

is divided into physiological anxiety, emotional anxiety, cognitive anxiety, and behavioral anxiety. Using questionnaire survey and multiple regression equation to obtain the psychological influencing factors of overseas performance anxiety of Chinese opera actors, so as to help actors overcome stage anxiety and better show themselves on the stage, which also makes a certain contribution to China's cultural communication.

Objective: Based on behavioral psychology, this paper analyzes the psychological activities of Chinese opera actors when performing on overseas stages, and explores the stage anxiety of actors. Using a questionnaire survey and multiple regression equation, we can obtain the psychological influencing factors of Chinese opera actors' overseas performance anxiety, so as to help them overcome stage anxiety and better show themselves on the stage.

Research objects and methods: In an art college, 180 students with overseas performance experience were selected as the research objects. The subjects were investigated by the Stage Anxiety questionnaire, Life Events Scale (LES), Symptom Checklist-90 (SCL-90), and Cattell's 16 Personality Factor questionnaire.

Research design: Pearson correlation analysis and multiple regression analysis were used to analyze the obtained data in order to obtain the psychological influencing factors of anxiety of Chinese opera actors performing overseas. Use SPSS22.0 software to process the data.

Results: There was no difference in stage anxiety between actors of different genders ($P > 0.05$), as shown in Table 1.

Table 1. Stage anxiety of actors of different genders

Project	n	Stage anxiety				Total anxiety
		Physiological anxiety	Emotional anxiety	Cognitive anxiety	Behavioral anxiety	
Male	86	1.16±1.21	2.85±1.32	3.00±1.61	1.41±1.24	10.57±5.03
Female	94	1.09±1.14	2.83±1.65	3.31±1.72	1.31±1.29	9.38±5.03
Total	180	1.12±1.17	2.85±1.53	3.17±1.71	1.37±1.25	9.95±4.96

Conclusions: In recent years, the artistic level of opera in China has been rapidly improved and famous at home and abroad. Therefore, Chinese opera actors are often invited to perform opera abroad. Stage anxiety is a common phenomenon of Chinese opera actors performing overseas, which has a great impact on the live performance of opera actors. Every opera actor has different levels of anxiety. If the anxiety level is moderate and the actors can make good use of their anxiety psychology, stage anxiety will become the driving force to promote the actors to perform better. However, if the anxiety is too serious and the actors cannot control their anxiety well, it will affect the performance effect of the actors on the stage and become an obstacle to the progress of the actors. Therefore, exploring and analyzing the influencing factors of Chinese opera actors' anxiety in overseas performance is of positive significance to the long-term development of actors and the promotion of Chinese opera. Based on behavioral psychology, the research uses a questionnaire survey and multiple regression equation to obtain the psychological influencing factors of Chinese opera actors' overseas performance anxiety, so as to help actors overcome stage anxiety and better show themselves on the stage, which also makes a certain contribution to China's cultural communication.

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EMPLOYEES' ANXIETY PSYCHOLOGY UNDER THE ENVIRONMENT OF INTELLIGENT ACCOUNTING TRANSFORMATION

Dan Zheng

School of Economics and Management, Zhengzhou Normal University, Zhengzhou 450044, China

Background: With the development of computer technology, Artificial Intelligence (AI) technology has been proposed in recent years and has made great progress. Artificial Intelligence is a branch of computer science, which can simulate human thinking mode and consciousness. Nowadays, Artificial Intelligence technology has penetrated into all walks of life, guided all industries to realize automation and intelligence, and the accounting industry has also been greatly affected. The application of Artificial Intelligence in the field of accounting simplifies the process of accounting, improves the efficiency of accounting work, and

reduces labor cost. It is deeply favored by major companies. But at the same time, the rapid development and integration of Artificial Intelligence technology in the accounting industry have also brought great impact and challenges to accounting practitioners. First of all, the basic posts of accounting have been sharply reduced and replaced by Artificial Intelligence, while there will be a shortage of talents in senior posts. Secondly, major enterprises have higher and higher requirements for the quality and ability of accounting practitioners, which requires accounting practitioners to have good coordination ability, communication ability, social ability, and comprehensive ability. Finally, the application of Artificial Intelligence in the accounting industry requires accounting practitioners not only to have professional accounting knowledge but also to have corresponding computer knowledge, network information knowledge, and so on. Therefore, accounting practitioners urgently need transformation.

Under the background of Artificial Intelligence, the huge transformation challenge and the pressure of unemployment make some accountants suffer from anxiety. Moderate and self-control anxiety can help accounting practitioners set goals, pay close attention to learning and enrich themselves, so as to realize transformation. However, if the degree of anxiety is too heavy and lasts too long, it will affect the normal life and work of accounting practitioners, thus affecting the transformation of accounting practitioners. Personality psychology is a highly comprehensive branch of psychology. Its research content includes education, personality traits, individual personality, social effects and so on. Personality psychology belongs to applied psychology. It mainly studies people's learning, the law of individual psychological changes in the process of learning, and the changes of emotion and motivation when individuals adapt to the environment. Personality psychology includes psychoanalysis, social cognition, humanism and biological school. Among them, social cognitive theory holds that individual behavior and psychology will be controlled not only by themselves, but also by the environment and social factors. Humanism believes that people are born with different levels of needs. When the needs are not met, negative emotions will occur. Based on the social cognitive theory and humanistic theory in personality psychology, this paper analyzes the psychological changes of accounting practitioners in the process of transformation under the background of Artificial Intelligence, and puts forward transformation strategies for the psychology of accounting practitioners to help accounting practitioners complete the transformation, so as to alleviate their anxiety and improve their quality of life, Provide more high-quality accounting talents for China's market.

Objective: The rapid development and integration of Artificial Intelligence technology in the accounting industry has also brought great impact and challenges to accounting practitioners. The huge transformation challenge and the pressure of unemployment make some accountants suffer from anxiety. Based on personality psychology, this study analyzes the psychological changes of accounting practitioners in the process of transformation under the background of Artificial Intelligence and puts forward strategies for the psychology of accounting practitioners to help accounting practitioners complete the transformation, so as to alleviate anxiety, improve the quality of life and provide more high-quality accounting talents for China's market.

Research objects and methods: 100 accounting practitioners were selected as the research object in a city. Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS), and Symptom Checklist-90 (SCL-90) were used to evaluate the mental health status of accounting practitioners.

Research design: 100 accounting practitioners were randomly divided into research group and control group with 50 people in each group. The accounting practitioners in the research group adopted the transformation strategy based on personality psychology. The control group adopted the traditional transformation strategy. After 4 months, compare the mental health level of the two groups of accounting practitioners.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Table 1. Changes in SAS scores of accounting practitioners in the two groups

Timing (months)	SAS score		<i>t</i>	<i>P</i>
	Research group	Control group		
0	76.4±10.8	78.2±11.5	0.321	0.651
1	71.9±12.3	72.1±13.1	0.403	0.762
2	65.6±8.9	73.3±10.1	1.354	0.022
3	55.6±7.3	75.7±12.4	0.215	0.013
4	52.6±6.2	73.9±11.7	0.146	0.000

Results: After 4 months, the SAS score, SDS score and SCL-90 score of accounting practitioners in the study group were significantly higher than those in the control group ($P < 0.05$). The SAS scores of the two groups of accounting practitioners are shown in Table 1.

Conclusions: Under the background of Artificial Intelligence, the huge transformation challenge and the pressure of unemployment make some accountants suffer from anxiety. Based on the social cognitive theory and humanistic theory in personality psychology, this paper analyzes the psychological changes of accounting practitioners in the process of transformation under the background of Artificial Intelligence, and puts forward transformation strategies for the psychology of accounting practitioners to help accounting practitioners complete the transformation, so as to alleviate their anxiety and improve their quality of life, provide more high-quality accounting talents for China's market. The results showed that after 4 months, the SAS score, SDS score, and SCL-90 score of accounting practitioners in the study group were significantly higher than those in the control group ($P < 0.05$).

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THE EFFECT OF PHYSICAL EXERCISE ON ALLEVIATING THE ANXIETY OF MINORITY COLLEGE STUDENTS FUNCTION RESEARCH

Shaojun Zhang

College of Physical Education, Honghe University, Mengzi 661199, China

Background: College students are in a special moment of life, facing academic pressure, work pressure and social pressure, so they are very prone to mental diseases, such as anxiety, depression, and so on. Ethnic minority college students are more likely to have anxiety than Han students because of differences in living habits, religious beliefs and cultural background. Anxiety refers to tension, anxiety, fear, and other negative emotions caused by the threat of imminent threat of an individual to something. Generally speaking, when an individual is nervous about something, such as learning, work, social networking, etc., the individual will be attracted most of the attention by the event, and make a lot of efforts and imagination assumptions to solve or complete the event. When individuals pay more attention to the event because of repeated failures, until they break through the critical point, individuals will feel anxious. Many studies have shown that maintaining moderate anxiety can help students concentrate so that they can study more attentively and hard, and then improve their academic performance. However, when the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will decline, and even weariness will appear, which will greatly affect students' normal study and life. Therefore, we need to find an appropriate method to help ethnic minority students alleviate anxiety.

Social psychology is a branch of psychology, which mainly studies the occurrence and change law of psychology and behavior of individuals and groups in social interaction, and discusses interpersonal relations at the individual level and social group level, including group communication structure, group norms and so on. In social psychology, it is generally divided into three fields: individual process, interpersonal process and group process. Among them, the individual process involves individual attitude, personal perception and self-consciousness, as well as the change law of individual personality development and social development. The interpersonal process is to explore the interpersonal relationship between individuals and the impact of interpersonal relationships on individual psychology. Group process studies individual psychology and behavior law from the perspective of macro environment, including the psychological impact of group and organization on individual and the psychological impact of the surrounding environment on the individual. Based on the above theory, this study analyzes the factors that lead to the anxiety of ethnic minority college students, mainly including social environment factors, campus environment factors, interpersonal relationship factors, academic achievement factors, employment and career factors and love psychological factors. In view of the above factors, this paper analyzes the psychology of ethnic minority college students and summarizes that the main causes of students' anxiety psychology are lack of self-confidence, unclear goal, insufficient psychological adaptation and so on. Physical exercise is a kind of physical activity aimed at developing the body, improving health, enhancing physique, regulating spirit, enriching cultural life and dominating leisure time. From the perspective of social psychology, appropriate physical exercise can improve students' physical quality, improve students' self-confidence and alleviate students' anxiety. Therefore, based on social psychology, the research uses physical exercise to treat the anxiety of minority college students, alleviate the degree of anxiety and improve the learning efficiency of students.

Objective: Ethnic minority college students are more likely to have anxiety than Han students because of differences in living habits, religious beliefs and cultural background. Based on social psychology, this study uses physical exercise to treat the anxiety of minority college students and alleviate the degree of