

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

stress and the relationship between stress, mental health and physical exercise, timely eliminate the adverse factors affecting college students physical and mental health, and then alleviate college students stress, so as to ensure the healthy growth of College Students and promote their physical and mental health .

**Subjects and methods:** Explore the spiritual source of college Students' psychological and emotional pressure, release college students' bad emotions and psychological pressure through scientific and regular sports training, so that college students can no longer be bow headed, go out of dormitories and classrooms, move towards sports venues, relieve pressure, enhance college students' physical quality and improve their ability to withstand pressure, To alleviate the psychological pressure of college students and prevent mental diseases. This study investigates and analyzes the therapeutic effect of regular physical training on College Students' mental and emotional stress. Through the way of questionnaire survey, the effect of regular physical training is counted.

**Study design:** 500 college students were randomly selected to issue a questionnaire. The questionnaire is required to be completed at one time, with a specified time of 10-15 minutes. A total of 500 copies were distributed, 482 copies were recovered, and the number of valid copies was 463.

**Methods:** Excel was used to count the therapeutic effect of regular physical training on College Students' mental and emotional stress.

**Results:** Regular physical training has a very significant therapeutic effect on College Students' mental and emotional stress.

In this survey, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence and 4 means full influence. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation values of 500 adults are taken as the average and the results are rounded. The specific statistical table is shown in Table 1.

**Table 1.** Effect of physical exercise on relieving students' mental stress

| Factor | Pressure effect | Emotional change | Physical condition |
|--------|-----------------|------------------|--------------------|
| Adult  | 3               | 3                | 4                  |

**Conclusions:** The purpose of college physical education teaching is to cultivate professional talents with physical and mental health and high quality, and then let students form a good physical exercise habit through some necessary physical exercise activities, and comprehensively relax their heart and mental state in the process of physical activities. In this regard, the sports psychological problems of students in college physical education teaching must be highly valued by all education departments and educators. College physical education teachers should adopt more effective scientific teaching methods in the actual physical education teaching, pay attention to the cultivation of students' psychological quality, and comprehensively understand and analyze students' psychological problems. Then the perfect integration of psychological education and college physical education, in order to continuously strengthen the students' physical quality and good psychological condition, and then greatly improve the effect of college physical education and the quality of physical education.

**Acknowledgement:** The research is supported by: Hunan Philosophy and Social Science Fund Project "Research on the development of football events and online video integration based on symbiosis theory" Project number: 20YBA178. Hunan Provincial Department of Education Project "Research on the comprehensive governance of social football events based on the law of minimum quantity" Project number: 18C0044.

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## VISUAL CURE OF COLLEGE STUDENTS' EMOTIONAL STRESS BY INNOVATIVE DEVELOPMENT OF FINE ARTS EDUCATION

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**Background:** In recent years, despite the continuous improvement of material living standards, people's spiritual world has become empty and impetuous, especially college students. Some college students who should have made contributions to the country, society and family were troubled by negative emotions for a long time, which eventually led to the occurrence of malignant events. The occurrence of these malignant