

the color pictures. In fact, this is to hint the audience through different color symbols to achieve the purpose of unforgettable. This study mainly analyzes and discusses the return to naturalization, nationalization and personalization of design, and studies the influence of modern art design from the perspective of color psychology.

**Study design:** In the form of interview survey, 100 audiences were randomly selected for interview. Time limit: 15-20 mins. The content of the interview mainly focuses on the impact of modern art design from the perspective of color psychology.

**Methods:** The influence of modern art design research based on color psychology is counted by Excel.

**Results:** According to the survey results, five grades of 0-4 are used to quantify the influence values of specific factors. 0 means no symptoms, 1 means slight symptoms, 2 means general symptoms, 3 means obvious symptoms and 4 means intense reaction. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation values of 500 university students are taken and averaged. The specific statistical table is shown in Table 1.

**Table 1.** Research influence of modern art design from the perspective of color psychology

Factor	Return to naturalization	Nationalization	Individualization
Audience	2	3	2

**Conclusions:** What modern art design shows is not only aesthetic feeling, but also the overall artistic conception and pattern conception. Of course, no matter what kind of art form, it reflects and expresses the social and psychological characteristics brought by the changes of modern society, and it is the artist's exploration of the form of artistic expression. The positive achievements enrich people's aesthetic experience and expand the visual expression space of art.

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## THE ROLE OF SPORTS GAME TEACHING METHOD IN ALLEVIATING STUDENTS' PSYCHOLOGICAL ANXIETY IN HIGHER VOCATIONAL COLLEGES

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**Background:** Psychological anxiety is a common problem of higher vocational college students. With the rapid development of China's economy, social reform, educational reform, academic, emotional and interpersonal complexity, it has brought intangible pressure to the psychology and spirit of contemporary college students. Under these pressures, some students have different degrees of psychological barriers, which seriously affect the physical and mental health of college students. When higher vocational education accounts for a large proportion of higher education, a series of psychological problems such as anxiety and depression exposed by higher vocational college students in their daily college life have become common problems in higher vocational colleges. Mental health refers to the normal and positive state of individual psychology and the ability to maintain good psychological adaptation to the environment, it reflects the high standard pursuit of human psychological system. Higher vocational college students are a group with high cultural quality and the backbone to promote social development. The mental health of higher vocational college students is related to the future and destiny of the country and society. The rapid development of modern society, the acceleration of the pace of life and the increasing competition have had a great negative impact on the mental health of higher vocational college students. It also causes a series of problems in students' mental health, and the prospect is not optimistic. Sports game teaching method is a teaching method in sports teaching. In recent years, sports game teaching method has been widely used in various technologically complex sports, and its role has been paid more and more attention. This paper aims to study the application of sports game teaching method in basketball technology teaching, find and explore the advantages and disadvantages of sports game teaching method by comparing with traditional sports teaching method, and explore the role of sports game teaching method in alleviating students' psychological anxiety in higher vocational colleges.

**Objective:** As a psychological state, mental health refers to that when individuals interact with the social environment, they can keep their mentality and behavior in harmony with the social environment. From the main signs and basic contents of mental health, physical education teaching will more naturally and effectively promote the all-round development of students' physical and mental health than any other

subject teaching. The author starts with physical education teaching methods, takes basketball as an example, takes sports game teaching method as the independent variable, and takes higher vocational college students' mental health level as the dependent variable. Its purpose is to explore the internal relationship between sports game teaching method and higher vocational college students' mental health, promote the positive impact of sports teaching on middle school students' mental health, and find the theoretical basis of the psychological effect of sports game teaching method, so as to provide a theoretical basis for higher vocational college students' mental health education and all-round quality education.

**Subjects and methods:** 2019 students of a higher vocational college were randomly divided into experimental group and control group, with 30 students in each group. Before the experiment, the two groups of students' in-situ one hand shoulder shot and three-step layup skills were tested and analyzed by one-way ANOVA. It was found that there was no significant difference in skills. At the same time, the anxiety of the two groups of students was evaluated before and after the experiment. There was no significant difference in the anxiety degree of the two groups of students before the experiment.

**Study design:** (1) Literature method. Search and consult the relevant literature on sports game teaching method, sports teaching and experimental design, so as to provide some theoretical support for this study. (2) Experimental method. The experiment was divided into two groups: the experimental group and the control group. The experimental time was from March to June 2019. Classes were held once a week for 80 minutes each time, with a total class hour of 32. Both groups were carried out in the Teaching Hall of vocational colleges. The teaching contents of the experimental group and the control group are single handed shoulder shooting and three-step layup. The experimental group adopts sports game teaching, and the control group adopts traditional teaching methods. After 18 weeks of the experiment, the successful times of one hand shoulder shooting in the two groups were compared and analyzed. (3) The standard score of self-rating Anxiety Scale was greater than 50. Before the experiment, the subjects were informed that the test content included basketball, and reminded of their right to withdraw freely at any time. The experiment was started after signing the informed consent, and a certain reward was given after the experiment. The self-rating Anxiety Scale was used to detect the anxiety status of the two groups of students before and after the experiment.

**Methods:** Make statistical analysis on the collected data, and use SPSS 18.0 and Excel for data statistics.

**Results:** The anxiety status of the two groups before and after the experiment is shown in Table 1. It can be seen from Table 1 that the anxiety of the students in the experimental group has been significantly alleviated, the students with severe anxiety have changed to severe anxiety or mild anxiety, and the students with moderate anxiety have changed to mild anxiety or even no anxiety, indicating that the sports game teaching method can effectively alleviate the anxiety of the students. The moderate anxiety students in the control group increased instead of decreased.

**Table 1:** Comparison of anxiety status / number of people in the two groups before and after the experiment

Group	Before and after the experiment	No anxiety	Mild anxiety	Moderate anxiety	Severe anxiety
Experience group	Before the experiment	0	9	13	8
	After the experiment	11	12	7	0
Control group	Before the experiment	0	11	12	7
	After the experiment	2	8	17	3

**Conclusions:** The sports game teaching method is obviously better than the traditional sports teaching method in promoting students' interest and enthusiasm in learning. The sports game teaching method is conducive to cultivating students' autonomy and enthusiasm in learning, and cultivating students' self-learning ability, creativity and adaptability. The sports game teaching method fully reflects the students' main position and alleviates the students' anxiety to a great extent.

Through the experimental research on the sports game teaching method, this paper also finds some problems: generally speaking, in different teaching stages, choose appropriate teaching methods. When teaching sports games, we must choose the correlation between the game content and the teaching content, and pay attention to monitoring the whole process of play and learning, so as to achieve the expected effect of teaching and to the greatest extent, help students relieve anxiety and psychological pressure.

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## THE IMPACT OF PERFORMANCE INNOVATION BASED ON POSITIVE PSYCHOLOGY