

**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.

\* \* \* \* \*

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

Jiang Qi

*Nantong University, Nantong 226019, China*

**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,

self-mutilation behavior, etc. The third category is major depression, which is the group that has met the diagnosis of clinical depressive symptoms. Depressive psychology can intervene in the development process through reasonable forms. Cultural intervention with psychological attribution is a more effective way. Shadow play, as a traditional Chinese culture, is likely to have a positive intervention effect on depressive psychology.

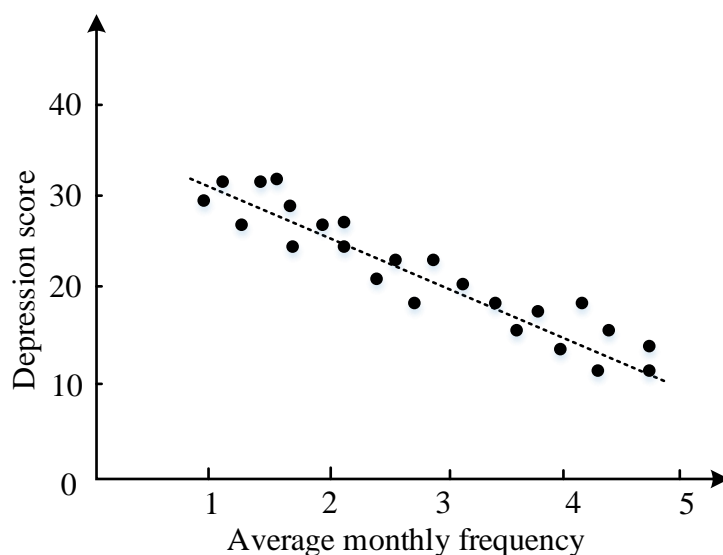
**Objective:** By exploring the impact of shadow play character modeling and singing style on the audience's depression, this study provides an effective intervention path for the depressed psychological group, and improves the mental health level of the social group while carrying forward the excellent traditional Chinese culture.

**Subjects and methods:** A total of 206 people over the age of 18 with depression were the main subjects of the experiment. This study combines correlation analysis with decision tree algorithm to explore the impact of shadow play character modeling and singing style on audience depression through correlation analysis, element classification and influence path analysis.

**Study design:** This study establishes a research chain between shadow play character modeling and singing style and audience depression through correlation analysis, and verifies the correlation by collecting data. After the verification, the decision tree algorithm is used to classify the two ends of the correlation analysis, that is, the shadow play character modeling and singing style and the audience's depression psychology. Finally, the influence of shadow play character modeling and singing style on the audience's depression psychology is analyzed by means of factor influence path analysis.

**Methods:** SPSS19.0 was used in this study for correlation analysis.

**Results:** The correlation analysis between the audience's monthly viewing times of shadow play and the audience's psychological score of depression is shown in Figure 1.



**Figure 1.** Correlation analysis

As shown in Figure 1, the overall trend of the sample shows a distribution trend from top left to bottom right, that is to say, with the increase of the number of shadow puppet shows per month, the audience's depression psychological score shows an obvious downward trend. It can be seen that watching shadow play performance can indeed have a positive impact on audience depression.

**Conclusions:** With the development of modern society, social competition and pressure are increasing. Depressive symptoms have become one of the main representatives of modern people's mental diseases. There are many intervention methods for depressive symptoms, and cultural psychological intervention, as a means of taking into account cultural inheritance and mental health intervention, can promote the development of traditional culture while improving residents' mental health level. This study combines correlation analysis and decision tree algorithm to explore the impact of shadow play character modeling and singing style on audience depression through correlation analysis and element classification analysis. The results show that shadow play performance can indeed have a positive impact on the audience's depression to a certain extent. By controlling the style and shape of shadow play, we can organically combine the traditional cultural performance with the psychological status of modern people, so as to form a performance form more suitable for the psychological life of modern people, add vitality to the cultural inheritance, and provide an effective channel for the audience to dredge the depression psychology, help

the audience get rid of the influence of depression psychology, form a positive mentality and improve the mental health level, establish a lifestyle with more positive significance and psychological stability.

\* \* \* \* \*

## RESEARCH ON THE PATH OF CHARACTERISTIC URBAN PLANNING THINKING INNOVATION TO RELIEVE PEOPLE'S DEPRESSION

Zhen Quan

*Changchun Institute of Technology, Changchun 130000, China*

**Background:** Depressive psychology is a kind of negative emotional expression of abnormal depression when an individual is unable to cope with the psychological pressure given by the external environment. The causes of depression may be physiological or psychological. Many psychological causes of physiological depression are expressed in the form of family genetic genes, but some studies have shown that although existing genes will have a certain impact on the individual's psychological tendency to depression, individuals still need the intervention of external factors to develop severe depressive symptoms. In addition, the psychological causes of depression are more psychological. Psychological causes are mainly manifested in three main aspects: social psychological development, social support psychology and individual psychological cognition. In terms of social psychological development, social individuals' cognition of self-development is often based on external positioning. When social individuals have a large gap in the process of seeking self-positioning to the outside world, they will have a sense of pressure and anxiety. The failure of the realization of "expectation me" caused by this external environment will lead to individuals bearing excessive frustration and pressure in their daily life, and then produce depression. In terms of social support psychology, social individuals are often not independent of the external environment, but in a variety of connections with the external environment. This connection is the channel for individuals to relieve their own pressure on the outside world. Once there is a problem with individual social interpersonal and social support, it will lead to the disappearance of pressure relief channels, leading to the accumulation of pressure and the formation of depression. In terms of psychological cognition, the individual's cognitive tendency and cognitive style are likely to have an impact on the individual's psychological status, and the negative cognitive tendency is more likely to lead to the formation of depression. For the causes of depression, the intervention methods can also be divided into two parts: relief intervention and change intervention. Characteristic urban planning can dredge the people's Depression Psychology from the perspective of relief intervention, forming a possible path of group intervention.

**Objective:** This study explores the path of characteristic urban planning thinking innovation to dredge people's depression psychology, considers the mental health level of urban residents in the process of urban construction, and provides psychological suggestions for humanistic urban construction under the new background while helping urban residents get rid of the psychological impact of depression.

**Subjects and methods:** 196 citizens with depression were the main subjects of the experiment. This study combines support vector machine with correlation analysis method, forms an analysis chain between characteristic urban planning thinking innovation and people's depression psychology through correlation analysis, and carries out further classification factor analysis on the basis of successful correlation test.

**Study design:** Firstly, the research associates the innovative elements of characteristic urban planning thinking with people's depression psychology through correlation analysis, and then classifies the types of people's depression psychology through support vector machine to test the impact of innovative elements of characteristic urban planning thinking on different types of depressed people.

**Methods:** In this study, excel was used to sort out and count the data.

**Results:** The impact of characteristic urban innovation planning on people's depression caused by different psychological causes is shown in Figure 1.

As can be seen from Figure 1, the impact of characteristic urban innovation planning on people with depression caused by social support psychology and individual psychological cognition reaches level 4, reaching significant impact. The impact of characteristic urban innovation planning on the people with depression caused by social psychological development reached level 3, forming a significant impact. It can be seen that the people with depression caused by social support psychology and individual psychological cognition are the main groups that can be effectively intervened by characteristic urban innovation planning.