

Conclusions: The psychology of music performance should be attributed to psychology. The psychological quality of the performer or performer is the basis of music performance. The mental state of performers or performers in musical performances is a subjective reflection of their brains, as well as human mental activities, which are of great significance to musical performances. Music performance mainly relies on the mental performance and spiritual connotation of the performer or the performer to transform the image of the artistic work. The feeling, memory, imagination, creation and emotional expression in the music performance center all require the performer or performer to strengthen his own music profession. Skills, accumulate performance experience, continuously improve performance confidence and on-the-spot adaptability in music performance, maintain a good psychological state of music performance, and make music performance go smoothly. In music performances, the performer's mental health issues are directly related to the effect and quality of the music performance. To successfully interpret the connotation of artistic works in music performances and meet people's needs for music experience, performers must control and adjust Self-performing psychology, and constantly improve one's professional quality and self-confidence in performance. Performers can train and cultivate the ability to control psychological fluctuations through practical activities, and continuously improve the performance level and the performance of musical works.

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INFLUENCE OF LITERARY, FILM AND TELEVISION WORKS ON ALLEVIATING COLLEGE STUDENTS' ANXIETY DISORDER UNDER THE BACKGROUND OF NEW MEDIA

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Background: With the development of modern information technology, many new media interaction platforms have appeared in the market. The existence of new media is profoundly affecting and changing the thinking mode, lifestyle and behavior of college students, and the social mentality is also changing in a subtle way. And the rhythm of modern life Soon, the social anxiety of college students is an inevitable problem in the development process, and it should be given sufficient attention and treatment. According to the actual situation of college students, analyze the causes of their social anxiety and find the source of the cause before they can be effectively dealt with. Explore the deep causes of college students' social anxiety and take feasible measures. Ways to alleviate, help to reduce social anxiety, and promote social harmony and stability. And social anxiety is a common mental illness in modern university students. Due to the psychological anxiety, tension, fear and other emotions generated by individuals in the social environment, it often triggers some unpredictable mental illnesses. Among them, psychological anxiety is more common. Therefore, it is not uncommon for college students to suffer from social anxiety disorder in social cognitive behavior. This mental illness will cause serious damage to the students' social and interpersonal communication skills. Based on this, it is necessary to make specific analysis, explore the reasons, and make a rational voice to promote the active guidance of social anxiety and avoid social panic.

Objective: With the development of science and technology, traditional pressure has more diverse and real expressions in the new media environment. Many college students are unable to calmly deal with the pressures of study, economy, communication, love, etc., passively avoid them, and cannot explore their own initiative to solve problems, which in turn brings negative emotions such as complaints, anxiety, fear of difficulties, and seriously affects their physical and mental health. At the same time, new media technology provides new opportunities and ways to cultivate the ability of college students to resist stress. For literary and artistic film and television works, through the powerful communication power of new media, the positive and positive content of film and television plays a good role in guiding the thinking and values of college students. However, everything is one and two sides. The unevenness of good and bad in film and television plays has a negative impact on college students who are still in the immature stage. This research seeks to explore the impact of literary and artistic film and television works in the new media environment on alleviating the anxiety of college students, and feedback the anxiety of the students through the ability of college students to resist stress in the new media environment.

Subjects and methods: Questionnaires were issued to college students from many universities. The experimental subjects were selected in two ways: (1) Assessing college students who voluntarily visit for mental health consultation; (2) Open recruitment, recruiting college students with anxiety symptoms anonymously. Through these two methods, 60 college students suffering from anxiety disorders were

selected from February 2019 to May 2020, including 22 males and 38 females. Firstly, the time spent on new media used by college students is surveyed. Secondly, the criteria for judging anxiety are as follows: (1) Two anxiety scores were performed on the participants, of which the anxiety self-rating scale ≥ 50 points, the Hamilton anxiety scale score ≥ 15 points, comprehensive SAS and HAMA assessment, those who do not need to use anti-anxiety or antidepressant drugs; (2) evaluate the participants' cognitive function, language ability and communication skills, confirm that the participants can complete the cognitive behavioral therapy; (3) I voluntarily participate in the project research, Those who have signed an informed consent form; (4) Perform routine physical examinations (blood routine, urine routine, liver function, chest X-ray) for participating college students to ensure that the participants are healthy and there is no obvious organic disease in the heart, lung, liver, kidney and other important organs; (5) Have not used any anti-anxiety or antidepressant drugs in the past six months, and have never participated in other psychotherapy; (6) Family has no history of epilepsy, depression, or other major mental illness; (7) No major mental shock in the past year, such as relatives, The death of a friend, etc. The results obtained using SPSS 15.0 statistical data questionnaire.

Results: Table 1 shows the results of the survey of college students' use of new media time. In this experimental study, 60 college students with anxiety were treated with video therapy under the background of new media for 72 h, and then the anxiety self-scale test was performed on all the subjects again. The results showed that 32 of the 42 mildly anxious patients were normal, and the remaining 10 were still mildly anxious but the SAS test scores had declined. Among the 18 moderately anxious people, 11 are already in normal mood, and the remaining 7 have all been reduced to mild anxiety. Therefore, a total of 60 students were psychologically counseled in this film and television therapy, of which 43 were in normal mood, and the remaining 17 were significantly relieved of anxiety, and the effective rate of returning to normal mood reached 71.67%.

Table 1. Daily time of college students using new media.

Time	<1 h	1 h-3 h	3 h-5 h	5 h-8 h	>8 h
Proportion/%	10.7	45.2	25.5	14.5	4.1

Conclusions: As one of the ways in which college students' leisure entertainment, the film and television play an irreplaceable role, but with the development of new media, film and television play content, the form has a rapid development and change, the form of transmission is in constant innovation, however its influence on college students also wavering between the positive and negative, shape group is in the midst of the values of college students, need more melody and positive The guidance of energy information. The society should advocate more realistic and positive thinking films and TV plays to promote to college students, solve the cognitive problems of college students, correct the wrong value orientation, establish more interaction with college students through new media, and provide more platforms for students to practice professional knowledge and improve their personal quality. At the same time, the management of movies and TV plays in traditional media should be gradually extended to new media as far as possible, especially the management of the network environment should be further strengthened to create a good environment for watching movies and TV plays, which can not only purify the market environment of movies and TV plays, but also help promote the comprehensive and healthy development of college students.

Since the number of samples included in this study is relatively small, it is still necessary to further expand the sample size to evaluate and improve the effect of video therapy. In summary, the film and television therapy of literary, film and television works in the context of new media can significantly improve the anxiety behavior of college students and reduce the degree of anxiety, which is of positive significance for mental health education and mental illness intervention in colleges and universities.

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INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION ON ALLEVIATING COLLEGE STUDENTS' ANXIETY DISORDER

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