

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.

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

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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

the long-term social life, the social masses have a certain degree of audience psychological anxiety. In view of this, psychologists began to try to alleviate the psychological anxiety of the social masses. Some studies proposed to carry out visual impact on anxiety patients through traditional art design, so as to divert attention from the psychological anxiety of the social masses and affect the anxiety in the non-remission period. However, in the empirical analysis, it is found that the art design in the development of modern society is difficult to meet the psychological needs of the audience. Therefore, how to reflect the unique aesthetic elements in the existing art design is a key breakthrough in this research direction. At the same time, some psychological studies have found that the external expression in aesthetic elements can distract the attention of patients with psychological anxiety to a certain extent, and need to carry out psychological construction. In addition, some studies have pointed out that the aesthetic elements in the traditional aesthetic design have certain unique characteristics. They can meet the audience's psychological needs while meeting their psychological needs, which can alleviate the psychological anxiety in the period from the change of needs. Therefore, it is proposed to make full use of the traditional aesthetic elements in art design to alleviate the anxiety of the audience.

Objective: Audience psychological anxiety is not only the product of social development, but also a risk factor affecting the good development of social groups. In order to alleviate the psychological anxiety of the public audience, this study proposes to use the aesthetic elements in the traditional aesthetic design to alleviate the anxiety, and analyzes the application effect of Sino American studies in the traditional art design in alleviating the psychological anxiety of the audience.

Subjects and methods: Taking 800 residents in five communities of a city as the research object, the psychological anxiety of all residents was counted, and the residents were divided into mild anxiety group, moderate anxiety group and severe anxiety group according to the psychological anxiety. Through expert interview, the defects existing in modern art design are analyzed, and the traditional aesthetic design scheme is determined by expert correspondence method. Under the influence of the aesthetic element embodiment scheme in the traditional aesthetic design, the anxiety score changes of the people in the mild anxiety group, moderate anxiety group and severe anxiety group are evaluated by SPSS22.0 for data difference analysis.

Results: The aesthetic elements in traditional art design are analyzed to reflect the impact of the scheme. The changes in the number of people in different anxiety groups are shown in Table 1.

Table 1. Changes of anxiety before and after intervention (n=800)

Project	Mild anxiety	Moderate anxiety	Severe anxiety
Before intervention	421	207	172
After intervention	674	78	48
<i>P</i>	<0.05	<0.05	<0.05

Conclusions: Social development is influenced by the social masses, and psychological emotions affect the comprehensive ability of the social masses. Therefore, reducing the audience's psychological anxiety has a positive effect on social development. Based on the current situation of the audience's psychological anxiety of the social masses, this paper puts forward the anxiety mitigation strategy based on the Chinese and American elements of traditional art design. Under the influence of the anxiety mitigation strategy embodied in the art elements in the traditional aesthetic design, the number of serious audience psychological anxiety in the anxiety population participating in the test decreased significantly, and the number of mild anxieties increased. The above results show that the aesthetic elements in traditional art design can greatly alleviate the psychological anxiety of the audience and promote the harmonious development of society.

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RESEARCH ON INNOVATIVE TEACHING PATH OF MUSIC CLASSROOM IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology originated from the western classical naturalistic educational thought, which was formally put forward by Pestalozzi. He explored the relationship between human mental