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## RESEARCH ON THE INFLUENCE OF DANCE EDUCATION ON ALLEVIATING COLLEGE STUDENTS' LEARNING ANXIETY

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**Background:** As a special group of teenagers, their rapid physical and mental development makes them more likely to suffer from emotional anxiety, depression, decline and pessimism than adults, and even suicidal thoughts when they encounter various life events and difficulties, such as frustration, stress and misfortune. Frequent anxiety disorder in this period is regarded as “growth storm” or “growth pain”, which has become a common problem among teenagers. The etiology and pathological mechanism of adolescent anxiety disorder are extremely complex, which are affected by personal heredity, personality, attribution style, family factors, social support and peer relationship. According to statistics, the incidence rate of mental disorders in the world has risen sharply in the past 30 years. Anxiety disorder is one of the most common mental disorders. The prevalence rate of anxiety disorders among adolescents is as high as 19%. Teenagers' attention to the individual gradually turns to their own interior, but because they can't understand the essence of the surrounding environment and their own changes, they are easy to deny the outside world and themselves, leading to a series of psychological problems and behavioral barriers. As teachers and parents, we should correctly treat the physiological and psychological changes of adolescent students, make students fully prepare for the upcoming period of youth development, learn self-control and self-management, help them improve their psychological problems and emotional anxiety, and make them grow up healthily.

Dance has the function of directly inheriting a certain culture and spirit with the moving image of “living state”. It takes the human body as the medium. It is an art form that reflects a specific cultural connotation. It is an artistic life communication that uses silent language to write people's thoughts, emotions and internal spirit. It is also a kinesthetic art characterized by physical and mental interaction. Compared with daily sports, dance provides a new and rich body movement paradigm. Dance education can bring positive psychological hints to the self-confidence of both teachers and students, help them cultivate beautiful teaching, and teach students in a subtle way of cultural transmission. Dance education can also release emotions, relieve pressure and cultivate learners' positive attitude.

**Objective:** Adolescent anxiety disorder is a common mental disease, which is characterized by a series of symptoms, such as depression, energy decline, pessimism, despair, helplessness and so on. Without proper intervention, it may even lead to long-term physical and psychological problems in the long run. Therefore, this study aims to explore the psychosocial influencing factors of adolescent anxiety disorder, and further explore the intervention effect of long-term dance exercise on adolescent anxiety disorder.

**Subjects and methods:** 500 adolescent patients with anxiety disorder were selected as the research object, and a 12-week experiment was conducted. With the help of Self-Rating Anxiety Scale (SAS), the anxiety relief and psychological problems of adolescents before and after the experiment were statistically analyzed.

**Methods design:** They were divided into experimental group and control group, and the experimental data before and after the experiment were compared and analyzed. 500 adolescent patients with anxiety disorder were investigated twice by questionnaire before and after the experiment. In the survey results, five levels from 0 to 4 were used to quantify the impact of specific factors. 0 means no impact, 1 means slight impact, 2 means normal impact, 3 means obvious impact, and 4 means full impact to reduce the impact of large errors caused by individual subjectivity. Take the average value of the test values of adolescent anxiety patients and determine the results by rounding. A total of 500 questionnaires were distributed and 498 were recovered. Excluding some data missing questionnaires and invalid questionnaires, the effective rate was 99.6%. The reliability and validity of the questionnaire were tested to ensure the authenticity and reliability of the data.

**Methods:** Excel was used to analyze the score difference of anxiety scale before and after the implementation of the experiment.

**Results:** After the use of dance education and teaching, the anxiety level and emotional disorder of teenagers have been significantly improved, and the psychological status has improved. There are significant differences in the scale scores of the two groups of students, and there are also significant statistical differences in the scale scores before and after the implementation. Dance education can alleviate the anxiety symptoms of teenagers. Table 1 shows the changes of each dimension of the two groups before and after the experiment.

**Table 1.** The changes of each dimension of the two groups before and after the experiment

Experimental grouping	Time	Positive emotional change	Positive self-affirmation	Desire to share
Control group	Before	8.79±1.35	10.36±2.34	11.73±2.02
	After	9.02±1.22	10.24±1.74	11.35±2.25
Experiment group	Before	9.05±1.32	11.23±2.15	10.34±2.18
	After	8.20±2.13	9.31±1.55	9.51±2.11

**Conclusions:** Dance involves complex emotional factors, so long-term dance training may be an effective intervention measure for adolescent anxiety disorder. While practicing dance, it is necessary to carry out early intervention on adolescent anxiety psychology, such as family therapy, cognitive behavior therapy and interpersonal psychotherapy. Effective treatment and intervention should be carried out according to the law of teenagers' physical and mental development and individual specific conditions. For teenagers facing problems such as parental separation, interpersonal role conflict and peer tension, select more prominent problems as the focus of attention. Continuous tracking and treatment can effectively alleviate teenagers' anxiety and improve their adaptability and health level.

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## ANALYSIS ON THE IMPACT OF CONTEMPORARY RESIDENTS' BEHAVIOR BARRIERS ON URBAN PUBLIC COMMUNITY GOVERNANCE

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**Background:** In the process of sustainable socio-economic development and increasing people's living standards, China's urban public communities have undergone significant changes from outside to inside, mainly manifested in the continuous expansion of physical space and obvious optimization of social structure of urban public communities. Under this condition, the governance of urban public community becomes more and more diversified and complex, and its governance difficulty increases gradually. Because the governance system of urban public community is not perfect and lacks significant scientific and effectiveness, the soft power of urban public community governance is low and falls into governance dilemma. There are many factors that affect the effectiveness of urban public community governance, including the main structure, governance system, organization system, resource allocation, etc., mainly the low degree of cooperation between the government and civil society. When residents in urban public communities show different degrees of behavioral barriers, it will further increase the governance difficulty of urban public communities from different aspects, deteriorate the urban public community environment, and hinder the realization of social governance theory and the promotion of China's urbanization process.

**Objective:** As far as residents in urban public communities are concerned, their behavior disorders are affected in many aspects. Under the negative impact of residents' behavior disorders, the governance difficulty of urban public communities continues to increase. The effectiveness of urban public community governance will react on contemporary residents' behavior, have a positive or negative impact on their behavior barriers, or improve residents' behavior barriers, or aggravate residents' behavior barriers. In view of this, an in-depth analysis of contemporary residents' behavior barriers will help to fundamentally explore their causes and solutions, so as to optimize the urban public community environment, reduce the difficulty of urban public community governance, and finally realize the effective governance of urban public community. Exploring the impact of residents' behavior barriers on urban public community governance will help to put forward targeted solutions, and provide strong support for urban public community governance by improving residents' behavior barriers.

**Subjects and methods:** This study will use the method of stratified cluster random sampling to randomly select 30 residents from four independent public communities in the city, a total of 120. Through the form of questionnaire survey, investigate whether the selected residents have behavior disorders, the types and effects of behavior disorders, etc.

**Study design:** The contents contained in the questionnaire are mainly the types of residents' behavior disorders, and four dimensions are set up: psychomotor excitement disorder, psychomotor inhibition disorder, forced movement disorder and instinctive behavior disorder. The residents' behavior disorders represented by each dimension have specific manifestations of different symptoms, and will have different