

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

the perspective of college students.

Subjects and methods: Since both autonomous support and structural support occur in interpersonal relationships, the quality of these interpersonal relationships can increase the possibility that autonomous needs and competency needs can be met, the participation support in reading promotion activities may be reflected in both autonomous support and structural support. In addition, there is a certain correlation between autonomous support and structural support. In the independent support, the implementation channels of encouraging college students' initiative, helping college students form reading behavior and goal, value connection and providing reading guarantee to college students include reading guidance and interaction in structural support. In addition, the three support conditions of independent support, structural support and participation support to meet the internal psychological needs of college students are all determined by the external environment the background is provided by the reading promotion.

Study design: 200 college students were randomly selected by questionnaire survey. A total of 200 questionnaires were distributed, 185 were recovered and 178 were valid. Seven of the questionnaires were invalid.

Methods: Using Excel to count the performance and solving strategies of college students' anxiety disorder in reading promotion of university library.

Results: To promote the development of rural health and vacation tourism, we need to make rational use of natural resources, promote green consumption of tourists in the process of development, and reasonably develop effective resources, so as to finally improve the economic level.

According to the survey results, 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. The specific statistical table is shown in Table 1.

Table 1. Performance and solution strategies of college students' anxiety disorder in reading promotion of university library

Factor	Autonomous support	Structural support	Participation support	Reading intention
College student	4	3	4	4

Conclusions: In the process of reading promotion, librarians should strengthen their sense of service, actively guide and help college students to explore and acquire various collection resources, so as to enable college students to successfully realize the construction of Ideological and knowledge system, expand and increase the participation of more subjects, strengthen the publicity of reading promotion activities, comply with the development of the information age, constantly explore new information technologies, and actively introduce new media, combine physical publicity with media publicity, seek multi-party support and cooperation, expand the reading promotion camp, constantly inject new vitality into reading promotion activities, achieve leapfrog improvement and form a greater influence.

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ANALYSIS OF THE IMPORTANCE OF FILM AND TELEVISION COMMUNICATION IN THE TREATMENT OF DEPRESSIVE PSYCHOSIS

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Background: Depressive psychosis can be interpreted as depression, depression, pessimism, deviations from the understanding of social things, and death thoughts and behaviors in severe cases in order to end pain, suffering and confusion. Depressive patients commit suicide at a rate of 20 times that of the average person. This shows the harm that depression can cause to depressed patients. and the rate of social disharmony is very high. Experts have long recommended that depression be prevented and treated as soon as possible, and that families and friends not be reminded of the tragedy that depresses you in the final form of suicide. Long-term clinical research has found that the main inducing factors of depression have a great relationship with one's own psychology, which avoids the misunderstanding that there is no proper