

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

Ran Cao

The University of Sydney, Sydney 2006, Australia

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'

different learning situations. Teachers can also record video courses to help students review their knowledge after the course.

Objective: This paper analyzes the impact of college English online and offline mixed teaching on college students' anxiety, in order to improve college students' mental health level.

Subjects and methods: 100 college students with different degrees of anxiety were selected as the research object. They were divided into control group and experimental group by digital random grouping method, with 50 students in each group. The control group had normal English teaching, while the experimental group used English online and offline mixed teaching. The experimental period was 6 months. After that, the improvement of anxiety of the two groups was compared and analyzed. The State Trait Anxiety Inventory (ATAI) was used to analyze the anxiety of the two groups of students, and Support Vector Machine (SVM) was used to classify the improvement effect of college students' anxiety. As a standard of anxiety assessment, ATAI can measure the improvement of anxiety in the process of intervention. The improvement effect evaluation indicators are set as four levels: no improvement, slight improvement, improvement and obvious improvement. The improvement rate is the ratio of the number of people with slight improvement, improvement and obvious improvement to the total number of people. In order to avoid the influence of subjective factors on the research results, the average score of all subjects is taken as the final result.

Methods: This paper analyzes the influence of college English online and offline mixed teaching on college students' anxiety through NIOSA data statistical analysis software.

Results: Table 1 refers to the improvement rate of the two groups of subjects in the experimental cycle. It refers to the improvement rate of the two groups of subjects with statistical significance. It can be seen from the table that with the increase of experimental time, the improvement rate of patients in both groups increased, but the improvement rate of the experimental group was more significant. This shows that college English online and offline hybrid teaching can greatly improve college students' anxiety in the process of learning.

Table 1. Improvement rate of two groups of subjects in the experimental cycle

Group	After 1 month	After 3 months	After 6 months
Control group	56.0	58.0	68.0
Experience group	60.0	82.0*	88.0*

Conclusions: The anxiety and stress of college students have a bad impact on their normal life and study. All sectors of society and their families need to pay special attention to it. The results show that compared with normal English teaching, online and offline hybrid teaching has obvious advantages in improving college students' anxiety and stress, and can be applied in the management of psychological problems in colleges and universities.

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EFFECT EVALUATION OF CHILDREN'S MENTAL HEALTH EDUCATION IN PRESCHOOL EDUCATION STAGE

Li Liu

Xinxiang University, Xinxiang 453000, China

Background: With the increase of national attention to quality education, mental health has become more and more important. Mental health education is also called psychological education. It carries out comprehensive activities according to the objective development law of psychology and body, and establishes students' good psychological quality through psychological education methods. Mental health is a very broad concept, which shows a very good state of internal and external regulation at the macro level. It involves not only the stability of the internal environment, but also the dynamic adaptability of the external environment. For people with different life cycles, mental health standards have certain heterogeneity, but this difference is quite different. As an important period of mental health development and physiological function development, early childhood is also an important stage for them to determine their correct outlook on life and positive attitude towards life. Only with basic living ability, healthy living habits and good physical quality can we promote the healthy growth of children's body and mind. Children's mental health problems are psychological obstacles caused by excessive psychological conflict, poor