

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

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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.

Analysis of anxiety before and after treatment, moderate and severe anxiety in the proportion of whether there is change. Through statistical analysis, it is found that some patients with anxiety after treatment reduced to mild anxiety or normal, which shows that traditional lacquer art culture has a certain role in alleviating anxiety.

Spreading the knowledge of Chinese traditional lacquer art culture according to the actual situation will not only help to carry forward the long tradition of Chinese traditional lacquer art culture, but also improve people's cultural quality and artistic accomplishment, cultivate students' innovation ability, and have positive significance to the cultivation of humanistic quality, but also can promote the perfect combination of artistic quality education and skill education in art education, and relieve the anxiety of modern people to a certain extent.

Table 1. Comparison / number of anxiety conditions before and after the trial

Before and after the experiment	Moderate anxiety	Severe anxiety
Before the experiment	102	29
After the experiment	46	9

Acknowledgement: The research is supported by Major research project of Philosophy and social Science in Jiangsu Universities in 2020: "Research on the Open innovation mode of traditional handicraft Industry chain in Yangtze River Delta", project number: 2020SJZDA032.

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EFFECT OF REGULAR PHYSICAL TRAINING ON MENTAL AND EMOTIONAL STRESS OF COLLEGE STUDENTS

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Background: Due to the development of science and technology and economy, people's material and spiritual life has become more and more rich. As a special group in modern society, contemporary college students have changed their spiritual field. Due to the interference of various factors such as society, family and themselves, college students are facing all kinds of mental pressure. Cause mental malaise, poor appetite and other adverse phenomena. As an important part of modern society, contemporary college students' mental health and mental stress cannot be underestimated. Because the physical and mental state of college students is not fully developed and mature, their coping ability is still immature, and their self-regulation ability in the face of setbacks and blows is poor. Therefore, there will be greater mental pressure when problems arise. It is undeniable that moderate mental stress can enhance people's ability to deal with adversity. However, too much mental stress can lead to negative emotions such as irritability, depression and anxiety. Many students are unable to relieve their excessive mental pressure and suffer from psychological diseases such as depression and mania. Due to the influence of disease, they can't control their behavior. Some of them have gone to extremes, even caused tragedies and become unstable factors endangering society. In order to improve and create a good social environment, we must pay attention to today's psychological education and explore improvement schemes. Patients with mental diseases are often excluded by today's society, which is very unfavorable to the treatment of patients, and will further develop their mental diseases. Serious mental illness will also lead to patients' retaliatory paranoia, which has brought unsafe factors to the society. This is also a painful blow to China's mental health cause. Based on this, we put forward this research, hoping to improve this situation through the research results of this project, improve college students' mental health education, and create a good campus environment and living environment.

Objective: Psychological stress refers to a state of psychological tension caused by various life events, sudden traumatic experience and chronic tension in people's daily life. Psychological stress is not only the general psychological and emotional experience of college students, but also one of the main factors affecting college students' mental health. A certain degree of stress helps to improve the efficiency of College Students' study and work. However, excessive stress will affect their physical and mental health. However, regular physical exercise can bring people a good emotional state. Therefore, It is of great theoretical and practical significance to study the current situation and characteristics of college students