

ON THE UNIQUE CHARM OF CHINESE NATIONAL OPERA AND ITS INFLUENCE ON ALLEVIATING MODERN PEOPLE'S FAST-PACED PSYCHOLOGICAL ANXIETY

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Background: Psychological anxiety is a mental disease, and with the accelerated pace of modern life, more and more people suffer from psychological anxiety. The clinical manifestations of patients with psychological anxiety are depression and mental tension. At the same time, they are prone to chest tightness, sore throat, general fatigue and other symptoms during exercise. There are many factors causing psychological anxiety symptoms. Modern people cannot release their work pressure, learning pressure and emotional pressure. Over time, they cause depression and nervous tension, which is the main factor causing psychological anxiety. At the same time, genetic factors and other disease factors are also easy to cause psychological anxiety. In case of psychological anxiety problems, it is necessary to adjust the mentality in time and reasonably choose effective treatment methods. At present, the main treatment methods for psychological anxiety are drug treatment, which can regulate people's nervous system and relieve people's body and mind to alleviate the problem of psychological anxiety. However, drug treatment is easy to lead to drug resistance, and long-term use of psychotropic drugs is easy to lead to patients with symptoms such as mental confusion, physical and mental fatigue, which is not suitable for most patients. In addition, there is psychological auxiliary treatment, which can alleviate people's nervous mood through reasonable psychological counseling, so as to alleviate the problem of patients' psychological anxiety. In addition, there are physical training, reasonable exercise to regulate human function, and strict control of eating habits, which can also have a good effect on relieving patients' tension. With the gradual rejuvenation of patients with psychological anxiety, mental anxiety symptoms have also received extensive attention from the society. How to effectively alleviate the psychological anxiety caused by the fast pace of modern people is of great significance to the development of society.

There are many methods to treat psychological anxiety. The common one is psychological adjuvant therapy, which is suitable for most people and can achieve good results. With the accelerated pace of modern people, some researchers have found that the artistic and cultural beauty of Chinese national opera can effectively alleviate the pressure of modern tension. Especially in the traditional Chinese national opera, there are rich artistic performance forms, which can relieve the body and mind, adjust the state of mind and release the pressure for people with long-term mental tension and anxiety. At the same time, the traditional national opera works have rich national historical and cultural contents, and their costumes, patterns and national music have strong cultural and artistic attributes. Modern people can not only cultivate their mood and relieve their emotions, but also enrich their historical and cultural knowledge and improve their artistic and cultural cultivation. Therefore, according to the research on modern people's psychological anxiety, this paper analyzes the characteristics of modern people's psychological anxiety, and discusses the influence of the unique charm of national opera on alleviating modern people's psychological anxiety.

Objective: To explore the current situation of modern people's psychological anxiety under the fast rhythm, analyze the expression of psychological anxiety and common treatment methods, analyze the influence relationship between the artistic and cultural characteristics of Chinese National Opera on alleviating people's emotional pressure, and then discuss the influence effect of national opera on modern people's psychological anxiety.

Subjects and methods: 120 patients with psychological anxiety disorder were selected as the research object. The excellent works of Chinese poetry dramas were displayed to patients with psychological anxiety disorder for appreciation, and tested for five months. The scores of patients were counted every month to evaluate whether Chinese folk music dramas can alleviate the psychological anxiety of patients.

Results: Table 1 shows the scores of patients with psychological anxiety after national opera for 5 months, with a full score of 10. The evaluation indexes include emotional optimism index and stress release score. It can be seen from Table 1 that the scores of the evaluation indexes of the patients have been improved after watching the national opera works, indicating that the opera works can alleviate the psychological anxiety of the patients.

Table 1. Scores of patients with psychological anxiety after national opera for 5 months

Project	1 month	2 months	3 months	4 months	5 months
Optimism index	4	5	5	6	7
Pressure release score	2	2	3	3	4

Conclusions: With the accelerating pace of modern life, more and more people are suffering from psychological anxiety, which not only affects people's work, study and life, but also has an adverse impact on personal physical and mental health. Therefore, through the analysis of psychological anxiety symptoms, it is proposed to alleviate the psychological anxiety of modern people through the unique charm of Chinese opera. The results show that Chinese national song and dance drama has unique charm and cultural and artistic characteristics. Through the display of national opera programs for patients with psychological anxiety, it can effectively relieve patients' emotional pressure, regulate patients' tension, and finally regulate patients' psychological anxiety. It can be seen that the physical and mental pressure of modern people is increasing. Studying the effect of national opera on patients' psychological anxiety symptoms is conducive to regulating modern people's body and mind, so as to obtain a healthy and strong physique.

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THE INFLUENCE OF THE ESTABLISHMENT OF GUIZHOU AGRICULTURAL E-COMMERCE LOGISTICS FINANCIAL OPERATION MECHANISM ON ALLEVIATING THE PSYCHOLOGICAL ANXIETY OF THE AUDIENCE

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Background: Anxiety symptoms refer to the negative psychology that an individual produces when faced with stimuli such as stressful factors, uncertain factors, or a sense of crisis in his study and life. These stimuli usually include academic, career, economic, and interpersonal relationships. People with excessive anxiety may have corresponding adverse symptoms both physically and psychologically, and their daily life, work and study will also be affected. Common anxiety symptoms include depressed or fluctuating mood, unwillingness to actively communicate, paranoia, irregular life, and in severe cases, dizziness, nausea, and even self-harm. In addition to the anxiety patients themselves, their anxiety will also have adverse effects on the surrounding people and the social environment, and even endanger the personal safety of others. Therefore, this excessive anxiety cannot be ignored.

The development of agricultural finance in Guizhou is largely restricted by logistics, and the development of agricultural economy is directly affected by the development of logistics. Therefore, in order to ensure the stable and rapid development of Guizhou's agricultural economy, it is necessary to study and improve its logistics operation mechanism. Some studies have pointed out that the "last mile" of rural e-commerce logistics is a bottleneck in the development of agricultural economy and rural e-commerce, that is, rural e-commerce logistics often face long delivery times, expensive shipping, and difficulty in delivering to users. To change this situation, it is necessary to establish an effective agricultural e-commerce logistics financial operation mechanism. Combining the actual situation of Guizhou, to establish this mechanism, it is necessary to build a government-led e-commerce platform for farm products, and combine cutting-edge technologies such as big data to achieve precise production. Finally, on the issue of the "last mile", it is necessary to establish practical service points and sites to ensure that every household is covered. Reasonable agricultural e-commerce logistics financial operation mechanism can greatly facilitate the lives of the audiences it serves while helping economic development. Whether this change has an impact on the audience's psychological anxiety in daily life is a question worthy of study.

Objective: The research is to study whether the financial operation mechanism of agricultural e-commerce logistics in Guizhou has a positive impact on the psychological anxiety of the audience within its service scope.

Subjects and methods: Select a region in Guizhou with an agricultural e-commerce logistics mechanism and a region without an agricultural e-commerce logistics mechanism. The two regions have similar characteristics except for the logistics mechanism. 270 people with the same psychological anxiety status and other basic information of logistics mechanism were recruited as research objects, and they were randomly divided into two groups of equal number. One group was sent to an area with an agricultural e-commerce logistics mechanism as an experimental group, and the other group was sent to an area without an agricultural e-commerce logistics mechanism as a control group. After a period of time, the psychological anxiety of the two groups was observed.

Research design: The duration of the experiment is 3 months. Before the two groups of members are sent to the corresponding areas and after the experiment, their psychological states are tested and statistically analyzed, and their feelings are recorded through interviews and other methods. The