

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.

Acknowledgement: The research is supported by: Shaanxi Provincial Education Science "14th Five-Year Plan" Project: Research on the blended teaching model of Japanese literature RTSF from the perspective of values education by curriculum (No. SGH21Y0295).

* * * * *

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

Lingyun Yang

South China Normal University, Guangzhou 510631, China

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

shown in Table 1. Nervous stage fright, lack of confidence, eager for success, inadequate preparation and other adverse emotional effects are the important reasons for players' psychological anxiety. Piano players are not confident in their own performance strength and lack practical experience, resulting in tension, which affects the stable play of their performance strength. There are also some players who are eager for success, and the learning of piano performance knowledge is not complete. Regardless of the actual situation of their own development, they blindly pursue performance skills, which will also lead to psychological anxiety. Sometimes other bad emotions of the player will directly or indirectly affect the stability of the player's psychological state and interfere with the player's performance.

Table 1. Statistical analysis on the causes of psychological tension and anxiety of players

Survey object	Male	Female
Nervous stage fright	3.5	4.1
Lack of confidence	3.4	4.2
Eager for success	4.2	3.9
Inadequate preparation	4.3	3.7
Other adverse emotional effects	3.6	3.9

Conclusions: A good psychological state and performance physiological state have a direct impact on the performance effect of the performer. A good psychological state can help the performer more comprehensively show their own emotions, integrate the performer's understanding of the music into the piano performance, and comprehensively show the emotional connotation that the performer expects to convey to the audience through the performance. A good psychological state will have a positive impact on the player's physiological state and help the player maintain a relaxed state to play. Psychological anxiety will have a negative impact on the player's performance effect, affect the stable play of the player's performance strength, reduce the player's real-time performance level, and affect the player's final performance effect.

* * * * *

RESEARCH ON THE EMBODIMENT OF SINO AMERICAN ELEMENTS IN TRADITIONAL ART DESIGN PUBLISHING AND THE IMPACT OF ALLEVIATING AUDIENCE PSYCHOLOGICAL ANXIETY

Yong Lu

Nanjing Normal University, Nanjing 210023, China

Background: Psychological anxiety refers to the panic and anxiety caused by social individuals in the face of difficulties or obstacles because they are difficult to solve in time or worried that they cannot solve effectively. Appropriate psychological anxiety can promote individual behavior and effectively urge individuals to improve self-efficiency. However, excessive psychological anxiety will seriously affect the quality of individual mental health and lead individuals to fall into negative emotions. Psychological anxiety is a common psychological negative emotion. Generally speaking, for social groups, the social environment provides not only a living environment, but also a platform for continuous challenges. In this context, the influence of social environment breeds the anxiety of social groups. From some studies, we can know that the development of society is achieved by the joint efforts of people from different social strata, but the distribution of pressure in society is mainly concentrated in some groups, which leads to the emergence of social anxiety in social groups. In order to alleviate the psychological anxiety of social groups, a large number of treatment methods have been proposed in psychology, including hypnotherapy and incentive therapy. In the process of hypnosis, psychologists will promote patients to enter deep sleep through hypnosis, so as to alleviate patients' psychological anxiety from the subconscious. In verbal motivation, psychologists will appropriately reduce the trading pressure of patients by communicating with patients, obtain the changes of patients' psychological activities from communication, and take this as a breakthrough to build a conversation system to gradually alleviate patients' anxiety. However, for social groups, the above two one-to-one treatment methods cannot achieve rapid and effective relief of social anxiety.

With the development of society, the desire of social groups for living goods has changed. Therefore, in