

depression, etc. This requires teachers to understand the source of students' anxiety, cultivate students' inventiveness, stimulate students' design inspiration, improve students' enthusiasm for invention and strengthen students' personalized narrative ability based on psychology. The addition of clothing marketing courses also makes students increase greater pressure on the basis of the original learning pressure, and the resistance to new knowledge makes students accept and absorb slowly. Therefore, this study adopts applied psychology, through students' psychological cognition, to inspire students' innovative inventions and strengthen students' personalization as the new goal of clothing teaching. Teachers respect students' main role in the teaching process, play the role of guide and enlightener, and make full use of various students' psychological needs to mobilize students' initiative. Respect students' individual narratives, let students actively participate in teaching, change from passive recipients of teaching to active explorers, consciously cultivate students' ability to find, think and solve problems, explore different shining points of each student, help students recognize and improve themselves, and inspire their own design potential. Only in this way can we fundamentally change the performance of anxiety students in fashion design education and teaching innovation.

**Subjects and methods:** 40 students with anxiety disorder were selected through the use of self-rating anxiety scale by fashion design teachers and class guides in a university. The 40 patients were randomly divided into experimental group and control group. Except for demographic variables, there was no significant difference in emotion regulation ability, executive function, emotion and anxiety at baseline. Before the test, inform the experimenter of the test content and purpose, adopt the principle of complete voluntariness, and start the test after signing the informed consent.

**Study design:** The experimental group conducted fashion design education and teaching methods based on applied psychological knowledge, conducted sufficient interaction and communication with students, and conducted teaching according to students' psychological needs. 1-3 times a week for 45 minutes. During this period, there are professional teachers for guidance. The control group was taught by the traditional teaching mode of fashion design specialty. Teachers should treat the two groups of students equally in teaching. The overall test time is 2 months.

**Methods:** The anxiety status of the two groups of college students after 1 month was detected by self-rating anxiety scale, and the data were statistically analyzed by SPSS 18.0 and excel.

**Results:** After one month's test of this study, the statistical results are shown in Table 1.

**Table 1.** Comparison of partial anxiety status / number of people in the two groups before and after the test

Group	Before and after the experiment	No anxiety	Mild anxiety	Moderate anxiety	Severe anxiety
Test group	Before the experiment	0	12	22	6
	After the experiment	20	16	4	0
Control group	Before the experiment	0	18	21	1
	After the experiment	6	6	27	1

It can be seen from Table 1 that after one month of fashion design teaching based on psychology, the anxiety of college 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. It shows that the teaching of fashion design specialty based on the application of psychological knowledge can effectively intervene the anxiety of college students. The students in the control group did not get good anxiety. Although some students turned into non anxiety, the students with moderate anxiety increased instead of decreased, indicating that the psychological anxiety of college students is difficult to alleviate by themselves without intervention.

**Conclusions:** Based on the great pressure of contemporary college students, schools and parents should pay attention to the psychological state of college students and carry out psychological intervention or guidance in time to avoid excessive psychological burden and aggravation of anxiety.

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## THE DEVELOPMENT MODE OF CONSIDERING THE ANXIETY OF PARTICIPANTS IN

## LAW TEACHING IN COLLEGES AND UNIVERSITIES

Shiqing Chai

*School of Marxism, Zhejiang University of Science and Technology, Hangzhou 310023, China*

**Background:** In China, since the 90's of the 20th centuries, law teaching has been developed by leaps and bounds. However, after the "Cultural Revolution", in order to get rid of the embarrassing position such as "naive law", law teaching especially emphasizes its scientific and academic nature. In fact, the traditional teaching mode is mainly aimed at cultivating law research talents, which will inevitably lead to a large number of law graduates' incompetence and inadaptability to the practice of law. The serious disconnection between legal teaching and legal profession, theoretical teaching and legal practice has led to the complaints of legal professionals and the attack of public opinion. The teaching of law must establish the concept of quality education, and guarantee the reform of law teaching through a series of feasible measures, so as to promote the subject construction and higher education.

Change the teaching method, take the case teaching as the leading way, use the process of solving the case to impart the related knowledge, set up the legal idea. In the classroom, we should pay attention to the student's participation, the two-way interaction between the teacher and the student is crucial, enables the student to use each kind of legal concept, the legal principal essence, the legislation technology and the explanation method and so on, grasps the legal article each kind of intrinsic, the basic and the stable essential factor, forms the legal wisdom. Moot court teaching is also a good choice. By selecting the right cases, students are given more chances to participate in the cases themselves, so that students can quickly become familiar with the process of the cases. This feeling of immersion is much better than the effect of pure lecturing alone. Therefore, the law teaching should choose the suitable time, maximum limit uses the moot court the way to practice repeatedly, deepens the impression.

**Objective:** Anxiety is an absence of inner uneasiness or unfounded fear lacking obvious objective causes and a tension expected to face a bad situation. In today's society, anxiety has become a very common negative mood. A strong sense of anxiety will seriously affect the physical and mental health and academic performance of college students. Therefore, it is necessary to fully consider the anxiety of the participants in the college legal teaching, and provide psychological counseling, so as to finally improve and relieve the anxiety of college students and promote the mental healthy development of college students.

**Subjects and methods:** Taking full account of the participants' anxiety in law teaching in colleges and universities can help college students ease their anxiety and establish a correct view of learning and values. Thus, the anxiety of college students can be alleviated through appropriate teaching methods. This article mainly from the university law teaching through the teaching material establishment, the education pattern, the study atmosphere and the teacher troop five aspects to participate in personnel anxiety alleviation situation. College students were chosen as the subjects of the study, and questionnaires were distributed to them.

**Study design:** Stratified cluster random sampling method was used to investigate 600 college students. Random sampling of 3 universities, each grade randomly selected 1 major, a total of 12 classes of students to carry out a questionnaire survey, a total of 600, 586 recovered, the number of effective copies 579.

**Methods:** Excel was used to calculate the impact effect of participant anxiety in college law teaching.

**Results:** Contemporary secondary vocational school students are the generation growing up in the development of mass culture and network culture, with unique group characteristics. Their ideas are more open and tolerant, their personalities are open, their self-expression is strong, they are full of innovative consciousness, they have keen insight and efficient receptivity to seek new information, and they are easier to accept and absorb new things from the outside world. Therefore, they innovate textbook setting and educational mode. The construction of school legal education atmosphere is an organic whole. Through the mutual participation and cooperation of society and family, students' learning atmosphere can be improved. Teachers need to explain the essence of the law in simple terms, thorough analysis of legal cases, improve the level of teachers.

The results of this survey use the influence value of specific factors of 0-4 grades, 0 means nothing, 1 means slight relief, 2 means general relief, 3 means obvious relief, and 4 means full relief. In order to reduce the large error caused by individual subjectivity in the evaluation, the evaluation value of 600 students is rounded off and the result is obtained. The specific statistical table is shown in Table 1.

**Conclusions:** With the rapid development of modern society and the profound changes in the basic concepts of the people, China has gradually entered the construction and development stage of a state based on the rule of law. The demand for human resources in the field of law has shown a trend of rapid growth in the actual social environment. The quality level of teaching of law majors in colleges and universities has a profound practical impact on the quality of the construction of the system of law professionals in China in the coming period and the historical development trend of the cause of the rule of

law in China.

**Table 1.** The effect of anxiety in college law teaching

Factor	Teaching material setting	Educational pattern	Learning atmosphere	Teaching staff
University A	3	4	4	3
University B	3	4	3	3
University C	4	4	3	4

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## EFFECT OF TRADITIONAL LACQUER ART CULTURE ON SOOTHING ANXIETY DISORDERS

Yaqi Chen

*School of Art and Design, Nanjing Institute of Technology, Nanjing 211167, China*

**Background:** Lacquer art is an important part of Chinese traditional culture and art. It has always been respected and concerned by people, and has great influence on the formation and development of Chinese art and culture. In fact, we should not only pay attention to the specific lacquer art products, but also grasp the essence and essence of the lacquer art culture. At the same time, we cannot talk about lacquer art without architecture and interior environment, because architecture and interior space are the stage of its existence and performance. Lacquer art also has a large market space in the beautification of the public environment. Many high-end hotels and restaurants have a great demand for lacquer paintings, lacquer screens, lacquer classical furniture, and the natural nature of lacquer materials, in line with today's pursuit of environmental protection, return to nature, conform to the trend of history and the development direction of the times. With the development of society, industrialization and science and technology, most of the modern home furnishings are full of modern western ceramic home, glass and other decorations, while the use of lacquer art in modern home design is obviously lagging behind in concept. Anxiety disorder has become one of the most common psychological diseases in the life of modern people. It brings great damage to the physiology, cognition, emotion and behavior of the patients. As a kind of architecture and home environment closely related to people's life, it is meaningful to use traditional lacquer art culture to beautify the architecture and home environment and alleviate patients' anxiety.

After thousands of years of evolution, the Chinese traditional lacquer art culture has accumulated rich knowledge and a certain number of classics, which is the foundation of the development of modern lacquer art. Through the interpretation, appreciation and analysis of relevant knowledge, we can understand its form characteristics and aesthetic connotation, and make use of traditional resources to recreate is one of the necessary accomplishments of modern art students. Along with the development of modern society, modern lacquer art should extend the making standard and aesthetic standard of traditional lacquer art to people's individuality creation, integrate the traditional cultural factors into contemporary art, and use a new modern art style to continue the Chinese lacquer art tradition, so as to realize the innovation at a higher level. At present, the anxiety problem of modern people is also a difficult problem to be solved urgently. Therefore, it is of positive significance to explore the influence of traditional lacquer art culture on relieving anxiety.

**Subjects and methods:** The SAS questionnaire developed by W. K. Zuan was used as a measuring tool to screen out students with moderate and severe anxiety. The SAS is divided into 20 items, with an impact factor of 0-4. Add the scores of these 20 items and multiply them by the coefficient of 1.25 (rounded off) to get the standard points. The standard score was no anxiety below 50, mild anxiety between 50 and 59, moderate anxiety between 60 and 69, and severe anxiety above 70. Psychological questionnaire (SAS) was distributed to 500 employees of different occupations and ages to screen out anxiety patients with moderate or severe anxiety. Among them, 45 boys and 86 girls. Moderate anxiety was 102 and severe anxiety was 29. Taking these patients with anxiety as the research object, they studied the traditional lacquer art culture, painting and artistic practice of traditional lacquer art, 2-3 times a week, 50-90 minutes each time. Patients are advised to consult once a week on Mondays, Wednesdays, Fridays and Sundays (the patients are required to communicate at least once every half a month, and even if there is no situation, they need to communicate their recent situation in the past two weeks). Three months is a course of treatment. SPSS 22.0 software was used for statistical analysis.

**Results:** The comparison of anxiety before and after the experiment is shown in Table 1.