treatment of preschool teachers; carry forward the spirit of excellent preschool teachers. Create positive and positive social environment to promote the natural and healthy growth and development of preschool education students.

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APPLICATION OF PSYCHOLOGICAL DISTANCE IN THE APPRECIATION OF DANCE ART

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Background: Dance is an artistic form of expressing emotion and emotion by body language, and it is the fusion of mind and body. Excellent choreographer is not to express the beauty that dance should bring to the viewer through inner expression. This paper starts from the subtle relationship between aesthetic distance and dance creation, and starts from the close relationship between the psychological distance of dance and the creation of dance. Through analyzing the forms and themes of various dances, different people have different views, so there will be differences in appreciation of works. This paper explains that to find the correct aesthetic and understanding angle in objective conditions, we need to rely on a deep understanding of the theory of psychological distance of dance, and have a deep understanding of the theory of Gestalt.

Subjects and methods: In his book dance psychology, Professor Ping Xin points out that the "distance" in the so-called "psychological distance" is definitely not the physical distance between the artwork and the audience, but a kind of "psychological distance", that is, the psychological distance between the artistic image and the concrete image or prototype, that is, the distance between the aesthetic ideal and the objective reality, that is, the memory representation and the imagination representation, that is, the image The distance between art and life is the distance between art and life. It can be seen that "psychological distance theory" is a unique aesthetic criterion and creative thinking in dance art, which has profound guiding significance for dance creation, performance and appreciation. The psychological distance in dance psychology has the following characteristics:

(1) Transcendence. Dance image is produced from the dancer's own artistic imagination. It is a new image produced by artistic processing of the memory representation close to the objective reality through artistic imagination. Aesthetic need is the highest level of human growth needs after completing the basic needs, and aesthetic needs and the needs of seeking knowledge and understanding are transcendental needs. Aesthetic needs are the most advanced emotional needs and psychological needs in human life. The distance between these needs and physiological needs is the root and essence of psychological distance. Therefore, only when the artistic imagination and the real world are separated from each other, and the imaginative representation and the concrete representation are separated from each other, can the beauty of dance art come into being.

(2) Dialectics. The reason why psychological distance can become a special art standard and the key to solve many conflicts in art lies in its dialectics. It emphasizes that there is a moderate distance between the subject and the object when aesthetic activities are carried out, that is, it can let the subject examine the object without any utilitarian purpose, and can clearly feel the existence of the object and the implication