

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

psychometric tools involved in the experiment included the Generalized Anxiety Disorder Scale (GAD-7) and the Patient Health Questionnaire (PHQ-9).

Methods: The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

Results: The results of the psychological state test of the two groups of subjects after the experiment are shown in Table 1. It can be seen that the psychological state of the experimental group is significantly better than the control group in terms of anxiety ($P < 0.05$), while the two groups before the start of the experiment. It did not show this difference.

Table 1. Comparison of depression and anxiety among study subjects

Item	GAD-7			PHQ-9		
	Control group	Experimental group	<i>p</i>	Control group	Experimental group	<i>p</i>
After the experiment	7.28±1.64	5.76±1.93	0.047	7.28±1.41	5.76±1.10	0.114

Conclusions: Residents' anxiety psychological anxiety is an issue that has to be considered in regional governance. When regional residents show a high level of psychological anxiety, on the one hand, residents with psychological anxiety problems will have a negative impact on their daily life, work and study, and on the other hand, personal psychological anxiety can also negatively affect others through their social relationships. The development of rural areas of Guizhou and its agricultural e-commerce and related agricultural economy has always been affected by the logistics mechanism. The establishment of a scientific agricultural e-commerce logistics financial operation mechanism can help the development of the agricultural economy, and at the same time improve the psychological condition of its audience by increasing the convenience of their lives. After a comparative study of residents in this area, it is found that the anxiety level of residents in areas with agricultural e-commerce logistics financial operation mechanism is significantly lower than that in areas without such mechanism.

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RESEARCH ON THE CHALLENGES FACED BY HIGHER EDUCATION IN THE ERA OF BIG DATA AND THE CORRELATION BETWEEN STUDENTS' MENTAL HEALTH

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Background: Mental health problems have become a problem that needs high attention in the current social development. With the acceleration of the pace of modern people's life and the increase of work pressure, learning pressure and survival pressure, more and more people have mental health problems. Mental health problems not only affect people's overall development, but also induce various potential diseases. At present, in the development of colleges and universities, more and more students suffer from mental diseases. Mental health problems have become a great challenge affecting the development of college education. At present, most college students suffer from mental health problems, such as mental anxiety, emotional tension, depression, cognitive impairment and so on. There are many factors for students' mental health problems, such as academic pressure, employment pressure, decline in physical and mental quality, emotional pressure, frustration in interpersonal communication and so on. Mental health problems cannot be ignored in college education, which will not only affect the development of college teaching, but also affect students' character, personality and ideological attitude. In the current college education, colleges and universities actively carry out mental health education, ideological and political education, physical education, social practice education and other ways to actively improve students' mental health problems, ensure that college students have good body, mind and character, and constantly standardize their behavior habits and thoughts, so as to establish a good image of contemporary college students and better adapt to the development of the current society.