

growth, applies the physiological intervention method of campus physical exercise to students' psychological intervention, and helps students improve their psychological quality by creating the external environment of group sports. The results show that physical education in higher vocational colleges has the most significant impact on the two dimensions of students' psychological quality: cognitive quality and adaptive ability. It can be seen that physical education in higher vocational colleges mainly intervenes students' psychology from two aspects of cognitive quality and adaptive ability, so as to help students improve the level of psychological quality and promote the all-round development of students' body and mind.

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STUDY ON THE INFLUENCE OF SINGER'S PSYCHOLOGICAL ANXIETY ON MUSIC EXPRESSION

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Background: Anxiety, as an emotional response to inner anxiety and anxiety caused by external objective factors, is usually manifested in the form of persistent tension, panic attack, neurological dysfunction and so on. Due to the different external influencing factors and social individual occasions, psychological anxiety presents different forms, among which the anxiety state of singers on the stage belongs to a type of performance anxiety. Performance anxiety, also known as "stage tension", is a psychological anxiety symptom related to the stage performance situation. The performance effect of performance anxiety before and during performance is different. Individuals mainly feel psychological anxiety, which is often accompanied by autonomic nerve dysfunction, reduced memory, dry mouth color, panic, inattention and so on. During the performance, these physiological phenomena caused by anxiety may cause the singer's breath and voice to lose control, resulting in stage mistakes that should not have been made. The anxiety psychology of singers is mainly affected by two aspects. On the one hand, it is subjective psychological suggestion. For example, the singer has characteristic anxiety psychology, which shows inferiority complex and fear psychology in stage performance. These psychological characteristics may cause negative psychological suggestion, and then lead to the formation of fear and retreat psychology before the singer's miscellaneous performance. Similar psychology will lead to the loss of performance state, and then affect the performance quality. In addition, the external social environment pressure and their own social pressure faced by singers may also lead to psychological anxiety. This kind of anxiety often comes from the importance of singers for their own reputation, or the harsh requirements of the external environment for singers, which leads to serious psychological burden on singers before or during performance, and affects the expressiveness of stage music while forming physiological effects. Therefore, in the process of intervention on relevant psychological anxiety, we should focus on the factors that form singer anxiety, and reduce the adverse impact of psychological anxiety on singers through factor intervention.

Objective: Based on the psychological theory of performance anxiety, this study analyzes the possible psychological anxiety states of singers in the process of stage performance and the possible impact of these psychological anxiety states on the singer's physiology and musical expression, so as to provide a perspective for singers to carry out pre stage self-intervention and help singers overcome the anxiety of stage performance. Enhance the singer's stage performance experience and comprehensive stage performance effect.

Subjects and methods: Taking 20 singers as the main research object. Analyze the influence of different types of music performance factors through the combination of methods and support machines. In this way, the study makes a series analysis of the variables of singers in the process of psychological anxiety, and clarifies the research chain of psychological anxiety caused by external environment or their own factors, which then affects music expressiveness by using factor analysis.

Study design: In this study, the support vector machine is used as a classification tool to classify the singers with different psychological anxiety performance types in the process of stage performance, and on this basis, the element analysis is carried out. In the element analysis, the singer's psychological anxiety state is connected with the singer's stage music performance for element force analysis.

Methods: In this study, excel is used to make statistics on the data, and on this basis, computer algorithm is used for classification analysis.

Results: The influence of different psychological anxiety generating factors of singers on their anxiety

psychology is shown in Figure 1.

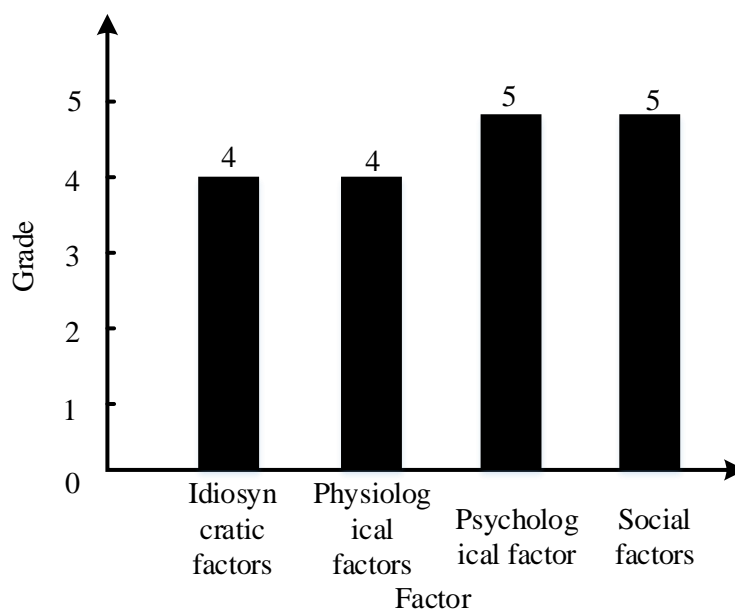


Figure 1. Analysis of factors causing psychological anxiety

It can be seen from Figure 1 that psychological and social factors have the most significant impact on the singer's anxiety, reaching level 4 of the impact level. The influence of trait factors and physiological factors on the singer's anxiety is not significant, but obvious, reaching the third level of influence level. It can be seen that psychological and social factors have the greatest impact on the singer's anxiety.

Conclusions: In order to solve the problem of psychological anxiety of singers in the process of stage performance, this study starts with psychological theory, takes stage anxiety as a separate anxiety type for factor analysis, uses support vector machine algorithm to classify singer groups with different anxiety psychological states, and analyzes the action factors of different group types. The results show that psychological factors and social factors have the most significant impact on the singer's anxiety, while trait factors and physiological factors have a more obvious impact on the singer's anxiety. It can be seen that psychological factors and social factors are the factors that have the greatest impact on the singer's anxiety. By analyzing the psychological anxiety problems of singers in the process of stage performance, we can provide self-intervention means for singers with relevant problems, ensure their stable play in the process of stage performance, and improve the overall stage effect of singers.

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RESEARCH ON THE ALLEVIATING EFFECT OF HUMAN RESOURCE MANAGEMENT BASED ON SOCIAL PSYCHOLOGY ON EMPLOYEES' ANXIETY

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Background: In psychological theory, Fromm theory believes that in the contemporary social and cultural environment, individual anxiety and fear are largely isolated from each other. This kind of social psychological isolation has created the lack of all-round development of personality and the overall psychological loneliness of individuals with different social psychology. However, in social psychology, the anxiety emotions among individuals are not isolated from each other, but connected with each other. This anxiety of connecting with each other is mainly reflected in two important aspects. On the one hand, it is the connection of emotional universality. With the development of society, the individual pursuit of success of enterprise employees is gradually symbolized, and this psychological symbol is consistent in a universal sense. That is, the psychological performance of the success pursued by all enterprise employees is similar to each other. This similarity causes that when employees are difficult to achieve success due to practical obstacles, their anxiety is also similar to each other at the psychological level. On the other hand, it is the