

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

Conclusions: The Japanese literary education model based on the perfection of personality combines literary education with the reality of life. Through the double reflection of students and teachers, students can realize the learning and cultivation of literature and ethics in the process of literary learning, and help students realize the common progress of knowledge and personality psychology. Introducing the Japanese literature education model based on personality perfection into the literature education of Chinese students and drawing lessons from the reflective teaching concept of the Japanese literature education model based on personality perfection can effectively help students achieve personality perfection while making progress for learning, which is of great value to the development of students' psychological health and the cultivation of psychological quality.

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ANALYSIS AND COUNTERMEASURES OF PIANO PERFORMANCE ANXIETY FROM THE PERSPECTIVE OF PERFORMANCE PSYCHOLOGY

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Background: The psychological effect of piano players is closely related to the psychological effect of piano players, but the psychological effect of piano players is often ignored. Piano players are prone to produce varying degrees of psychological anxiety in training, performance, performance examination and other performance practice activities, which affects their performance in performance practice. Psychological anxiety refers to the tension and uneasiness caused by the inability to effectively solve the problem or the premonition that it is difficult to deal with when individuals are facing difficulties or obstacles. Some piano players have poor adaptability to the performance environment and are prone to serious psychological tension when performing in unfamiliar venues. There are also some performers who care too much about their performance results and perform in front of a large audience, resulting in panic and anxiety because they are worried about their performance mistakes. When the piano player's psychological anxiety reaches a certain level, it will seriously interfere with the player's performance and affect the player's physical and mental health development.

Performance psychology comprehensively analyzes and studies the characteristics and laws of performers' psychological activities, and probes into the creation, performance and aesthetic psychology of performing art. In fact, the process of music performance is also the player's secondary creation process of music. The player integrates his own emotion and understanding in the performance process, so that each piano performance is a unique performing art. Piano performance is a comprehensive art, which conveys the player's emotion and shows the player's understanding of the song through piano performance. In the actual music performance activities, due to insufficient preparation and self-confidence, players often have performance psychological anxiety, which affects the performance and final performance effect of players. Good mental health can play a positive role in the effect of performers' performance programs, and good performers' psychological activities can give the soul to the performance of songs. The poor psychological state is not conducive to the players to give full play to their full performance strength. The performance effect of a vocal performance is affected by the sound state and psychological state of piano players. Therefore, the research on the importance of players' psychological factors in the performance process has important practical significance for the improvement of players' performance level and technology.

Subjects and methods: This study makes a statistical analysis of the psychological anxiety of piano players, deeply analyzes the influence of the psychological anxiety state of piano players on the stability of their performance through the analysis of the degree and causes of the psychological anxiety of piano players, probes into the influence mechanism of the psychological anxiety state of piano players, and puts forward the mitigation measures of the psychological anxiety state of piano players on this basis, help piano players reduce the impact of psychological anxiety on the performance effect. This study uses the method of correlation analysis to analyze the impact of piano players' psychological anxiety on their stable performance, and uses spearman correlation coefficient to measure the correlation between piano players' psychological anxiety and their stable performance.

Results: The statistical analysis results of the causes of players' psychological tension and anxiety are