

## RESEARCH ON THE INFLUENCE OF REGIONAL CULTURAL INTEGRATION BASIC DESIGN TEACHING ON ALLEVIATING COLLEGE STUDENTS' ANXIETY

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**Background:** As a unique spiritual culture bred in a specific natural environment and historical background, regional culture has strong tradition and regionality. This subculture has a strong appeal in the origin area. It is composed of historical concepts, social customs, lifestyle and other cultural forms formed by local residents through long-term labor and thinking accumulation. It is the crystallization of the collective wisdom of local residents. Regional culture not only has a certain specific meaning under special historical and geographical conditions, but also has a certain degree of universal significance. The full excavation and utilization of regional culture can not only create regional cultural brands, but also enhance the cultural identity of local residents. The application of regional culture in the teaching process of basic design can help college students fully understand regional culture in the learning process and actively use regional culture in their own design works. This teaching method is more conducive for college students to find a sense of belonging and stability in regional culture, and is more conducive to alleviating college students' anxiety. The application of regional culture in basic design teaching can affect college students' anxiety psychology from three aspects. From the regional aspect, because regional culture has a unique regional brand, it will imperceptibly affect college students living in the local area and make college students have a sense of identity. In terms of uniqueness, regional culture often has national and regional characteristics. For college students, the process of learning and using a unique culture is conducive to promote their positive psychology and curiosity, and then alleviate their bad emotions such as anxiety. In terms of stability, regional culture has time and regional continuity and stability, has strong cohesion, and can help college students form a stable psychological state and alleviate anxiety.

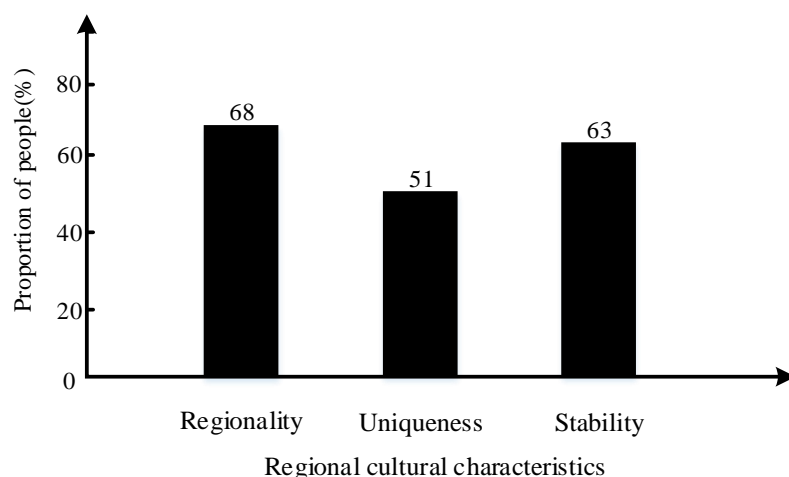
**Objective:** College students face all kinds of pressure in their study and life, which is easy to produce anxiety. Integrating regional culture into basic design teaching can help students understand regional culture in the learning process, find a psychological sense of belonging and stability, and then alleviate the anxiety process of college students.

**Subjects and methods:** This study investigates college students by means of questionnaire. The questionnaire content is carried out from different characteristic dimensions of regional culture, so as to investigate the specific impact of the application of regional culture in basic design teaching on students' psychological state.

**Study design:** The content and group of this questionnaire should be divided into two parts. The first part is the survey of students' anxiety psychological state. Through this part, students are divided into two categories: students with anxiety psychology and students without anxiety psychology. The second part of the questionnaire is designed for the content of regional culture. In this study, 300 questionnaires were distributed to college students of different grades in design major, and 289 were successfully recovered.

**Methods:** This study classifies different psychological states in Excel, and analyzes the impact of regional cultural integration basic design teaching on alleviating college students' anxiety.

**Results:** The impact of basic design teaching integrating regional culture on students with anxiety is shown in Figure 1.



**Figure 1.** The influence of regional cultural characteristics

In Figure 1, the people affected by regional factors are the most, accounting for 68% of the total number, followed by stability factors, accounting for 63% of the total number, and uniqueness factors are the weakest, accounting for 51%.

**Conclusions:** In the process of alleviating college students' anxiety, the basic design teaching integrating regional culture can play a significant role. Regional factors, stability factors and uniqueness factors of regional culture can have a positive impact on college students' mental health. Therefore, we should not separate the psychological state of students from the teaching content, but integrate the two with regional culture, publicize regional culture to students in the process of basic design teaching, organize students to use regional culture for design, create a unique regional cultural atmosphere, and promote the influence of regional culture on students from the perspective of teaching methods, So as to achieve the effect of giving consideration to college students' learning state and mental health.

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## RESEARCH ON THE DEVELOPMENT OF CONTEMPORARY CHINESE OPERA PERFORMING ART FROM THE PERSPECTIVE OF DEVELOPMENTAL PSYCHOLOGY

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**Background:** As a unique performing art in China, opera originated in the early stage of Chinese civilization, and gradually matured, inherited, enriched and improved itself with the development of Chinese culture for thousands of years. Finally, it formed a primary performing art system with hundreds of operas and stage performance as the core. Opera has different development modes in different historical stages, and the mode of opera performance is gradually formed in this evolution process. Opera takes the performance observation function of actors as the core of performance, takes the artistic characteristics of emotional expression as the cultural essence, and shows its practical function of conveying feelings through the comprehensive performance of primitive song and dance. According to the above characteristics, the performance form of opera is gradually fixed to combine song and dance to interpret the story. It takes song as the support point, arranges the original connotation such as wrestling, games and acrobatics, and performs the creation of literati and scholars in a systematic way. With the fixed form of performance, the profession of professional opera actor was born. In the process of opera performance, opera actors need to understand and practice the whole performance program based on visual symbols, auditory symbols and language symbols. This is an extremely difficult process, and the application of developmental psychology in opera practice and performance can bring new vitality to the development of Chinese opera. Developmental psychology is a discipline that studies the law and characteristics of psychological development in the process of individual life. It can be divided into Piaget theory, Freud theory, Eriksson theory and other psychological development concepts with different emphases. One of the psychological development concepts of "Recent Development Zone" believes that individuals have two development modes, one is one's own development level, and the other is the development under the help and guidance of others. Therefore, each individual will produce two development levels, one is the development level reflecting existence, and the second is the development level under the help and guidance of others. The nearest development zone is the difference interval between the two development levels. By grasping this interval, we can constantly transform the potential ability of opera actors into practical ability, so as to improve the performance ability of opera actors on the stage and promote the development of opera.

**Objective:** This study guides the performance ability of opera actors through the "Recent Development Zone" method in developmental psychology, makes the method of opera training go ahead of the growth of actors' ability, promotes the transformation of opera actors' stage performance ability, and then promotes the development of contemporary Chinese opera performance art.

**Subjects and methods:** Developmental psychology can promote the development of opera performing art from the perspective of opera actors' stage ability. This study compares the performance effects of opera actors who use developmental psychology training methods with those who only use ordinary training methods, and analyzes the impact of developmental psychology on the performance effects of actors.

**Study design:** This study used a questionnaire to send a questionnaire to 80 audiences who watched the opera performance. By investigating the audience's viewing experience, it judged the difference between the performance effect of opera actors who used the training method of developmental psychology and