

students' mental disorders, understand the therapeutic intervention effect of Sanda on middle school students' mental health problems, explore the intervention means and methods of middle school students' mental health problems from the perspective of Sanda, and take an appropriate amount of sports as an auxiliary rehabilitation treatment, To provide reference and suggestions for solving the psychological problems of middle school students.

Research objects and methods: Taking the middle school students from grade 1 to grade 3 of two middle schools in a city as the research object, 1000 middle school students were selected by cluster stratified random sampling. This paper investigates and analyzes the mental health status of students in the form of questionnaire, and uses the comparative experimental method to understand the auxiliary rehabilitation effect of Sanda on middle school students' mental disorders.

Research design: Combined with the symptom Checklist-90 to understand the current situation of middle school students' mental health, 40 middle school students with psychological disorders were divided into two experimental groups and one control group. The experimental group was treated with traditional psychotherapy and Sanda Sports assisted psychotherapy respectively, and the control group did not take any intervention measures.

Methods: The survey and experimental data were statistically processed and analyzed by statistical software SPSS 22.0.

Results: The scores of SCL-90 of the subjects in the experimental group before and after the intervention are shown in Table 1. The scores of psychological symptoms of the subjects before and after the intervention are significantly reduced. Sanda exercise can effectively assist middle school students in the rehabilitation of psychological disorders.

Table 1. Comparison of SCL-90 scores of subjects in the experimental group before and after intervention

| Test dimension | Before intervention | After intervention |
|----------------|---------------------|--------------------|
| Depressed | 2.68±0.54 | 1.62±0.54 |
| Anxious | 2.35±0.66 | 1.54±0.63 |
| Hostile | 2.51±0.57 | 1.56±0.47 |
| Terror | 1.92±0.63 | 1.16±0.47 |
| Paranoid | 2.25±0.55 | 1.49±0.49 |

Conclusions: Moderate exercise can make people obtain happy and relaxed psychological experience and promote the improvement of human physiological function. After study, Sanda exercise can help middle school students get rid of the heavy academic burden, liberate middle school students from the boring and closed environment, strengthen communication and communication with the outside world, and release and alleviate the mental pressure of middle school students. The use of Sanda exercise in the auxiliary rehabilitation treatment of middle school students' psychological disorders can effectively resolve the psychological disorders of middle school students, assist in psychological counseling and intervention treatment, and provide reference for the psychological rehabilitation treatment of middle school students.

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THE INFLUENCE OF ART WORKS ON THE PERSONALITY TRAITS AND PSYCHOLOGICAL ANXIETY OF VIEWERS

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Background: In recent years, the psychological anxiety of college students in China has become increasingly apparent. Many college students have varying degrees of depression and anxiety symptoms. With the intensification of social competition, the academic competition pressure and social employment pressure faced by college students show a gradual upward trend. Some college students feel confused and uneasy about their current situation and future development, and their self-worth is difficult to be reflected, resulting in the psychological emotion of self-denial, and feel nervous and anxious about their own situation and development. How to improve college students' psychological quality and pressure resistance is an important topic in quality education in colleges and universities in China. It is required to intervene and assist college students' psychological anxiety and personality cultivation in an appropriate way, help college students get out of the current dilemma and face life difficulties with a more positive attitude.

Music art is a commonly used auxiliary psychological intervention means. It uses the special appeal and artistic charm of music and art works to conduct psychological counseling and intervention for the audience, help the audience relieve their inner pressure and emotions, and establish a more tenacious personality and outlook on life. In the process of appreciating music and art works, slow down the rhythm of life and soul of the audience, connect the beauty of music with life, combine various music aesthetic experiences such as excitement and relief in music and art works, resolve the boredom and anxiety of the audience, help the audience obtain strength from music and art works, and cultivate positive and healthy personality and life values. And the rhythm, melody and other factors of music will stimulate the human nerve in varying degrees, and affect the audience from the two levels of physiological response and psychological experience.

Objective: To explore the influence of music and art works on the psychological anxiety and personality traits of audience, analyze the effect of music and art works on psychotherapy intervention, and provide reference and suggestions for alleviating the psychological anxiety and personality traits of college students.

Research objects and methods: 1000 college students in a university were selected by cluster stratified random sampling, and college students of different grades and majors were selected for questionnaire survey to understand the current situation of college students' psychological anxiety. Thirty college students with different levels of anxiety were selected for the intervention treatment experiment of music and art works to understand the effect of music and art works on the psychological anxiety and personality traits of the audience.

Research design: 30 college students with different anxiety levels were divided into experimental group and control group. The experimental group was treated with music and art works intervention. According to the students' interest tendency, appropriate music and art works were selected from the music and art intervention works library, and psychological anxiety was treated by means of music and art appreciation intervention. The control group used traditional psychological counseling intervention to conduct psychological counseling for college students with anxiety problems by means of communication and heart to heart talk.

Results: The anxiety scores of the experimental group and the control group before and after the experiment are shown in Table 1. After music appreciation intervention, the anxiety scores of the students in the experimental group are significantly lower than those before the experiment, which proves that music and art works can effectively help the audience alleviate their inner anxiety and improve their psychological quality.

Table 1. Anxiety scores of the experimental group and the control group before and after the experiment

| Groups | Before experiment | After the experiment | Difference |
|--------------------|-------------------|----------------------|------------|
| Experimental group | 63.32±1.8 | 46.11±1.9 | 17.21±1.3 |
| Control group | 65.17±2.1 | 58.32±1.8 | 6.85±2.9 |
| <i>t</i> | 1.275 | 9.505 | - |
| <i>P</i> | >0.05 | <0.05 | - |

Conclusions: With its strong artistic appeal, music works have significant advantages in the treatment and intervention of mental health problems. The experimental results show that the anxiety of students with anxiety problems is significantly improved after the intervention treatment. Music and art works can effectively help the audience balance their negative emotions, eliminate the backlog of anxiety and reduce their own psychological anxiety level. Through the intervention treatment of music and art appreciation, help the audience cultivate positive personality traits, adjust their psychological state, maintain physical and mental relaxation in the process of music and art appreciation, and alleviate their inner anxiety and anxiety.

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ON THE TRANSFORMATION OF LIBRARY SERVICE BASED ON READERS' ANXIETY

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