

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.

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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

events has sounded the alarm to the world: college students' mental health and emotional management problems exist hidden dangers, college students' emotional management problems are closely related to the development of society, the progress of the Times, the happiness of the family. Art education in colleges and universities is to educate students' basic artistic accomplishment by using various forms of art activities, which plays an important role in cultivating and improving students' spiritual culture, mental health level, emotional management and artistic accomplishment. Fine arts education is a kind of education based on fine arts. Art education has a profound influence on promoting college students' mental health and emotional management. It provides a variety of visual, tactile and sensory experiences, and it is also a unique way to understand and reflect the world. The process of painting art creation is a kind of inner emotional expression process, is to express the author's consciousness and subconscious process with the help of art works, is also a creative process. Contemporary college students should have the ability to combine painting art with emotion management. Painting art is the carrier of emotion management, as well as the artistic expression and implementation of psychology.

**Objective:** With the in-depth development of campus cultural and humanistic care, the mental health of college students has gradually been paid attention to, and the emotional management of college students is the top priority to effectively improve the mental health of college students. Art education in colleges and universities can not only help college students adjust their emotions, relieve psychological pressure, make them maintain a positive and optimistic attitude, but also stimulate their enthusiasm for creation, enrich their spiritual world, and ultimately effectively promote the emotional management of college students.

**Subjects and methods:** Emotion is the state in which the inner feelings are expressed by the body, and it is the attitude and experience of the objective things and the corresponding behavioral reactions. Positive and positive emotions play a positive role in life. College students' emotions are characterized by rich and colorful emotional experience. Emotional activity is unstable and fluctuates greatly. Emotional experience is intense and impulsive. Emotional expression is both explicit and implicit. This paper mainly studies from three aspects: enriching the content of education, promoting the diversification of education forms and the comprehensive application of fine arts in colleges and universities.

**Study design:** Using stratified cluster random sampling method, 1000 college students were investigated. Four universities were randomly selected, and one class was randomly selected from each grade. A questionnaire survey was conducted on students of 16 classes. 1000 copies were issued and 1000 copies were recalled, with 974 valid copies.

**Methods:** Excel is used to calculate the visual cure of college students' emotional stress caused by the innovative development of art education.

**Results:** Facing the severe emotion management problem of college students, it highlights the necessity and urgency of the general development of art education in colleges and universities. Art education in colleges and universities plays a positive role in improving students' bad emotions. The creation process of painting art is the external expression and expression of people's inner emotions, and art creation is one of the ways for students to get rid of depression and liberation. Art works use images to show the inner world of creators. Art tools can safely and smoothly express the inner conflicts, emotions and desires of college students, especially those parts that are not accepted by themselves, others or the society. Painting as a special kind of language, can combine with psychology, this is because the painting can be cast out of one's inner conflict, feelings, thoughts, etc., and projection paintings content can cross the past, present and future, are not subject to the limit of space and time, sometimes even to the collective unconscious reflection, can alleviate the pressure of the college students' emotion in an all-round way.

The survey results, use a scale of 0-4 quantitative value of the influence of specific factors, five grade 0, 1 ease slightly alleviate 2 said general, 3 said relieve obviously, 4 said full relief, in order to reduce the subjective causes bigger error during evaluation, evaluation value and take 1000 students take average, calculated results determine rounded way. The specific statistics obtained are shown in Table 1.

**Table 1.** Visual cure of college students' emotional stress caused by innovative development of art education in colleges and universities

Factors	Enrich educational content	Diversified forms of education will be promoted	Comprehensive application of fine arts
University A	4	4	4
University B	3	3	4
University C	4	3	3
University D	3	4	3

**Conclusions:** Art education in colleges and universities plays a vital role in maintaining the physical and mental health of college students and improving their emotions, which deserves more attention and research from the majority of college educators. As long as college students sincerely into the creation, can arouse the resonance of love for life, so as to cultivate college students' noble artistic sentiment and psychological quality, can correctly accept themselves, improve the positive and optimistic mood.

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## THE PERFORMANCE AND SOLUTION STRATEGIES OF COLLEGE STUDENTS' ANXIETY DISORDER IN THE READING PROMOTION OF UNIVERSITY LIBRARY

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**Background:** Reading promotion is not only an important cultural development strategy in China, but also one of the core services of university libraries. As a research topic, reading promotion is deeply concerned by the academic community. With the development of the times, as the information and cultural center of the University, the responsibility of university library is no longer limited to the traditional book borrowing service and document resource guarantee, but becomes a comprehensive service innovation platform integrating information and knowledge, culture and literacy, innovation and entrepreneurship and other services. Reading promotion is an important task in the service innovation of university library. Through reading promotion activities, the library can not only organize or guide college students to participate in reading activities in a planned way, help people who lack reading will fall in love with reading and cultivate a good campus reading culture, but also deeply intervene in college students' reading process, affect college students' reading choices and help people with weak reading ability learn to read, help people with reading difficulties overcome reading difficulties. However, although the reading promotion activities of domestic university libraries are constantly innovating in form and content, the research and practice in the evaluation of the effect of the activities are relatively lagging behind, which makes the summary and analysis of the reading promotion activities in colleges and universities more superficial, such as the number of sessions, people, questionnaires and so on. However, there is a lack of sufficient data to answer the core questions such as how to improve students' reading awareness and which activities are more suitable for the characteristics of students in our school. The library also needs to continuously promote the evaluation of reading promotion activities to refinement and systematization. With the improvement and reform of promotion activities, the education mode of college students has been improved, but some college students' adaptability is weakened, which will produce anxiety and emotion. College students' anxiety has become a problem worthy of social attention. The influencing factors need to be explored in order to find out appropriate coping strategies and give appropriate help and relief to different college students' Anxiety Psychology and conditions. Therefore, from the perspective of the combination of individual college students and the whole campus, this paper puts forward the evaluation scheme of reading promotion activities of university library based on college students' big data analysis. At present, the domestic research on reading promotion has covered all the elements of reading promotion, but there is less research on the effect of reading promotion activities in colleges and universities, and the research perspective is mostly the organizer of reading promotion activities, and the papers from the perspective of college students are rarer. Only when we have a deep understanding and grasp of college students' reading behavior, and use the theories and methods of cognitive science and behavioral science for reference in research methods, adopt empirical or experimental methods, and study the relevant characteristics of reading motivation, behavior, experience and effect based on the results of data analysis, so as to produce scientific practical strategies or service suggestions for reading promotion. In order to promote the scientific and effective development of reading promotion.

**Objective:** With the development of the times, the library has become the main position to promote national reading, and reading promotion has also become the highlight of library service. In order to strengthen the concept of reading promotion in university libraries, promote the practice and experience exchange of reading promotion, and lead the reading promotion in colleges and universities to a deeper level. The deep meaning of reading promotion is to stimulate college students' interest in reading, increase the number of readings, enhance their reading ability and cultivate their reading habits. Therefore, the effect of reading promotion activities cannot be studied only from the perspective of the event organizers, but only from the number of visitors to the library, the number of books borrowed, the number of views and downloads of digital resources. It is necessary to evaluate the effect of reading promotion activities from