

the core on alleviating medical students' psychological anxiety, this study designed a grouping clinical skill teaching experiment, and carried out the experiment with 220 students in a medical college as the research object. The experimental results show that there is no significant difference between the SAS score data of the two groups before the experiment. However, after the completion of the experiment, the SAS score data of students in the experimental group and the control group were statistically significant. The average scores were 41.2 and 47.5 respectively, and the absolute value of the former was 6.3 lower than that of the latter the data show that the clinical skill teaching with "medical ethics education" as the core of medical college students does help to reduce the level of students' psychological anxiety. After talking with the research objects, it is found that the reason for this result is that the teaching mode of the experimental group can enable students to better change the observation perspective to the perspective of patients, so as to indirectly understand the objective shortcomings of their work and alleviate their anxiety.

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STUDY ON THE ALLEVIATING EFFECT OF RED LITERATURE AND ART ACTIVITIES ON COLLEGE STUDENTS' MENTAL ANXIETY

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Background: Anxiety refers to negative and complex emotional states such as tension, uneasiness, worry and worry caused by possible dangers, losses and threats in the future. Its main clinical manifestations include panic disorder, such as sense of near death, sense of loss of control, sense of mental collapse, and physical symptoms of panic attack, such as rapid heartbeat, diarrhea, dizziness, etc., followed by generalized anxiety disorder, which is divided into mental anxiety Somatic anxiety and motor restlessness of nerves and muscles. At present, the treatment of anxiety symptoms is mainly based on professional psychological guidance, and those with serious symptoms can be treated with drugs. In recent years, with the deterioration of the macroeconomic environment, domestic college students are facing the economic pressure brought by learning costs, the employment pressure brought by the fierce competition in the human resources market, and the learning pressure of the survival of the fittest, which lead to the aggravation of their psychological load, and some college students even suffer from mental anxiety diseases. Relevant research shows that watching literary and artistic activities can play a certain degree of therapeutic effect on mental and psychological diseases, and red literary and artistic works are the crystallization of China's modern excellent national culture and have high viewing value. Therefore, this study focuses on analyzing the effect of watching red literary and artistic activities on alleviating college students' mental anxiety.

Objective: To analyze the effect of watching red literature and art activities and other treatment methods of psychological diseases on alleviating college students' mental anxiety through expert interviews and group social experiments, so as to provide a series of possible new methods for college students' mental anxiety treatment.

Subjects and methods: Cooperate with a comprehensive undergraduate university in China and require the university to cooperate with the research team to carry out the experiment. Specifically, 1000 students from nonpolitical and law majors in the university were selected for SAS (Self-rating Anxiety Scale) questionnaire survey, and the subjects with SAS scores in the range of "less than 50", "50-59", "60-69" and "more than 69" were classified as no anxiety, mild anxiety, moderate anxiety according to this standard, 168 college students with a score of no less than 50 after the survey were selected as the research objects. The subjects were equally and randomly divided into red literature and art group, popular literature and art group, psychological counseling group and blank control group, with 42 people in each group. Then the students in each group were asked to fill in the basic personal information required for the experiment, and then the research team tested the difference significance of the students' basic information. After confirming that there is no significant difference in students' basic information between all groups, a comparative experiment is carried out. In the experiment, the students of the red literature and art group and the popular literature and art group were required to watch the red literature and art activities and popular literature and art activities prepared by the research team once a week respectively. The psychological counseling group was required to receive psychological counseling conducted by professional

psychological counselors twice a week, while the blank control group was not interfered by any research team. The experiment lasted for 3 months. After the experiment, SAS questionnaire survey was conducted again for all groups of students. In addition, all measurement type features in the study are displayed in the form of mean \pm standard deviation for *t*-test, and counting type features are displayed in the form of number or proportion of number for chi-square test. The significance level of difference is taken as 0.05.

Results: After the experiment, DPS 7.05 software was used to collect valid questionnaire data, and Table 1 was obtained.

Table 1. Comparative statistics of SAS score data of students in each group before and after intervention

Statistical time of questionnaire	Red art group (No.1)	Popular literature group (No.2)	Psychological counseling group (No.3)	Blank control group (No.4)	P_{12}	P_{13}
Before the intervention	58.4 \pm 3.7	57.9 \pm 4.5	58.3 \pm 3.5	58.0 \pm 3.9	1.481	3.665
After the intervention	51.3 \pm 4.4	56.5 \pm 3.9	47.6 \pm 4.3	59.1 \pm 4.0	0.029	0.003

In Table 1, the contents in brackets are the numbers of each group. P_{12} represents *P* value of SAS score data significance test between the red arts group and the popular arts group. According to Table 1, there were no statistically significant differences in SAS score data between all groups before the experiment, but after the experimental intervention, there were statistically significant differences in SAS score data between the red literary and art group and the popular literary and art group, and between the red literary and art group and the psychological counseling group. Specifically, after the experiment, the mean SAS score data of group 1, group 2, group 3 and group 4 were 51.3, 56.5, 47.6 and 59.1 respectively.

Conclusions: Red literary works are the crystallization of modern and modern excellent national culture, and have high artistic value and ornamental value. Faced with the increasingly serious mental anxiety of college students, this study attempts to design and carry out a group experiment to explore the effect of viewing red literary and artistic works on alleviating mental anxiety of college students. The experimental results showed that, after the experimental intervention, the SAS score data between the red literature and art group and the popular literature and art group, the red literature and art group and the psychological counseling group had statistical significance. Specifically, after the experiment, the mean SAS score data of group 1, group 2, group 3 and group 4 were 51.3, 56.5, 47.6 and 59.1 respectively. It can be seen that watching red literary and artistic works can help relieve students' mental anxiety, and its relieving effect is between watching popular literary and artistic works and receiving psychological counseling. This method has certain practical application value.

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RESEARCH ON LEARNING ANXIETY OF COLLEGE STUDENTS UNDER ONLINE AND OFFLINE COLLABORATIVE EDUCATION MODE

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Background: Anxiety psychology is a psychological state of fear and anxiety generated by the stimulation of the external environment. This psychological state is often accompanied by emotional depression that is difficult to self-ease emotionally and adverse physical activation reactions. This emotional and psychological reflection mainly includes the individual's behavioral efforts in the face of threats and the sense of powerlessness associated with efforts. In an extreme state, the individual's behavioral efforts will be resolved by anxiety. Individuals believe that all their efforts are not enough to overcome difficulties under great external obstruction. Therefore, individuals are easy to show abnormal psychological anxiety, but completely stagnant behavior. This state is not conducive to the individual's mental health, but also to the individual's external social development, and may even threaten the individual's physical health. In fact, anxiety is not a completely harmful emotion, because anxiety is essentially an uneasy state of potential threats. An appropriate anxiety mentality helps to promote individual initiative and form the internal driving force of individual action. However, once anxiety becomes serious, it will become an excessive burden on individual psychology, resulting in certain physical and mental damage. At present, a survey shows that 20.3% of domestic college students have serious anxiety