

managers, and then alleviate their psychological anxiety.

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## RESEARCH ON THE INFLUENCE OF NATIONAL FOLK DANCE EDUCATION IN COLLEGES AND UNIVERSITIES ON THE CULTIVATION OF STUDENTS' AESTHETIC DISCRIMINATION ABILITY AND PSYCHOLOGICAL EMOTION

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**Background:** Most contemporary college students have a relatively smooth growth environment and learning environment, and rarely experience setbacks. Therefore, they generally have poor psychological tolerance. University is a transitional stage for students from learning environment to society, so it has changed from the previous learning environment. Some students cannot adapt to this change and the new environment, so they are prone to various negative psychological emotions, such as anxiety, depression and so on. Anxiety is a kind of negative emotion caused by the inconsistency between expectation and reality, or fear and worry about the imminent threat. In the learning process, due to the fear of poor learning effect and students' self-denial, some students will have a sense of failure and frustration, resulting in students' emotions in a state of tension and fear for a long time, and finally lead to students' symptoms such as anxiety and depression. Long term excessive anxiety will damage students' physical and mental health, and seriously lead to students' mental loss of control or collapse, personality disintegration and other consequences, resulting in a significant decline in students' quality of life, loss of confidence in life, self-injury, suicide and other dangerous behaviors, which not only affects the normal life of students and their families, but also affects the harmony and stability of society.

National folk dance has distinctive characteristics such as distinct regions, strong flavor, vivid images and various forms of expression. It is an artistic form with strong cultural heritage and regional characteristics that uses limbs and gestures to express and convey emotions. Therefore, the use of national folk dance can cultivate students' sentiment, cultivate students' aesthetic discrimination ability, give students a sense of beauty to their hearts, and alleviate students' anxiety. However, the traditional education mode of national folk dance is boring and old-fashioned, which cannot play a better role in alleviating students' anxiety. Educational psychology is an important part of applied psychology. It is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of education system. In addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Therefore, the research is based on educational psychology to innovate and improve the national folk-dance education in colleges and universities, so as to improve students' learning interest, improve students' aesthetic discrimination ability and alleviate students' anxiety.

**Objective:** Nowadays, most college students' growth environment and learning environment are relatively smooth and rarely experience setbacks. Therefore, they are generally poor in psychological tolerance and prone to various negative psychological emotions. The research is based on educational psychology to innovate and improve the education of national folk dance in colleges and universities, so as to improve students' learning interest, improve students' aesthetic discrimination ability and alleviate students' anxiety.

**Subjects and methods:** 80 students majoring in Chinese folk dance were selected from a university as the research objects. Self-rating Anxiety Scale (SAS), Hospital Anxiety and Depression Scale (HADS) and Symptom Checklist 90 (SCL-90) were used to evaluate the degree of anxiety of students, and the test results were used to evaluate the teaching effect.

**Study design:** 80 students were randomly divided into study group and control group, with 40 students in each group. The students in the research group used the innovative college folk dance education model based on educational psychology to teach. The students in the control group used the traditional education mode of national folk dance in colleges and universities. After a period of time, the degree of psychological anxiety and test scores of the two groups were compared.

**Methods:** The relevant data were processed and statistically analyzed by SPSS21.0 software. The measurement data are expressed by means  $\pm$  standard deviation, and the inspection method of measurement data is *t*-test. Chi square test is used for the inspection of counting data.  $P < 0.05$  indicates that the difference is significant.

**Results:** Before the experiment, there was no significant difference in the degree of anxiety between

the two groups ( $P > 0.05$ ). After teaching for a period of time, the anxiety level of students in the research group decreased significantly ( $P < 0.05$ ), and the anxiety level of students in the research group was significantly lower than that of students in the control group ( $P < 0.05$ ), as shown in Table 1.

**Table 1.** Changes in SAS scores of students in the two groups

Timing	SAS score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	73.41±10.92	72.53±11.35	0.304	0.653
After teaching	46.74±6.23	67.91±10.96	6.420	0.000
<i>t</i>	6.371	0.421	-	-
<i>P</i>	0.000	0.649	-	-

**Conclusions:** University is a transitional stage for students from learning environment to society, so it is different from the previous learning environment. Some students cannot adapt to this change and the new environment, so they are prone to various negative psychological emotions, such as anxiety, depression and so on. The use of national folk dance can cultivate students' sentiment, cultivate students' aesthetic discrimination ability, give students a sense of beauty to their hearts, and alleviate students' anxiety. However, the traditional education mode of national folk dance is boring and old-fashioned, which cannot play a better role in alleviating students' anxiety. The research is based on educational psychology to innovate and improve the education of national folk dance in colleges and universities, so as to improve students' learning interest, improve students' aesthetic discrimination ability and alleviate students' anxiety. The results showed that there was no significant difference in the degree of anxiety between the two groups before the experiment ( $P > 0.05$ ). After teaching for a period of time, the anxiety level of students in the research group decreased significantly ( $P < 0.05$ ), and the anxiety level of students in the research group was significantly lower than that of students in the control group ( $P < 0.05$ ).

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## RESEARCH ON THE INFLUENCE OF ART DESIGN TEACHING BASED ON DIGITAL MEDIA ON COLLEGE STUDENTS' POSITIVE PSYCHOLOGY

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**Background:** Positive psychology was first put forward in 2000. The theory holds that positive psychology is a science of tapping human potential and virtue, and advocates a positive attitude towards the potential and quality of ordinary people. From the perspective of positive psychology, the reform path of education in China has a new direction, and it is more widely used in the teaching reform of colleges and universities. Young people in China generally refer to college students. College students are full of vitality and play an important role in the construction of the motherland. Therefore, in college education, we should strengthen the ideological and political education of college students, pay attention to the psychological counseling of college students, and cultivate self-esteem, self-confidence and positive college students. Whether college students have a firm belief in the future of the country is an important part of whether they are strong or not. In the current college students' education, it is emphasized to stimulate students' positive psychology, so it is of great significance to explore the combination effect of positive psychology and college students' professional curriculum teaching, and it is also an important way to promote the formation of college students' correct values. Therefore, colleges and universities should cultivate college students' positive beliefs and strong response to the ideal development of the future.

To expand the teaching path of art design in the context of digital media, colleges and universities should make full use of the advantages of digital media, change the teaching mode of traditional art design specialty, carry out college students' art design teaching by using various digital media methods such as forum, microblog and WeChat, and strengthen the publicity of art design teaching information. Teachers can use the digital media platform to consult and interact with students, combined with online and offline communication methods, enrich art design teaching forms and enhance students' participation enthusiasm in art design teaching. Colleges and universities can create WeChat public platforms or website forums