

anxiety of college students: conflict anxiety and adaptation anxiety.

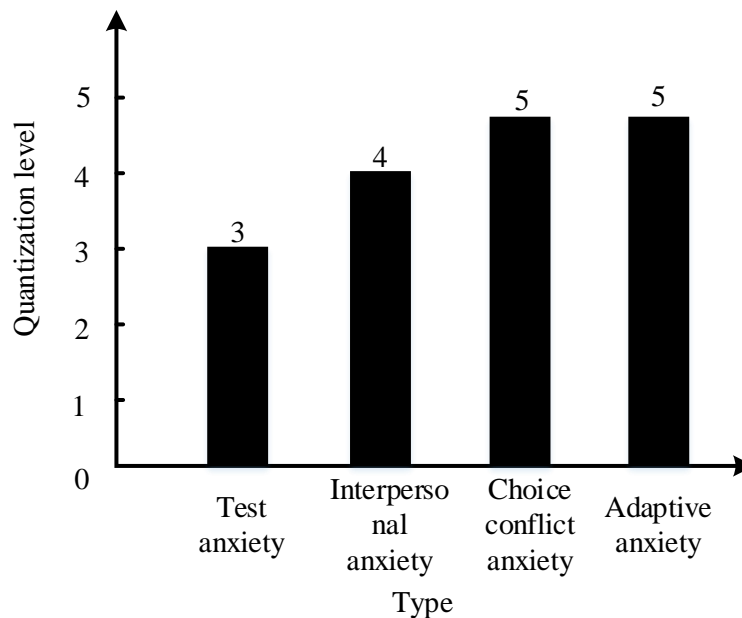


Figure 1. Anxiety type analysis

Conclusions: The excessive anxiety of contemporary college students is likely to have a bad impact on students' learning and growth. Therefore, this study investigates the psychological anxiety of contemporary college students, and uses K-nearest neighbor algorithm to distinguish and classify the main types of students' anxiety psychology. On this basis, it analyzes the impact of ideological and political education on students' psychological anxiety. The results show that college ideological and political education has a relatively significant impact on the two main anxiety types of college students' choice conflict anxiety and adaptation anxiety. College ideological and political education based on students' psychology is an important way to help students balance their anxiety.

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RESEARCH ON THE INFLUENCE OF RITUAL INTANGIBLE CULTURAL HERITAGE PROTECTION AND INHERITANCE ON ALLEVIATING AUDIENCE PSYCHOLOGICAL ANXIETY

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Background: As an irrational bad psychological state, in recent years, with the diversification and complexity of social values and mentality, social anxiety gradually shows an expanding trend in the scope of the group, and its adverse effects are also shown from the two levels of group behavior and individual extreme behavior. Social mentality refers to the emotional feelings and psychological feedback of social members on the current living situation given birth to under specific social conditions. The normal social form should be positive, optimistic and tolerant, and rational as a whole. Once the social concept falls into the irrational trend, changes will produce psychological trends such as psychological impetuosity, suspicion and resentment, extreme hatred for the rich and so on. Social anxiety psychology is a typical irrational psychological state. Social anxiety psychology refers to those social members generally lack confidence and sense of stability in the current situation of social development, feel confused and afraid of their own future development, and are always in an uneasy psychological state. Social anxiety psychology will spread in a wide range with social groups. With the expansion and deepening of the scope and degree of social anxiety psychology, the affected groups may show a certain degree of individual extreme bad behavior or group bad behavior tendency. Once the anxiety psychology is expressed through behavior, it will have a bad practical impact on social development and group psychological hint, and then form a vicious circle. As one of the

excellent traditional Chinese culture, ritual intangible cultural heritage has a certain degree of psychological domestication and appeasement in different social groups. Through the active protection, inheritance and cultural display of ritual intangible cultural heritage, it can help social groups return to the traditional cultural atmosphere and balance the anxiety of social groups with the help of the conceptual culture in traditional culture, to achieve the effect of intervening the psychological state of anxiety in social groups.

Objective: By exploring the impact of the protection and inheritance of ritual intangible cultural heritage on alleviating the psychological anxiety of the audience, this study provides an effective path for modern urban residents to alleviate the psychological pressure and anxiety caused by the social environment. At the same time, it provides a social driving force for the inheritance of Chinese traditional culture. From two perspectives, the level of social and cultural development and the mental health level of social groups are developing positively.

Subjects and methods: 98 people with psychological anxiety were selected as the main subjects. This study combines the artificial neural network algorithm with the factor substitution analysis method, uses the artificial neural network algorithm as the classification tool, classifies the anxiety psychological types, and then uses the factor substitution method to analyze the impact of different factors on the audience's psychological anxiety.

Study design: Because the artificial neural network still has the characteristics of strong stability and fault tolerance when classifying data sets containing a large amount of noise data, this study uses the artificial neural network to analyze the sample data of social groups, and divides the anxiety psychology of social groups into types with different characteristics. On this basis, the study will use the factor replacement method to replace different factors to analyze the impact degree and effect between factors. In this study, the factors will be replaced according to the factor importance hypothesis in the process of factor replacement, that is, the ones with strong importance will be replaced first.

Methods: This study uses SPSS22.0 software to input and analyze the research data.

Results: The analysis results of the impact on different anxiety types of audiences in the protection and inheritance of ritual intangible cultural heritage are shown in Figure 1.

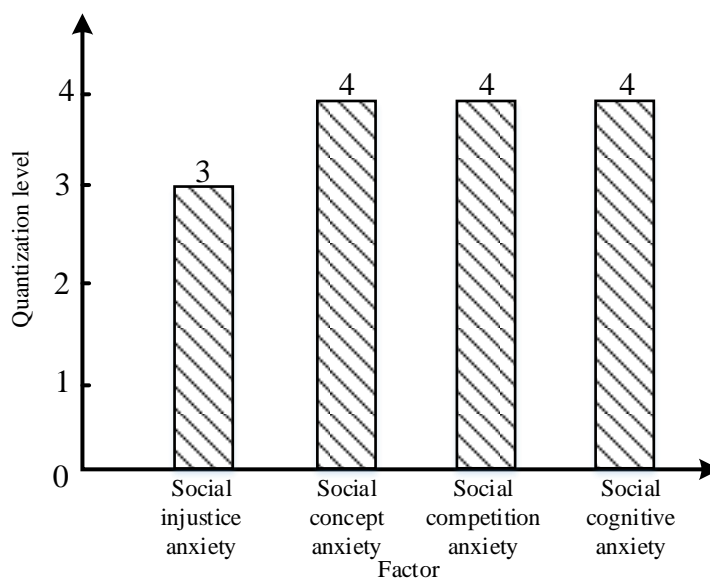


Figure 1. Anxiety impact analysis

As shown in Figure 1, among the four types of social group anxiety: social injustice anxiety, social concept anxiety, social competition anxiety and social cognitive anxiety, the three anxiety groups of social concept anxiety, social competition anxiety and social cognitive anxiety will be significantly affected by the protection and inheritance of ritual intangible cultural heritage, with an impact level of 4, while the social injustice anxiety groups are significantly affected by the protection and inheritance of ritual intangible cultural heritage. The impact level is level 3.

Conclusions: In order to solve the current social group psychological anxiety problem, this study combines the artificial neural algorithm with factor replacement analysis, uses the artificial neural network algorithm to classify and analyze the psychological characteristics of different anxiety groups, and on this basis, uses the factor replacement needle to analyze the influence degree of different factors. The results show that the protection and inheritance of ritual intangible cultural heritage can help the audience change

their way of thinking from the way of traditional cultural psychological attribution and concept inheritance, so as to provide a certain way to relieve the audience's anxiety, and also provide a social driving force for the inheritance of traditional culture.

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STUDY ON THE CORRELATION BETWEEN COLLEGE STUDENTS' PHYSICAL COGNITIVE STRUCTURE, PSYCHOLOGICAL NEGATIVE EMOTION AND COLLEGE PHYSICAL EXERCISE

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Background: The university stage is not only an important stage before students enter the society, but also an important transition process for students' psychological maturity. In this process, students' individual mastery and difference shaping of their own mental health status is an important preparation for their future work and life. There is no obvious boundary between college students' mental health and mental sub-health, but there is a certain degree of gray buffer zone. Students in the buffer zone are still likely to improve their mental health level under the correct psychological guidance. Therefore, it is necessary for colleges and universities, as an educational party, to guide students' psychology and help students get rid of negative emotions. In psychological theory, the individual's psychological state is determined not only by psychological factors, but also by physiological factors. Through the intervention of students' physiological factors, we can create a way for the positive interaction between external factors and students' psychological factors, so as to achieve the effect of affecting students' psychological emotion. Physical exercise can help students reduce the adverse effects of negative emotions from the perspectives of their own physical structure cognition, cooperative and competitive psychological exercise and psychological emotion relief. Students can more effectively affect students' psychological endurance and psychological adaptability through group and competitive activities in physical activities, while helping students improve the dimension of physical and mental development, it also provides students with more ways to ease their negative emotions. The enhancement of students' cognition and control ability of their own body in the process of physical exercise can produce stronger self-control hint in psychology, and improve students' self-confidence and overall psychological toughness. Taking college physical exercise as a campus activity to intervene students' psychology can more systematically strengthen students' physical and mental health and promote the all-round development of students' psychological personality.

Objective: By studying the correlation between college students' physical cognitive structure, psychological negative emotions and physical exercise in colleges and universities, this study provides necessary ways for colleges and universities to promote the reform of students' psychological education from the perspective of physiological elements interfering with psychological elements, promote the development of students' physical and mental health and cultivate students' sound personality at the same time of improving college psychological education.

Subjects and methods: 330 college students were selected as the main research objects. This study combines the experimental method with the correlation analysis method, and takes the experimental method as the data source basis of the research. On this basis, it analyzes the correlation between college students' physical cognitive structure, psychological negative emotion and college physical exercise, as well as the intervention effect of physical exercise campus activities on students' negative emotion.

Study design: This study will be conducted in the form of organizing collective physical exercise in colleges and universities. Researchers will record the psychological state of all students participating in the experiment before the experiment. The duration of the experiment is four weeks. During the experiment, the researchers will record the data by means of sampling interview and overall questionnaire survey. After obtaining the basic data, this study uses the correlation analysis method to analyze the element correlation between students' physical exercise and students' psychological state.

Methods: In this study, excel was used to record and count the research data.

Results: The correlation between college students' physical cognitive structure, psychological negative emotion and college physical exercise is shown in Figure 1.