

mode, and the experimental group implemented the English vocabulary teaching based on psychological intervention. Combined with the Montreal Cognitive Assessment Scale (MoCA), the students' psychological cognitive status was measured, and the psychological cognitive status of the two groups was compared and analyzed.

Methods: Use Excel software to complete data analysis.

Results: Table 1 shows the psychological cognitive status of the two groups of students. As can be seen from Table 1, compared with the control group, the experimental group of English vocabulary teaching based on psychological intervention has significantly improved students' cognitive psychological improvement, and there is a statistical difference between the two groups ($P < 0.05$).

Table 1. Psychological cognition of two groups of students ($n=300$)

Factor	Control group ($n=150$)	Experience group ($n=150$)	<i>P</i>
Executive ability	2.47±0.43	4.66±0.61	0.00
Naming ability	2.54±0.55	4.52±0.60	0.00
Attention	2.36±0.41	4.39±0.43	0.00
Language ability	2.69±0.59	4.45±0.56	0.00
Abstract ability	2.47±0.43	4.66±0.61	0.00
Delayed recall	2.54±0.55	4.52±0.60	0.00
Orientation ability	2.36±0.41	4.39±0.43	0.00

Conclusions: In order to improve students' cognitive psychology, this paper constructs an English vocabulary teaching model based on psychological intervention. The results show that compared with the control group, the experimental group of English vocabulary teaching based on psychological intervention has significantly improved students' cognitive psychology. This shows that the English vocabulary teaching model based on psychological intervention has high time value.

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ANALYSIS ON THE CURRENT SITUATION OF TABLE TENNIS PLAYERS' TRAINING IN COLLEGES AND UNIVERSITIES IN CHINA AND THE INFLUENCE OF AEROBIC TRAINING ON ATHLETES' ANXIETY

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Background: Modern medicine believes that anxiety is related to genetic factors. Anxiety can be found in the families of patients with anxiety. It is an organic disease with physiological and biochemical abnormalities in the brain, especially in the amygdala, hippocampus, hypothalamus and frontal cortex. The role of other brain structures in the development of anxiety. The physiological changes of anxiety disorder show the overactivity of neural activity as a whole, but these physiological changes are not unique to anxiety disorder, so it may also be the result of the disease rather than the cause. In short, the clinical manifestations of anxiety disorder are chronic anxiety disorders such as tension, excitement of autonomic nerve function and excessive vigilance, accompanied by a series of symptoms such as muscle tension, autonomic nerve disorder and exercise anxiety, which last for a long time. It is generally believed that over compensation for negative emotions can lead to anxiety disorder. With the development of social economy, people's life and work pressure is increasing. The incidence rate of anxiety disorders is also increasing. It should be pointed out that mild anxiety has a positive impact, which can stimulate spirit, improve attention and make talents think quickly. However, excessive anxiety can inhibit the brain and make people confused all day. In modern society, anxiety has become a common problem in daily life due to the gradual aggravation of social competition. Athletes' anxiety belongs to the category of psychological diseases. The tension and fear caused by failure to achieve their own goals or overcome external threats will not only frustrate athletes' self-esteem and self-confidence, but also distract athletes' energy and attention, thus affecting the healthy life of sports mobilization. From the physiological level, the increase of anxiety value

is the result of disturbing brain memory and thinking, which makes athletes show anxiety, tension, indecision and uneasy emotional changes. Anxiety can lead to neurological dysfunction, mental illness or abnormal anxiety. However, if these performances are excessive, they will evolve into anxiety disorder, which will bring great inconvenience and trouble to athletes' body and mind and training. In short, the original meaning of athletes' psychological anxiety has a certain diversity, including external and internal factors. The former mainly refers to the complexity of interpersonal communication, the sense of urgency and oppression of training tasks, and the acceleration of the pace of life and training. The latter mainly refers to athletes' inner fear of occupation, self-doubt and negation, and confusion about the future. Athletes with psychological anxiety often have a one-sided understanding of their own psychological problems and are difficult to get timely and effective psychological counseling, which has a great negative impact on their physical health and daily training life.

Table tennis has always been an advantageous project in China. Its strength is closely related to the cultivation of table tennis reserve talents in China. Only by continuously strengthening the cultivation of table tennis reserve talents in China can we adapt to the law of the development and change of table tennis and ensure the sustainable development of table tennis in China. In view of the current situation of sports training, the skilled sports represented by table tennis are facing a huge drying up, and there are some problems in talent fault and technical teaching. Therefore, how to improve the training effect of current table tennis players and meet the needs of the sustainable development of this sport, the training effect and training quality of athletes are particularly important as coaches. In view of this, this paper constructs a table tennis teaching model based on aerobic training, in order to improve the ability of athletes and improve their anxiety psychology.

Objective: In order to alleviate the anxiety of athletes, this paper constructs a table tennis teaching model based on aerobic training, which aims to dredge the anxiety of athletes and point out the direction for scientific training of athletes.

Subjects and methods: 300 athletes were randomly divided into control group and experimental group, with 150 in each group. The control group implemented the traditional training mode, and the experimental group implemented the table tennis teaching mode based on aerobic training for 3 months. Then, combined with the Self-rating Anxiety Scale (SAS), the anxiety status of athletes is measured. The higher the score, the more serious the anxiety psychology of athletes is. Finally, the improvement of anxiety psychology of the two groups of athletes is compared and analyzed.

Methods: Complete the data analysis through SPSS23.0 data statistical analysis software.

Results: Table 1 shows the improvement of anxiety psychology of the two groups of table tennis players. Compared with the control group adopting the traditional education mode, the experimental group implementing the table tennis teaching mode based on aerobic training has a more significant improvement in athletes' anxiety psychology, and there is a statistical difference between the two groups ($P < 0.05$).

Table 1. Improvement of anxiety psychology of table tennis players in the two groups ($n=300$)

Factor	Control group ($n=150$)	Experience group ($n=150$)	<i>P</i>
Somatization	2.75±0.61	1.66±0.61	0.00
Obsessive compulsive symptoms	2.69±0.59	1.52±0.60	0.00
Interpersonal sensitivity	2.47±0.43	1.39±0.43	0.00
Depressive status	2.54±0.55	1.45±0.56	0.00
Anxiety state	2.75±0.61	1.25±0.43	0.00
Hostile situation	2.69±0.59	1.43±0.57	0.00
Psychological state of terror	2.47±0.43	1.28±0.43	0.00
Paranoid mental state	2.54±0.55	1.66±0.61	0.00
Psychotic	2.75±0.61	1.52±0.60	0.00

Conclusions: In order to alleviate the anxiety of athletes, this paper constructs a table tennis teaching model based on aerobic training. The results show that the control group adopting the traditional education mode and the experimental group implementing the table tennis teaching mode based on aerobic training have a more significant improvement in athletes' anxiety psychology. Therefore, it can be said that the table tennis teaching mode based on aerobic training has high theoretical and practical value.

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RESEARCH ON THE INFLUENCE OF CULTIVATION AND INNOVATION OF CERAMIC ART AND DESIGN EDUCATION ON ALLEVIATING AUDIENCE'S PSYCHOLOGICAL ANXIETY

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Background: Modern medicine believes that anxiety is related to genetic factors. Anxiety disorder can be found in the families of patients with anxiety disorder. It is an organic disease with physiological and biochemical abnormalities in the brain, especially in the amygdala, hippocampus, hypothalamus and frontal cortex. The role of other brain structures in the development of anxiety. The physiological changes of anxiety disorder are generally characterized by hyperactivity of neural activities, but these physiological changes are not unique to anxiety disorder, so they may also be the result of the disease rather than the cause. In short, the clinical manifestations of anxiety disorder are chronic anxiety disorders such as tension, excitement of autonomic nerve function and excessive vigilance, accompanied by a series of symptoms such as muscle tension, autonomic nerve disorder and exercise anxiety, which last for a long time. It is generally believed that over compensation for negative emotions can lead to anxiety disorder. With the development of social economy, people's life and work pressure is increasing. The incidence rate of anxiety disorders is also increasing. It should be pointed out that mild anxiety has a positive impact. It can stimulate spirit, improve attention and make talents think quickly. However, excessive anxiety can inhibit the brain and confuse people all day. In modern society, due to the increasing social competition, anxiety has become a common problem in daily life. Audience anxiety belongs to the category of mental illness. The tension and fear caused by failing to achieve their goals or overcome external threats will not only frustrate the audience's self-esteem and self-confidence, but also distract the audience's energy and attention, thus affecting the healthy life of sports mobilization. From the physiological level, the increase of anxiety value is the result of interfering with brain memory and thinking, making the audience show anxiety, tension, indecision and uneasy emotional changes. Anxiety can lead to neurological dysfunction, mental illness or abnormal anxiety. However, if these performances are excessive, they will evolve into anxiety disorder, which will bring great inconvenience and trouble to the audience's body and mind and learning. In short, the original meaning of audience psychological anxiety has a certain diversity, including external and internal factors. The former mainly refers to the complexity of interpersonal communication, the sense of urgency and oppression of learning tasks, and the acceleration of the pace of life and learning. The latter mainly refers to the audience's inner fear of career, self-doubt and denial, and confusion about the future. Audiences with psychological anxiety disorder often have a one-sided understanding of their psychological problems and are difficult to get timely and effective psychological counseling, which has a great negative impact on their physical health and daily study and life.

In the long river of human history, Chinese ceramics, with its profound cultural heritage and unique forms of expression, has become a bright flower in Chinese and even world culture. Among them, the rich remain of ceramic art works reflect the brilliance of a culture. Chinese ceramics are not only historical material evidence, containing the extraordinary wisdom and brilliance of the Chinese nation, but also show the spiritual world of the times in a "meaningful form" and reflect the brilliance of oriental civilization. The long history of Chinese ceramics is like flowing clouds and flowing water, which connects the synchronous movement of heaven, earth and man. The evolution of ideological history, the rise and fall of Confucianism, Taoism and Buddhism, and the rise and fall of economy have all played a role in promoting, catalyzing and hindering the construction of Chinese ceramic system. It can be said that Chinese ceramic art is an art bred and grown up in Chinese traditional culture and the epitome of Chinese national culture. In the long historical process, the development of ceramic education has always followed an ancient way of education. The inheritance of technology and art is passed from parents to children in the family, or from masters to apprentices in the workshop. However, this way of education is too backward and outdated, and has a great negative effect on the dissemination of ceramic art. In view of this, this paper constructs an innovative education model of ceramic art design based on psychological analysis, which aims to expand the communication influence of ceramic art, effectively alleviate the anxiety of the audience, and point out the direction for the audience's life and learning.

Objective: In order to alleviate the anxiety of the audience, this paper constructs an innovative education model of ceramic art design based on psychological analysis, which aims to dredge the anxiety of the audience and point out the direction for the audience's life and learning.

Subjects and methods: 300 audiences were randomly divided into control group and experimental group,