palpitations; (11) dizziness; (12) feeling of fainting; (13) Difficulty breathing; (14) Tingling pain in hands and feet; (15) Stomach pain or dyspepsia: (16) urinary impulse frequency; (17) sweat; (18) Flushing on the face; (19) sleep disorders; (20) nightmare. Investigation organization and quality control Investigation organization Determine the investigated classes before the investigation, and organize the monitor to conduct training. Choose to conduct a questionnaire survey before the exam and one week before the final exam. b. Quality control before questionnaire design, we should have an in-depth understanding of the relevant knowledge of the project, consult a large number of literatures, collect relevant information, and preliminarily draft the project of the questionnaire.

Study design: Through the investigation and analysis of college students' English learning anxiety and final exam learning anxiety, group English learning cognition and college students' life style, this paper explores the influencing factors of group English learning anxiety, and puts forward reasonable measures and alleviating strategies to prevent the harm of anxiety and improve the mental health level of college students.

Methods of statistical analysis: The present situation of group English learning anxiety was investigated by using the SAS anxiety Self-rating Scale (SATS) with 413 college students before college English test and 105 college students before group English learning. The influencing factors of college English are studied and explored by using the questionnaire. Double recording method, Epi-Data 3.1 software was used to input data, and SPSS 20.0 software was used for data analysis. The data with normal distribution were described by mean soil standard deviation ($X \pm S$). Data that did not conform to normal distribution were described by median (interquartile spacing) [M (P2s, P75)], and Kruskal Wallis H rank-sum test was used for multiple texts analysis and pair comparison.

Results: The score of college students' English learning anxiety is higher than that of the final group English test. Students of English major, junior college, grade 2 and grade 3 scored higher in English learning anxiety than in cet-6 and final English learning. The score of English learning anxiety of male students was higher than that of the final group English exam. The score of English learning anxiety in grade one was lower than that in grade two and grade three. Final group English exam. The score of sports anxiety symptom of students was lower than that of English learning group, and the difference was statistically significant ($P < 0.05$).

Conclusions: Group English learning cognition is the main influencing factor of group English learning anxiety score and symptom factors, among which review, self-confidence, learning attitude and group English learning pressure are related factors of learning anxiety.

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OPTIMUM MODELING AND SIMULATION OF MENTAL HEALTH LITERACY FOR COLLEGE STUDENT

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Background: With the development of global economy and the all-round reform and opening up in our country, ideas, values, lifestyles and cultural needs of people have correspondingly changed. This change has a particularly prominent impact on the behavior of college students. The behavior of college students is largely influenced by their psychology. The existence of various forms of psychology determines the diversity of behavior of college students. It is influenced not only by the subjective factors such as their cognitive level, but also by the changes in the social, school and family environment of the impact factors. Therefore, how to effectively improve the mental health quality of college students has become the main problem to be solved in the current ideological and political education in colleges and universities, and has also become the focus of the relevant experts and scholars in the field of ideological education. It has received widespread attention to propose a method based on the transformation of granularity. We have put forward a method to optimize the mental health quality of college students based on the introduction of characteristic tendencies. In the literature, a method based on kernel clustering is proposed to optimize the mental health quality of college students. The existing methods generally have the problems of low modeling accuracy, more complicated and time-consuming modeling process. In view of the above problems, this paper proposes a method of optimizing mental health quality of college students based on fuzzy clustering.

Subjects and methods: This paper takes college students' mental health literacy optimization as the research object, and attempts to use the pedagogy, psychology and other related theories as a guide, and use empirical analysis to explore the optimization status of mental health literacy in college students, and verify the past empirical factors to overcome the previous research empirical and other shortcomings, which is conducive to the formation of a scientific and systematic research framework to enhance the theoretical characteristics of high-efficient college students mental health optimization.

Study design: When modeling psychological health quality, we should extract the characteristics of college student with psychological phenomena, and establish the model according to the attributes of different mental health quality categories, which can accurately extract the characteristics of college students' psychological phenomena. This paper presents a method to optimize the mental health quality of college students. The model analyzes in detail the causes, characteristics and performance states of college students' psychological phenomena, and ranks the stages of mental activity generated when the objective environment of the college students is not consistent with the needs of the subject. A statistics subversive psychology has formed subjective causes for college students, and has adverse behavioral reversal of psychological factors, which can enhance the mental health of college students with a strong basis.

Methods of statistical analysis: In this study, a total of 380 questionnaires for college students' mental health literacy were distributed and 353 valid questionnaires were collected. H college has a total of 59 students, which is accounting for 16.7% of the total number. G University has a total of 215 students, which is accounting for 60.9% of the total number. S University has a total of 79 students, which is accounting for 22.4% of the total number.

Results: This study describes the statistical analysis of sample questionnaires of mental health literacy of three college students in the region. Institutional difference analysis. As shown in Table 1, the mean value of H university is a=3.136, and the average value of G university is a=2.973, and the average value of S university is a=3.273. It can be seen from the difference of college scores that the mental health literacy of university G is less than that of H university as well as S university. In the three colleges and universities, student's mental health literacy from S college is higher. H university is 985,211 science and technology key university, and G university is a comprehensive national key university, and S university is a full-time college student college, and the questionnaire is the subject of negative score, so the smaller the sample value of the smaller mental health literacy degree is, the greater the score the more difficult.

Table 1. Different college sample description of statistical tables

University	Mean value	n	Standard deviation
H University	3.136	59	0.2637
G University	2.973	215	0.4759
S University	3.273	79	0.5043
Total	3.059	353	0.4680

Conclusions: At the same time, some research contents need to be improved and supplemented in the next step. First, due to the restriction of objective conditions, only three universities are selected as the subjects in this study. The results do not give a comprehensive summary of the overall characteristics of college students' mental health literacy optimization. Secondly, the total number of research samples is not enough in the grade of the uneven distribution of professionals. A total of 353 valid questionnaires were administered to the three colleges and universities. In the professional distribution of more than 139 people, there are less only 16 people.

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ANALYSIS OF THE INTEGRATION OF CHINESE FOLK-ART ELEMENTS UNDER THE PSYCHOLOGICAL ADAPTATION OF ART EDUCATION

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Background: Based on quality education innovation education idea, the paper discusses the application of folk art in the fine arts education value and application path and intrinsic demand, combined with the depth of the art education reform to explore the construction strategy of education of fine arts classroom