

it is necessary to find an appropriate method to alleviate the anxiety of patients. Based on positive psychology, the study used the intervention method of letting anxious patients experience the cross-cultural communication psychology between Korean Envoys and Ming literati in Chaotianlu. The results show that this method can effectively release the anxiety of patients, alleviate the degree of anxiety of patients, and make a certain contribution to the construction and development of a harmonious society.

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## RESEARCH ON THE INTEGRATION OF FOLK BELIEFS AND RELIGIOUS CULTURE IN THE TIBETAN, QIANG AND YI CORRIDOR TO ALLEVIATE ANXIETY FROM THE PERSPECTIVE OF RELIGIOUS PSYCHOLOGY

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**Background:** As a marginal discipline in the field of applied social psychology, religious psychology organically integrates and recreates the relevant theories of religious teaching, psychology and sociology, forming a complete psychological research system. Its research objects mainly include the characteristics and laws of psychological activities of religious beliefs. In the research process of religious psychology, we usually take the relevant theories and methods of different branches in the field of psychology as the research methods, including social psychology, interpersonal relationship, emotional process, personality theory and so on, so as to realize the in-depth understanding of religious tradition, religious content, religious people and so on. Religious psychology mainly has three applications. One is to systematically and completely describe the content, attitude and form of religion. The second is to accurately explain and elaborate the contents related to the origin of religion such as human history and personal life, and take all kinds of influences into comprehensive consideration. The third is to clarify the impact of religious attitudes and behaviors on individuals and even society. The Tibetan, Qiang and Yi Corridor is a typical place for multi-cultural integration in China, which includes Buddhist culture, Shibi culture, bimo culture and other cultural forms of the three nationalities. Moreover, the Tibetan, Qiang and Yi Corridor gathers people represented by ethnic minorities such as Tibetan, Qiang and Yi. People of all ethnic groups have been thriving in the region for a long time since ancient times. Therefore, the region has gradually formed a typical situation of harmonious coexistence and mutual integration of multiple folk beliefs and religious culture. Nevertheless, some ethnic minority people may feel certain discomfort in the process of continuous promotion of social development. Or in the process of gathering and living of people of all ethnic groups, they have a sense of exclusion and resistance to outsiders and culture, and then produce varying degrees of anxiety. Anxiety is a negative psychological emotional state, and its causes are diverse, but anxiety under different causes will have a great negative impact on people's normal life activities and mental health.

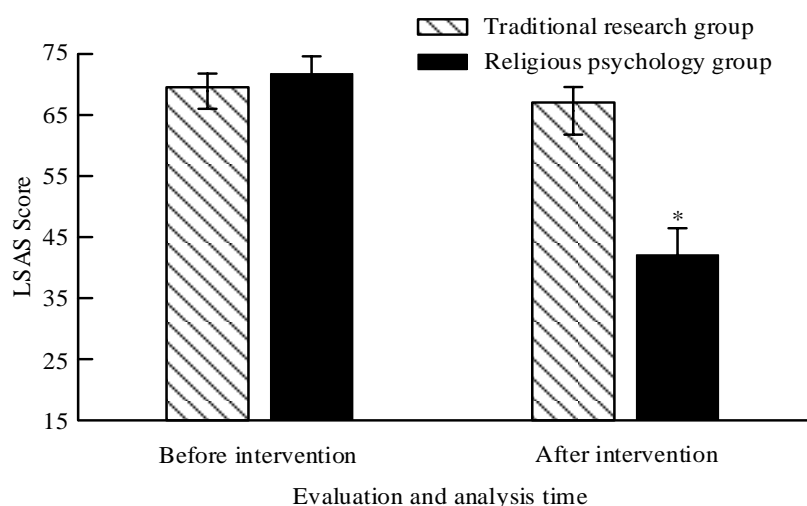
**Objective:** From the perspective of religious psychology, the research will explore the anxiety of people of all ethnic groups in the Tibetan, Qiang and Yi Corridor, including the causes and effects of anxiety. The purpose is to explore the mitigation effect of the integration of folk beliefs and religious culture in the Tibetan, Qiang and Yi Corridor on anxiety through experimental analysis and evaluation.

**Subjects and methods:** In the Tibetan, Qiang and Yi Corridor Area, 156 local people were randomly selected as the research objects, and they were grouped by decision tree classification algorithm to obtain the traditional research group and religious psychology group. For the ethnic minority people in the traditional research group, no intervention will be carried out; For the religious psychology group, the anxiety relief intervention based on religious psychology was carried out. The study used the Liebowitz Social Anxiety Scale (LSAS) to evaluate all ethnic minority people, and judged their social anxiety level by measuring their fear and avoidance in social interaction. The total score of LSAS ranges from 15 to 75. The higher the score, the higher the anxiety level of the subject. 60 is used as the standard to judge whether the subject is accompanied by social anxiety. LSAS has high reliability and validity, and can accurately and objectively evaluate and analyze the anxiety of subjects.

**Results:** From the perspective of religious psychology, the integration of folk beliefs and religious culture in the Tibetan, Qiang and Yi Corridor can effectively alleviate the anxiety of subjects. Before the intervention of the integration of folk belief and religious culture, the LSAS scores of the two groups were at

a high level, indicating that they were accompanied by a certain degree of social communication anxiety. After the intervention, there was no significant change in the LSAS score of subjects in the traditional research group, indicating that they were still in a state of anxiety; Under the positive influence of the integration of folk beliefs and religious culture in the Tibetan, Qiang and Yi Corridor from the perspective of religious psychology, the LSAS score of the subjects in the religious psychology group decreased significantly, which shows that their social anxiety has been effectively alleviated, as shown in Figure 1.

**Conclusions:** In the areas inhabited by ethnic minorities in the Tibetan, Qiang and Yi Corridor, ethnic minorities of Tibetan, Qiang and Yi nationalities live together, which is very easy to produce cultural differences or communication contradictions. Under the cultural conflict between folk beliefs and religious beliefs of different nationalities, people are prone to produce certain negative psychology and anxiety. From the perspective of religious psychology, integrating the folk beliefs and religious culture in the Tibetan, Qiang and Yi Corridor and giving it to the local ethnic minority people as an intervention can effectively reduce their LSAS score, significantly alleviate their anxiety and maintain their normal mental health.



**Figure 1.** Comparison of LSAS scores between the two groups before and after intervention

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## RESEARCH ON TEACHING QUALITY IMPROVEMENT OF HIGHER VOCATIONAL COLLEGE STUDENTS’ DIVERSITY FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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**Background:** Educational psychology is a comprehensive basic discipline. On the basis of integrating the relevant theoretical knowledge of pedagogy and psychology, it can re-create the theoretical knowledge and research results in psychology, and then apply them to the actual process of education and teaching. Educational psychology, as a discipline that focuses on the effect of human education and learning intervention and related teaching psychology, can effectively grasp the psychological changes of the educated, and then take corresponding teaching supervision measures to finally achieve a significant improvement in the effect of education and teaching. Educational psychology can reveal the potential teaching laws on the basis of exploring the learning nature, learning types and learning process in the educational system, so as to make psychology develop effectively in depth in the field of education; Moreover, educational psychology can realize the design and reform of the educational system by using the learning law, and finally achieve the purpose of improving educational efficiency and promoting talent training. Educational psychology is often used in the different actual processes of teaching and learning. It