

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.

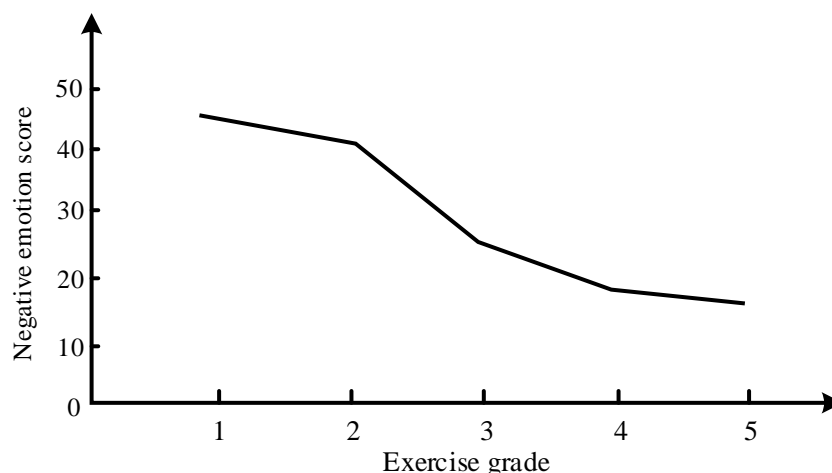
**Objective:** By studying the correlation between college students' physical cognitive structure, psychological negative emotions and physical exercise in colleges and universities, this study provides necessary ways for colleges and universities to promote the reform of students' psychological education 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.



**Figure 1.** Analysis of consumer psychological factors

As can be seen from Figure 1, with the increase of exercise level, the broken line of students' negative emotion score shows a gradual downward trend. Among them, the decline of exercise level from level 1 to level 2 is relatively gentle, the decline is the most rapid from level 2 to level 3, the decline is also relatively rapid from level 3 to level 4, and the trend of relatively gentle recovery is restored from level 5 to level 5.

**Conclusions:** The psychological development of students in colleges and universities is still in the stage of negative physical and mental development. In order to solve this problem, this study combines the experimental method with the correlation analysis method, and makes a correlation analysis between the elements of students' physical exercise and the elements of students' psychological state. The results show that with the increase in exercise level, the broken line of students' negative emotion score shows a gradual downward trend. Different exercise levels and stages will have different effects on students' psychological state. Organizing college students to carry out group physical exercise in the form of campus activities in colleges and universities is conducive to relieving students' negative emotions, improving students' physical and mental quality, improving students' group social ability and psychological toughness, and promoting students' all-round physical and mental development.

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## INFLUENCE OF SHADOW PLAY CHARACTER MODELING AND SINGING STYLE ON AUDIENCE DEPRESSION

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**Background:** Depression, as a psychological reaction mode of individual negative emotion, is mainly manifested in the negative emotional response of individuals stimulated by external environment or internal psychological factors. According to the individual constitution, the forms of depression in different individuals are also different, which can be embodied in sadness, reduced individual happiness, reduced interest, irritability and anxiety, or in many forms, such as slow thinking response, slow emotional performance outside the individual, and decreased willpower in life. According to the different degree of depressive psychology, depressive psychology can be divided into three main categories. The first category is depressive emotion. Depressive emotion is the category with the lightest degree of depression. At this stage, individuals are only affected by the surrounding environment or surrounding situation to produce a certain degree of sadness or depression. This psychological state may be short-lived or long-lasting. If the depressive emotion lasts for a long time. Then the individual's psychological state will gradually shift to the next type. The second type is depression syndrome. Individuals in the stage of depression syndrome will not only reflect the characteristics of depression in emotion, but also reflect the characteristics of depression in individual behavior. Emotional manifestations include but are not limited to loneliness, sadness that is difficult to vent, excessive demands on yourself, excessive imagination of others' alienation and malice, tension, guilt, etc. Behavioral manifestations include but are not limited to withdrawal behavior, complaints based on anxiety and depression, social behavior disorder, cognitive behavior disorder,