

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

those who only used the ordinary training method. Finally, 74 questionnaires were successfully recovered.

Methods: During the quantitative analysis, the stage performance effect is divided into 5 levels from 0 to 4. The higher the level, the better the performance effect.

Results: The quantitative comparison of performance effects between opera actors who use developmental psychology training methods and those who only use ordinary training methods is shown in Table 1.

Table 1. Stage effect comparison

Drama performance dimension	Appreciation of song and dance	Emotional expressiveness	Practical functionality
Training methods of developmental psychology	4	4	3
General training method	3	3	3

Among the three aspects of song and dance appreciation, emotional expression and practical function in Table 1, the performance effects of opera actors who use the training method of developmental psychology have significantly improved in both song and dance appreciation and emotional expression.

Conclusions: Opera is a performing art that integrates songs and dances to deduce stories. Opera actors' grasp and interpretation of visual symbols, auditory symbols and language symbols on the stage directly determine the performance effect. The improvement of opera actors' comprehensive ability is an important part in the development of opera performing art. Using the training method guided by developmental psychology to train opera actors can improve the stage expression of opera actors from two aspects: song and dance appreciation and emotional expression. This improvement of performance technology and experience can be accumulated and inherited in the process of opera development, and then open a broader world for the future development of opera.

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RESEARCH ON NEW IDEAS OF IDEOLOGICAL AND POLITICAL EDUCATION UNDER COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY FROM THE PERSPECTIVE OF NEW MEDIA

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Background: The development of new media has had a great impact on the development of all walks of life and people's way of life. In the new media era, people's communication habits have been subversive changed, and everyone's personal identity has been repositioned in the process of information exchange. Information communication equipment such as Internet communication, mobile phone communication and multimedia interactive platform make the digitization and informatization characteristics of information rapidly amplified. This characteristic virtually promotes the diversification of ideas, the dynamic ecology of public opinion and the complexity of social information. As a group whose outlook on life and values have not been fully formed, college students are vulnerable to the impact of external information under the impact of the multimedia wave. This information contains some bad information that subverts values and moral concepts, as well as false information for other purposes, college students are easy to produce psychological pressure and fall into anxiety, which affects their normal study and life. Using new media for efficient ideological education and psychological counseling can have a positive impact on students from a new perspective. On the one hand, the ideological and political education method integrating new media is easier to be accepted by college students, which can create a good ideological and political learning environment for college students, so that students can still be affected by ideological and political education outside the classroom, establish their own ideological and political knowledge and moral values system in life, move towards a stable psychological state and get rid of anxiety. On the other hand, the ideological and political education integrated with new media has more handed over the subject right of education to students, stimulated college students' enthusiasm for ideological and political learning, and changed the educational mode from the traditional one-way indoctrination mode to the two-way mode of mutual communication, mutual inspiration and common development between teachers and students. In