

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.

Acknowledgement: The research is supported by This paper is the phased achievement of the Art Project of the National Social Science Fund of China in 2020 Research on the Development of Contemporary Yuju Opera Performing Art. The project number is 20bb025.

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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

the two-way model, it is easier for teachers to talk with students and understand the actual situation of students. This situation can also promote the ideological and political education in colleges and universities to be practical and humanistic.

Objective: The impact of the wave of new media makes the flood of bad information seriously affect the mental health of college students. The integration of new media for ideological and political education can promote college students' independent learning in their study and life from a new perspective, establish a perfect moral and value system, form a stable psychological environment, eliminate the trouble of bad information and get rid of psychological anxiety.

Subjects and methods: This study designs a questionnaire based on the innovative characteristics of the ideological and political education method integrating new media, collects data by distributing the questionnaire, and analyzes the impact of the ideological and political education integrating new media on students' anxiety psychology.

Study design: During the experiment, 250 questionnaires were distributed to college students of different majors and grades, of which 17 questionnaires were not recovered, and 233 valid questionnaires were successfully recovered,

Methods: After successfully collecting the questionnaire data, this study uses Excel to analyze the impact of the ideological and political education method integrating new media on college students' Anxiety Psychology. In the results, the five-level scoring method is used to show the degree of impact. The greater the grade, the more significant the impact.

Results: The impact of Ideological and political education method integrating new media on College Students' anxiety is shown in Figure 1.

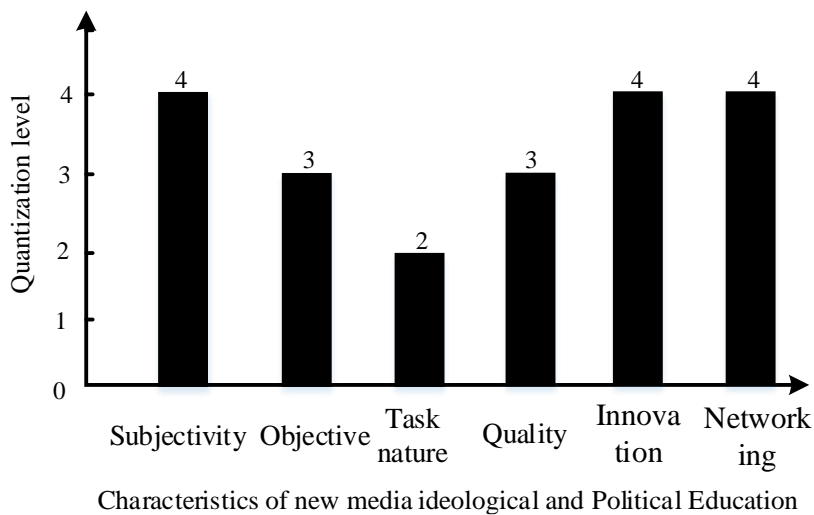


Figure 1. The influence of integrating new media on Ideological and political education methods

In Figure 1, the three dimensions of subjectivity, innovation and network have the most significant positive impact on students' anxiety psychology. The impact of goal and quality on students' Anxiety Psychology is more important, and the impact of task is more general.

Conclusions: The flood of bad information from the outside often has an impact on the mental health of college students. Under the joint action of wrong values, morality and pressure information, college students are likely to have anxiety. The ideological and political education method integrating new media can create a more immersive learning environment for college students from the perspective of new media, transform the traditional one-way indoctrination ideological and political education into two-way interactive ideological and political education, promote college students' psychology of active learning, and start from college students' actual life through infiltration, interaction, common. The way of management helps college students form a perfect outlook on life and values, so as to form a positive psychological state and get rid of the negative impact of psychological anxiety.

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STUDY ON COGNITIVE BEHAVIOR AND PSYCHOLOGICAL MOTIVATION FACTORS AFFECTING COMMUNITY MEMBERS' PARTICIPATION IN INTANGIBLE CULTURAL