

psychological point of view and reduce employment psychological anxiety by providing students with employment time.

Acknowledgement: The research is supported by: Outstanding Teaching Team of 2019 “Blue project” in Jiangsu Colleges and Universities (No. 2019-69).

* * * * *

THE VALUE OF FLEXIBLE SPIRIT IN CHINESE DANCE TEACHING FOR POSITIVE PERSONALITY BUILDING OF COLLEGE STUDENTS

Lin Zhang & Rui Huang

Sichuan University of Arts and Science, Dazhou 635000, China

Background: In psychology, personality refers to the display of the overall individual psychological outlook produced by the interaction of thinking, emotion and behavior with psychological consistency and overall individual characteristics. Personality itself has consistency, that is, the development of individual personality is coherent and unified; Personality is unique. Due to the different external environment and individual congenital characteristics, individual personality will show different forms accordingly; Personality is complex. Personality is the overall response of individual thinking, cognition, emotion and behavior. Therefore, its constituent factors and changing factors are constantly changing, and the effects caused by different factors are also diverse. Personality is stable. In different space and time, individuals often maintain their own personality, but at the same time, personality is not unchanged. With the development of time, individual personality will also change accordingly. With the development of the score of positive psychology, the concept of positive personality has been put forward. The three theoretical elements of positive personality, positive emotion and positive social organization system are the three main pillars of positive psychology. Positive personality contains a series of positive personality forces, which can give full play to people’s idiosyncratic advantages in some aspects and make people obtain a happier life experience. Positive personality is not an individual trait at the genetic level, but gradually developed with the stimulation of external social culture. Therefore, in college students’ psychological personality education, actively using external cultural factors to positively affect college students’ personality can effectively promote students to form positive personality. As an excellent traditional Chinese culture, the flexible spirit in Chinese dance has good compatibility and growth in cultural nature and cultural heritage. The application of Chinese dance teaching to the cultivation of students’ personality provides the possibility of a cultural road for the formation of college students’ positive personality.

Objective: By exploring the influence of the flexible spirit in Chinese dance teaching on the construction of college students’ positive personality, this study provides a campus activity way to intervene the comprehensive and healthy psychological growth of students for colleges and universities, so as to provide a more perfect psychological growth environment for contemporary college students and improve the development of students’ psychological personality.

Subjects and methods: This study conducted a psychological intervention experiment in the form of trying to set up a Chinese dance teaching community in colleges and universities. The students participating in the community activities can enter the experimental scope only after signing the informed consent, and the researchers will record and count the psychological status of the students before and after the experiment. In addition, according to the psychological state of students in community activities, this study uses neural network algorithm to classify the types and further analyze the impact.

Results: The influence of flexible spirit in Chinese dance teaching on the dimension of college students’ positive personality construction is shown in Figure 1.

As can be seen from Figure 1, the influence of flexible spirit in Chinese dance teaching on the three psychological positive personality dimensions of college students’ positive emotion, positive behavior habit and positive attitude reaches a quantitative level of level 4, which is a significant influence level. It can be seen that the flexible spirit in Chinese dance teaching has the greatest influence on the three psychological positive personality dimensions of college students’ positive emotion, positive behavior habit and positive attitude; At the same time, the influence of the flexible spirit in Chinese dance teaching on the positive values of college students has reached a quantitative level of level 3, which is an obvious influence level. It can be seen that the influence of the flexible spirit in Chinese dance teaching on the positive values of college students ranks second, and the two psychological dimensions are positively affected by the flexible spirit in Chinese dance teaching.

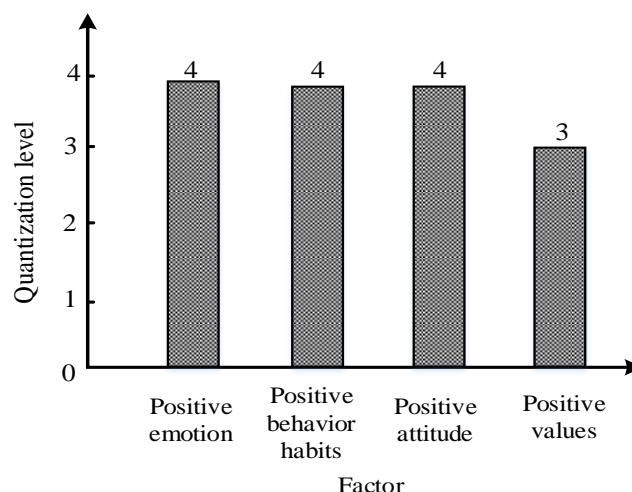


Figure 1. Positive personality dimension analysis

Conclusions: Whether college students' psychological personality is improved and developed in the process of physical and mental growth plays a vital role in their future life process. This study combines the neural network algorithm with the psychological intervention experiment, and carries out the psychological intervention experiment in the form of trying to set up the Chinese dance teaching community in colleges and universities. While recording the students' psychological changes, according to the students' psychological state in the community activities, the neural network algorithm is used for type classification and impact analysis. The results show that the influence degree of the three psychological positive personality dimensions of college students' positive emotion, positive behavior habit and positive attitude reaches a quantitative level of 4, which means that it has reached a significant impact. It can be seen that the flexible spirit in Chinese dance teaching can mainly affect the three dimensions of students' positive personality: positive emotion, positive behavior habit and positive attitude.

* * * * *

ANALYSIS OF THE IMPACT OF INTANGIBLE CULTURAL HERITAGE PROTECTION AND INHERITANCE ON ALLEVIATING AUDIENCE PSYCHOLOGICAL ANXIETY UNDER RURAL REVITALIZATION

Yin Zhang & Lu He*

Hainan Normal University, Haikou 570100, China

Background: Anxiety is the negative anxious emotion caused by an individual's inability to solve the threatening factors when the external environment threatens the individual's stability. This emotion is one of the more common normal emotional reactions in human individuals. Appropriate anxiety can effectively improve individual environmental vigilance, and then enhance individual competitiveness and help individuals achieve better growth. However, excessive anxiety will lead to pathological anxiety symptoms under long-term psychological pressure. This pathological anxiety symptom is divorced from the scope of individual's own normal emotional control, making the individual in a kind of extensive and object-free anxiety psychology. In addition, most excessive anxiety psychology is essentially the anxiety psychology generated by the stimulation of external threatening events. This anxiety psychology is excessive emotional feedback, that is, when threatening events occur, individuals show an excessive anxiety state inconsistent with the degree of threatening events. This anxiety will promote individuals to show an extreme state in behavior, or choose blind action. The result of action is often not conducive to the benign development of threatening events, or an experience chooses to give up all actions, showing an anxiety state that lacks action power and fantasy events can be solved out of thin air. For people with realistic excessive anxiety, the main intervention methods are psychological counseling intervention and psychological concept intervention. Through the concept of external intervention, individual psychological counseling methods and old psychological concepts, it can help them reduce the generation of anxiety. In the protection and inheritance of intangible cultural heritage, intangible cultural heritage can use the unity of its traditional