

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

related to art design teaching and consultation, share art design related articles, pictures, videos and other contents to students through digital media, and carry out art design teaching through a variety of channels and methods. Open art design teaching lectures in the form of webcast, use vivid and interesting life examples to convey art design teaching knowledge to students, and help students establish positive values.

Objective: The research analyzes the teaching situation of art design major in colleges and universities, understands the problems existing in art design teaching in colleges and universities, and explores the impact of digital media means on students' learning and participation enthusiasm. It is expected to provide reference for improving the quality of art design teaching in colleges and universities and enhance students' enthusiasm in art design teaching.

Subjects and methods: Based on the 2021 college teaching quality evaluation report of a city, the research obtains the statistical data of college teaching quality evaluation from the evaluation report to understand the teaching situation of art design education in colleges and universities. Combined with the evaluation report data, this study analyzes the development status of art design education in colleges and universities, collects the problems existing in art design teaching in colleges and universities, and puts forward the optimization path of art design teaching mode in colleges and universities integrating digital media. The research combined with comparative experiment to understand the positive psychological impact of college art design teaching mode integrating digital media on students. 100 college students were randomly selected for the experiment, and the college students were divided into optimization group and traditional teaching group. The students in the optimization group were taught by the college art design teaching mode integrating digital media, and the digital media means were added to the basic teaching mode, while the students in the traditional teaching group were taught by the traditional teaching mode. The implementation time of the experiment was one semester. During the experiment, the subjects studied two professional knowledge courses for six hours a week.

Results: Compare and increase the participation enthusiasm of students before and after the art design teaching of college students by means of digital media. The comparison results of students' learning participation enthusiasm before and after the optimization of teaching mode are shown in Figure 1.

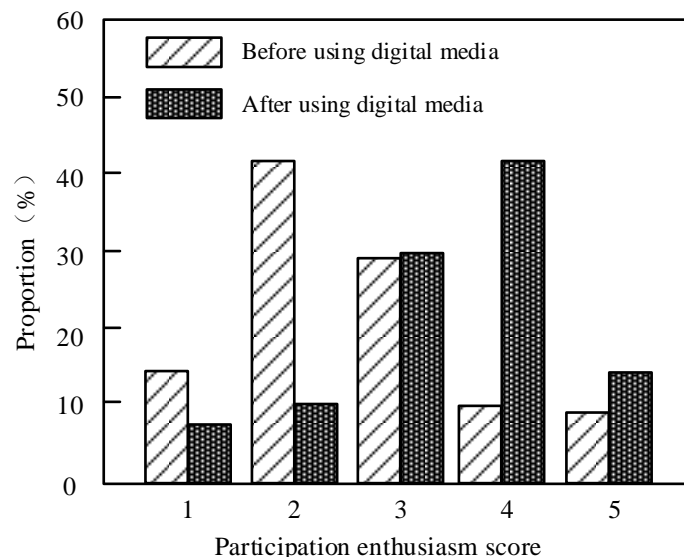


Figure 1. Comparison results of students' learning participation enthusiasm before and after the optimization of teaching mode

Conclusions: Taking the social environment of the development of digital new media as the background, this paper explores the impact of the new college art design teaching mode integrating digital media on students' positive psychology. The research results show that after expanding the means of digital media education, college students' participation enthusiasm in art design teaching is significantly improved, and the average score of enthusiasm is 3.42, which is significantly higher than 2.56 before using digital media, digital media can effectively enhance college students' enthusiasm to participate in art design teaching.

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THE PROMOTING EFFECT OF JAPANESE LITERATURE EDUCATION BASED ON PERSONALITY PERFECTION ON STUDENTS' MENTAL HEALTH

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Background: When others, society and other external factors produce adverse stress stimulation to individuals, individuals may have more serious psychological pressure. When individuals cannot adapt well to the stress state, there will be the problem of psychological imbalance, resulting in a series of negative emotional performance. Individuals need to vent their negative emotions reasonably and guide them in time, otherwise they are prone to psychological disorders and other psychological diseases, which will affect the level and quality of individual mental health. Nowadays, the world is in an era of high civilization and scientific and technological development. The competition for talents is fierce. College students are facing the social competition of the survival of the fittest. The pressure from family, environment and other aspects leads to the increasingly prominent mental health problems of college students. Under the stimulation of social development, contemporary college students also bear the multiple effects of negative factors in the campus environment and family environmental pressure. They are very prone to mental health problems. The mental health level of college students is not optimistic. On the other hand, the development of college students' psychological quality is not yet mature, and the level of their psychological quality such as psychological pressure resistance is not high. In the face of difficulties and setbacks, some college students may shrink back from difficulties and fall into negative emotions such as psychological anxiety and panic, which will affect the daily life and study of college students.

In recent years, a reflective literary education model has emerged in the field of Japanese literary education. By strengthening the dual reflection of teachers and students in literary education, we can improve the teaching quality and promote the improvement of students' personality. The literary education mode based on personality perfection helps students and teachers establish a thinking mode of facing difficulties by cultivating the open thinking of teachers and students, makes students believe that the solutions to problems are diversified and based, and promotes students' personality and thinking training and learning in the process of literary learning. On the other hand, the literary education mode based on personality improvement takes life reality as the teaching basis and foundation, combines literary education with life reality, exercises students' literary thinking and life thinking, enables students to take literary education as the medium, realize the further study of life ethics and personality belief, and help students strengthen personality improvement and psychological quality training.

Objective: Through the analysis of the mental health level and the current situation of literature education of college students in China, this study understands the mental health level of college students, grasps the literature teaching needs and problems of college students, deeply excavates the relationship between the literature teaching mode and the quality of mental health, and opens up new development ideas for improving the mental health level of college students. Based on the psychological analysis of the traditional personality education model of Japanese college students, this paper puts forward the comprehensive analysis of the impact of the traditional personality education model of Japanese college students on the improvement of the psychological education model of Japanese college students.

Subjects and methods: This study uses Pearson correlation coefficient to analyze the correlation between college students' mental health level and literature teaching mode, discusses the potential relationship between college students' mental health problems and literature teaching mode, understands the action point of Japanese literature education mode based on personality perfection on greatly improving college students' mental health quality through correlation analysis, and puts forward new ideas for improving college students' mental health level. This study uses correlation analysis to explore the relationship between literature teaching mode and college students' interpersonal sensitivity, psychological pressure resistance and psychological anxiety, and deeply excavates the impact of Japanese literature teaching mode based on personality perfection on college students' mental health.

Results: The statistical analysis results of the mental health level of college students are shown in Table 1. The mental health level of college students is generally low.

Table 1. Statistical analysis of mental health level of college students

Survey object	Freshman	Sophomore	Junior	Senior
Fear	4.3	4.1	3.9	3.7
Anxious	3.5	4.2	3.6	4.1
Depressed	4.5	3.9	3.7	4.3