

and affects people's emotion and behavior.

Conclusions: Schizophrenia has the characteristics of high disability rate and high recurrence rate. If effective treatment is not available, patients are prone to mental disability in the extension of the disease. At present, drug therapy is often used in the clinical treatment of chronic schizophrenia, but it has little effect. The new medical research results show that music therapy has a good effect on patients with chronic schizophrenia. The results of this study showed that the effect of music therapy on schizophrenia was excellent ($P < 0.05$). The reasons are as follows: (1) the use of piano music therapy can relax the patient's spirit, promote the effective release of the body's defense strength, and play the dual role of treatment and health care. (2) With the help of psychological and physical effects, piano music therapy can affect the hypothalamus and brain stem of patients and improve the function of cerebral cortex. To sum up, music-based therapy plays an excellent auxiliary role in the rehabilitation treatment of schizophrenia, so it is necessary to promote this treatment method.

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STUDENTS' ANXIETY DISORDER AND ITS SOLUTIONS IN COLLEGE ENGLISH EDUCATION

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Background: Anxiety disorder in English learning is mainly caused by the students' emotional barriers. If they fail to make timely adjustment, students' self-esteem and self-confidence will be affected, and their guilt will increase sharply. In the long run, there will be a kind of nervous and even fear of learning psychology, on our late English learning will also bring great obstacles. Learning anxiety has a significant negative effect on English learning. It is found that students who are anxious seldom take the initiative to answer questions in English learning, and have low participation in classroom activities, or even avoid learning. These students often show high levels of nervousness, sweating, and sometimes rapid heartbeats when confronted with a teacher's question. They tend to forget what they already know. Learning anxiety can also lead to low self-esteem, low self-confidence, and low likelihood of success, leading to inability to concentrate on learning, and consequently to diminished language proficiency and competence. Generally speaking, English learning anxiety has three main manifestations: First, fear of communication. Mainly in the face dare not face each other, appear flustered, blush and excessive restraint and so on. Sometimes there is a lack of articulation or a lack of articulation, or a loss of control due to interruption of expression. The second is test anxiety. Prominent performance in the attention cannot be focused on the teaching content, thinking cannot be effectively controlled, every exam will worry, there are nervous and restless mood. The third is fear of negative evaluation. Students who have this kind of anxiety often do not like to speak English and dare not open their mouth to read English. They are afraid of answering the wrong teacher's questions.

Objective: Heavy anxiety will affect the daily behavior and life enthusiasm, the long-term existence of anxiety tendency as a negative emotional response. Research shows that the current college students have anxiety, anxiety disorders accounted for 5 to 1 in 1000 of the totals. But they seldom take the initiative to go to the hospital, so they have great concealment. At the same time, they will cause serious damage to college students' body and mind, reduce their study efficiency and quality of life, and have a negative impact on their adaptation to college life and their own healthy development. Therefore, the effective alleviation of psychological anxiety of college students is one of the focuses of current research. Attaching importance to the understanding and application of knowledge, paying attention to the timely change of learning concepts, and learning to summarize and summarize, can effectively improve performance. In addition, language learning is not achieved in a day, it is a relatively slow learning process, which is an important reason why we tend to anxiety. This is precisely because the students do not have a clear and specific goals, over time, the loss of self-discipline on the power.

Subjects and methods: Because college students are the foundation of talent training, colleges and universities are the main places to train talents, who shoulder the responsibility of training students to master the corresponding knowledge and skills. In order to alleviate students' anxiety disorder in higher English education, this study, based on psychology, analyzes college students' anxiety disorder in English teaching.

Study design: The subjects were randomly divided into 120 experimental group and 120 control group. Except for demographic variables, there was no significant difference in emotion regulation ability, executive function, emotion and anxiety at baseline level. Prior to the trial, the subjects shall be informed

of the contents and purposes of the trial, be reminded of their right to freely withdraw at any time, and sign the informed consent form before starting the trial.

The experimental group was taught English under the knowledge of applied psychology, 3-4 times a week, one class hour each time. During the professional teachers to guide. The control group carries on the traditional English specialized teaching pattern to carry on the teaching. Teachers should treat the two groups equally in their lectures. The whole experiment lasted 2 months.

Methods: Two groups of college students' anxiety status after 2 months were tested by self-rating anxiety scale, and data were collected by SPSS 18.0 and Excel.

Results: After 2 months of this study, the statistical results are shown in Table 1.

Table 1. Comparison of partial anxiety status between the two groups before and after the experiment

Group	Before and after the experiment	No anxiety	Mild anxiety	Moderate anxiety	Severe anxiety
Experimental group	Before the experiment	0	36	60	24
	After the experiment	52	48	20	0
Control group	Before the experiment	0	48	56	16
	After the experiment	20	20	68	12

As can be seen from Table 1, after 2 months of English teaching based on psychology, the anxiety of the students in the experimental group has been obviously alleviated, the students with severe anxiety have been turned into severe or mild anxiety, and the students with moderate anxiety have been turned into mild anxiety or even no anxiety, which shows that the innovative English teaching can effectively intervene the college students' anxiety. Although some of the students in the control group had no anxiety, the number of students with moderate anxiety increased instead of decreasing, which indicated that it was difficult to relieve their anxiety without intervention.

Conclusions: In order to adapt to the learning environment in colleges and universities, students in English learning anxiety phenomenon are inevitable. Based on psychology, through the understanding of students' anxiety, we can change students' learning concepts, clarify students' learning goals, establish students' self-confidence and keep students' positive attitude.

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THINKING LOGIC BARRIER IN THE DEVELOPMENT OF INTANGIBLE CULTURAL HERITAGE DIGITAL DISPLAY DESIGN

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Background: Intangible cultural heritage is an important part of human culture and the crystallization of human wisdom. It involves many contents, including opera, literature, handicrafts, folk customs, music and dance. It has rich cultural value and cultural connotation. However, with the development and change of the times, some intangible cultural heritage cultures gradually die out and slowly disappear in people's vision. Culture is the foundation of a nation's development, and intangible cultural heritage culture is the concentrated expression of national culture. Inheriting and developing intangible cultural heritage culture is the key to carrying forward Chinese culture. Under the background of the digital age, actively promoting the integration of digital technology and intangible cultural heritage culture can endow intangible cultural heritage with new characteristics of the times. Relevant personnel should use innovative thinking to promote the development of intangible cultural heritage digital display design, firmly grasp the advantages of digital technology, in novate intangible cultural heritage culture, and effectively promote the inheritance and development of intangible cultural heritage. Intangible cultural heritage digitization is the transformation, restoration and reproduction of intangible cultural heritage by means of digital collection, storage, processing, presentation and dissemination, so as to form a digital intangible cultural form that can be shared and regenerated. Intangible cultural heritage digital protection researchers use digital technology to reproduce the style of intangible cultural heritage, which has greatly promoted the inheritance and