

compared with normal teaching, the psychological intervention scheme of increasing physical training has obvious advantages in improving college students' anxiety and pressure, and can be implemented in the management of psychological problems in colleges and universities.

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THE INFLUENCE AND RESEARCH OF CHINESE NATIONAL DANCE EDUCATION ON ALLEVIATING COLLEGE STUDENTS' MENTAL ANXIETY

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Background: Anxiety itself is a very reasonable emotional response. However, long-term anxiety will lead to physiological and emotional diseases. According to different types, anxiety can be divided into pathological anxiety and realistic anxiety. Pathological anxiety is one of the most common types of anxiety. Its clinical manifestations are panic anxiety, generalized anxiety disorder and so on. With the improvement of material living standards and the increasingly fierce social competition, college students are facing more and more learning burden, employment pressure and social communication pressure, which makes them easy to fall into bad emotions such as irritability, tension and anxiety. Anxiety psychology of college students is one of the very common psychological problems. It can be clinically manifested as persistent nervous symptoms such as anxiety and tension, which will increase students' sense of failure and attack students' self-confidence. Anxiety will directly affect college students' daily life and learning, disrupt their life and learning order, and then affect their healthy growth. According to different performance types, the anxiety psychological problems of college students can be divided into three types: academic anxiety, social anxiety and employment anxiety. For social anxiety psychology, every student in the school is an independent individual. In terms of interpersonal communication and emotional needs, students need to have the ability to adapt and accept. With the growth of age and the maturity of thought, students are eager to communicate with the opposite sex, and this feeling becomes stronger and stronger. However, in view of the lack of experience in the emotional process faced by college students, it will make them unbearable psychologically and lead to mental stress.

In order to alleviate the anxiety of college students, scholars at home and abroad have put forward a variety of auxiliary treatment methods such as music, dance, vision, space and education, which have been proved to have obvious effects. Chinese national dance is a form of artistic expression that shows regional and national characteristics. It can not only convey positive and optimistic emotional experience to people, but also help them relax their mood and devote themselves to the edification of other cultures. As an art course, the corresponding teaching process, form and content of Chinese national dance are diverse and personalized. According to previous research results, Chinese national dance education can improve depression, irritability, anxiety and other bad emotions to a certain extent. The reason is that Chinese national dance education can expand students' cognitive ability, improve their views on anxiety, help them experience different emotions, and then enable them to focus their attention and prevent the adverse effects of anxiety.

Objective: This paper analyzes the alleviating effect of Chinese national dance education on college students' mental anxiety, in order to provide ideas for the improvement of students' anxiety.

Subjects and methods: 100 students with different degrees of psychological anxiety in colleges and universities were selected as the research object. According to the digital random grouping method, they were divided into control group and experimental group. The students in the control group adopted the conventional teaching scheme, while the students in the experimental group added Chinese national dance education on the basis of the conventional education scheme, and the cycle lasted for 6 months. After the experiment, the mental health status of patients was analyzed by Hamilton Anxiety Rating Scale (HAMA) 5 decision tree algorithm was used to analyze the anxiety of patients and evaluate the level. The HAMA scale is divided into two factors, mental and physical, with a total of 14 items. Each item is measured by grade 5 score, and the total score is 60 points. The higher the score of the scale, the more serious the anxiety of patients. The anxiety level is divided into four levels: no anxiety, possible anxiety, obvious anxiety and serious anxiety. The improvement rate is the proportion of the number of people without anxiety and possible anxiety and the total number of people. In order to ensure the reliability of the research results, the study needs to analyze the average anxiety of all personnel in each group.

Methods: The influence of Chinese folk-dance education on the mental health level of patients with depression was analyzed by jmppro15 data statistical analysis software.

Results: Table 1 shows the improvement of patients in the two groups after the experiment. In the seven dimensions of mental factors, the improvement of mental anxiety in the experimental group was more obvious, while that in the control group was only improved to a certain extent. Therefore, the introduction of Chinese national dance education in the experimental group has an obvious effect on the intervention of patients.

Table 1. The Improvement of depressive symptoms in the two groups after the experiment (%)

Dimensions of anxiety measurement	Control group (n=50)	Experience group (n=50)
Sense of despair	86	80
Sleep disorder	92	82
Block	88	82
Diurnal variation	92	78
Weight	86	82
Cognitive barriers	88	80
Anxious	90	80

Conclusions: College education combined with Chinese national dance education has an ideal effect on alleviating college students' mental anxiety, especially in the two aspects of will and emotion. The follow-up research can apply the proposed Chinese national dance education to other colleges and universities, so as to realize the management of students' psychological problems.

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A STUDY ON THE INFLUENCE OF ONLINE AND OFFLINE MIXED TEACHING OF COLLEGE ENGLISH ON COLLEGE STUDENTS' ANXIETY PSYCHOLOGY

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Background: At present, college students are facing more and more learning burden, employment pressure and social communication pressure, which makes them easy to fall into bad emotions such as irritability, tension and anxiety. Anxiety psychology of college students is one of the common psychological problems, which can be clinically manifested as persistent nervous symptoms such as anxiety and tension. If college students will directly affect their daily life and learning, disrupt their life and learning order, and then have an impact on their healthy growth, increase students' sense of failure and attack students' self-confidence. According to different performance types, the anxiety psychological problems of college students can be divided into three types: academic anxiety, social anxiety and employment anxiety. As a specialized institution to transfer knowledge, culture and skills, colleges and universities are also an important base for college students' psychological development. Some colleges and universities do not pay attention to students' mental health and education, which leads to their anxiety problems cannot be effectively solved. At the same time, the ideological and political education curriculum does not respect the real ideological situation of students, which hinders the improvement of psychological quality. In addition, students live in the school family, and interpersonal relationships will inevitably lead to emotional damage, conflict and friction, which will also lead to students' anxiety.

With the increasingly serious anxiety of college students and the continuous improvement of information technology, college English online and offline hybrid teaching came into being. College English online and offline hybrid teaching organically combines the network platform and on-site teaching activities with the help of the network environment to maximize the efficient utilization of online and offline resources. The strategies of online and offline mixed teaching of college English are as follows: make full use of online learning resources, teachers' online learning guidance, and organically combine online and offline English knowledge. English learning is a long-term process. Teachers and students need to optimize learning activities together. Before classroom learning, teachers need to organize and plan in advance to ensure that students complete their learning efficiently. In classroom teaching, teachers organize students to complete the teaching activities of combining questioning learning outside the group and discussion learning inside the group. In online teaching activities, teachers need to adjust the teaching content according to students'