

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.

Acknowledgement: The research is supported by: 2019 Guilin Institute of Tourism School-level Scientific Research Project: Establishment and Intervention Research of Guilin Tour Guide Mental Health Evaluation System (No.2019B06).

* * * * *

ON THE TRANSFORMATION OF LIBRARY SERVICE BASED ON READERS' ANXIETY

Hui Yang, Lina Li & Yan Chang

Library, Shandong Youth University of Political Science, Jinan 250103, China

Background: Library service is an important part of library construction. It advocates the people-oriented service management concept, expects to provide satisfactory library services for readers, echo the strong demands of the society in the cultural field, and cultivate the public to establish good reading habits. However, in the process of providing services in the library, the service process of the library is cumbersome and the service mode is relatively backward. It is difficult for readers to quickly find the books and documents they want in the process of borrowing, resulting in anxiety, tension and dissatisfaction with the library service. Readers' library anxiety will directly affect their reading quality and reading efficiency. Therefore, libraries should actively improve their service quality, help readers alleviate library anxiety and promote the realization of readers' reading goals.

Library anxiety refers to that readers cannot achieve the expected goal due to the lack of library service in the process of library borrowing, resulting in psychological obstacles in the use of the library and are in the negative mood of anxiety and anxiety. In the process of using the library, readers with library anxiety problems may have various psychological or physiological characteristics, such as tension, depression, accelerated heart rate and high blood pressure, which lead to their poor ability to use the library, fall into a vicious circle and aggravate readers' library anxiety. Mild library anxiety can help readers actively solve the difficulties encountered and stimulate readers' enthusiasm for library use. In case of library use obstacles, they should actively seek help. However, severe library anxiety will have a negative impact on readers and hinder readers from using library services, resulting in readers' evasion behavior due to anxiety in the process of borrowing, affect readers' reading efficiency.

Objective: Through the analysis and research on the characteristics of library service environment and objects, this paper discusses the causes of readers' library anxiety, analyzes the countermeasures to solve library anxiety from the causes of library anxiety, and helps readers relieve library anxiety through the transformation and optimization of library service.

Research objects and methods: Taking the readers of three university libraries as the research object, this paper studies the current situation of library anxiety of readers by means of questionnaire, and analyzes the degree of library anxiety of readers from six aspects: interpersonal, self-perception, comfort, library location, library equipment and library resources. This paper investigates and analyzes the causes of library anxiety, studies the influencing factors of library anxiety from the perspective of readers, and provides suggestions and references for the transformation of library service.

Research design: A questionnaire survey was conducted among 500 library readers. The library anxiety scale was used to analyze the readers' library anxiety. A total of 500 questionnaires were distributed and 487 questionnaires were recovered. The recovery rate of the questionnaire was 97.4%. It also collects relevant suggestions and opinions from readers on the transformation of library service, so as to provide reference for the improvement of library service quality and efficiency.

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

Results: The current situation of library anxiety of library readers is shown in Table 1. All kinds of library anxiety have a high probability, and many readers have library anxiety problems in different aspects.

Table 1. Library anxiety of Library Readers

Test dimension	Proportion (%)
Interpersonal anxiety	48.47
Self-perceived anxiety	36.54
Use comfort anxiety	32.06
Use comfort anxiety	11.69
Library equipment anxiety	21.03
Library resource anxiety	15.88

Conclusions: Library anxiety is common, and it is necessary to adjust and change the existing services of the library, improve the service quality and efficiency of the library, and provide readers with more high-quality and efficient library services. In the service process, we should fully consider the psychological needs and anxiety reasons of readers, enhance the two-way interaction between the library and readers, give full play to the humanistic feelings of the library, and provide personalized query and borrowing services for readers. Adjust the resource information query system of the library, improve the modern information level of the library, enhance the publicity and training of library retrieval information of readers, and improve the ability of readers to obtain resource information by themselves.

* * * * *

STUDY ON THE RELATIONSHIP AMONG LEARNING ANXIETY, ATTITUDE, MOTIVATION AND PHYSICAL HEALTH DURING COLLEGE STUDENTS' PHYSICAL EDUCATION

Lianli Duan

Sports Institute, Yunnan University, Kunming 650504, China

Background: With the continuous development of society, the continuous improvement of economy and the continuous improvement of scientific and technological level, the demand for high-quality talents in society and market is increasing day by day, so higher education also develops rapidly, transforming from elite education to mass education, so as to output more high-quality talents for the society. Nowadays, the social competition is becoming more and more fierce, and people's pressure is becoming greater and greater. Therefore, having good physical and psychological quality is a new requirement for talents in the new era. The main way for college students to improve their physical and psychological quality is physical education. Through physical exercise, they can improve their psychological quality, so that they can vent their accumulated emotions, and then improve their physical and mental health. It is reported that the physical quality of college students in China has gradually declined, such as endurance and physical strength. After further in-depth research, the researchers believe that the main reason for this phenomenon is that college students' physical education curriculum has not been paid attention to, so physical exercise is insufficient. In addition, in college physical education, the following problems often appear, which affect the quality of physical education teaching. The first is the problem of learning anxiety: due to the lack of physical quality, some students have the psychology of fear and resistance to physical education courses. In the process of physical education learning, they often have learning anxiety, which not only affects their physical and mental health, but also affects the teaching quality of Physical Education courses in colleges and universities. Secondly, students' learning attitude is not correct enough, and they do not pay enough attention to physical education. They think that physical education is a course for relaxation and entertainment, rather than regard physical education as an important way to exercise and improve physical and psychological quality. Finally, the lack of students' investment motivation leads to students.

Studying the relationship between physical education learning anxiety, attitude and investment motivation and college students' physical health is not interested in physical education practice. When physical education teachers explain action essentials or teach sports exercise, students will not listen and practice carefully, which eventually leads to the failure of physical education teaching and the effective improvement of students' physical health. Therefore, studying the relationship between physical education learning anxiety, attitude and investment motivation and college students' physical health is of great significance to enhance students' learning interest and improve students' physical health.

Objective: Nowadays, social competition is becoming more and more intense, and people's pressure is also increasing. Therefore, having good physical and psychological quality is a new requirement for talents in the new era. The main way for college students to improve their physical and psychological quality is physical education. Through physical exercise, they can improve their psychological quality. This paper discusses the relationship between physical education learning anxiety, attitude and investment motivation and college students' physical health, so as to enhance students' learning interest and improve students' physical health.

Subjects and methods: 60 students in a university were selected as the research objects, and a questionnaire was developed to investigate the students' learning attitude and investment motivation. The Self-rating Anxiety Scale (SAS) was used to evaluate students' learning anxiety and their physical health.

Research design: According to the results of the questionnaire, this paper discusses the relationship between physical education learning anxiety, attitude and investment motivation and college students' physical health, and calculates its correlation coefficient.

Methods: The relevant data were processed and analyzed by software SPSS 17.0.

Results: In college physical education, students' learning attitude and investment motivation were significantly positively correlated with students' physical health ($P < 0.05$). There was a significant negative correlation between students' learning anxiety and students' physical health ($P < 0.05$). Among them, the correlation between students' learning anxiety and students' physical health is shown in Figure 1.

Conclusions: It is reported that the physical quality of college students in China has gradually declined, such as endurance and physical strength. After further in-depth research, the researchers believe that the main reason for this phenomenon is that college students' physical education curriculum has not been paid attention to, so physical exercise is insufficient. This paper discusses the relationship between physical education learning anxiety, attitude and investment motivation and college students' physical health, so as to enhance students' learning interest and improve students' physical health.