

Duangong opera. Consistent with other intangible cultural heritage projects, Baoshan Xiangtong opera is not fixed. In terms of scientific ceremonies, Baoshan Xiangtong opera was integrated into Confucianism to form a religious and cultural system of the integration of three religions. In terms of drama music, Dongjing music has a great influence on Baoshan Xiangtong opera. Bright color environments such as red and orange can effectively stimulate the psychological activities of the audience, which can not only stimulate the psychology of the audience, but also significantly improve the creativity and sensitivity of the audience. Research data show that using similar colors in the environment increases the average IQ of kindergarten audience by about 10%. However, there are also data points out that the kindergarten audience will always be in a nervous state when they face the stimulation of bright colors for a long time, which can not only cause the kindergarten audience to lack a sense of security for a long time, but also lead to violence. Blue and other cool colors can make children have quiet characteristics, but if children are exposed to cool colors for a long time, kindergarten audiences will be introverted and depressed. White can reflect all light, with a sense of cleanliness and expansion. The smaller the space, white will have a regulating effect on people who are easy to stimulate. Green is a color that makes people feel stable and comfortable and makes people feel comfortable. Yellow is the first color that people see naturally. It is a color that symbolizes health. It looks healthy and bright because it is the most easily absorbed color in the spectrum. Black gives people a feeling of silence, mystery, terror and purity.

Objective: Analyze the effect of Baoshan Xiangtong opera on the audience’s visual psychology, relax the audience’s tension, depression and other bad emotions, and improve the audience’s sense of well-being.

Subjects and methods: 200 spectators from different regions were selected as the research object and randomly divided into control group and experimental group A-D, with 100 in each group. The control group did not watch any performances. Experimental group A watched Baoshan Xiangtong opera, and experimental group B-D watched Chengjiang Guansuo opera, Wenshan Zitong opera and Zhaotong Duangong opera respectively. The experimental period was 6 months. After that, the visual and psychological effects of the two groups of patients were measured through the two dimensions of positive emotion and relaxation, and the improvement effects were classified by random forest algorithm and the latest version of SPLM data statistical analysis software. Set the improvement effect evaluation index as no improvement, improvement and obvious improvement, and the corresponding values are 1, 2 and 3. The improvement rate is the ratio of the number of people and the total number of people at the two levels of improvement and obvious improvement. In order to ensure the credibility of the research results, the average value of each group of research objects is taken as the result.

Results: Table 1 shows the visual and psychological effects of the four groups of subjects after the experiment. The two dimensions of the audience in the control group were not improved, while the two dimensions of positive emotion and relaxation of the audience in the experimental group were significantly improved, and the improvement effect of the two dimensions of the audience in the experimental group A was better. Therefore, the experimental group has a significant effect on the audience’s emotion through performance programs.

Table 1. After the experiment, the visual and psychological effects of the four groups of subjects (%)

Index	Control group (n=100)	Experience group A (n=100)	Experience group B (n=100)	Experience group C (n=100)	Experience group D (n=100)
Positive emotions	45.0	89.0	88.0	83.0	85.0
Relax	43.0	89.0	87.0	86.0	87.0

Conclusions: The effect of Baoshan Xiangtong opera on the audience’s visual psychology shows that the scheme has obvious advantages in improving the audience’s mood, and is worthy of popularization and application in high-pressure people. The overall color of the performance program meets the characteristics of simplicity and lightness. Most of them use the main colors such as green, blue and red, or the harmonious colors such as green and yellow, which can give the audience positive psychological hints, including pleasing the body and mind, relaxing the mood and enhancing the thinking ability.

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ANALYSIS ON THE EFFECT OF COLLEGE PHYSICAL EDUCATION COMBINED WITH MENTAL HEALTH EDUCATION ON STUDENTS’ PSYCHOLOGICAL PRESSURE ADJUSTMENT

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Background: Under the increasingly severe social competition situation, contemporary college students are under multiple pressures from family, school, society and other aspects, and have been under psychological pressure for a long time. Academic and interpersonal communication are the main sources of pressure for college students. Different from the previous learning mode of junior high school and senior high school, the learning and life of the university requires college students to have higher autonomous ability, require students to have higher learning initiative and initiative, and be able to realize self-active learning and positive exploration. Some college students are difficult to adapt to the differences in learning habits between college and high school, have learning disabilities, and have serious anxiety and anxiety about learning and examination. University campus is the epitome of society. College students need to face a variety of interpersonal scene requirements on campus. College students have strong interpersonal and communication skills. However, most college students in China are only children, and their family life is relatively closed and restrained, so they are shy and introverted. A long time alone leads to the low ability of these college students to deal with problems in interpersonal communication and cannot form normal interpersonal relationships, which makes college students prone to psychological pressure in the face of interpersonal communication and communication. On the other hand, with the improvement of social and economic level, the connivance of parents to students in modern society is increasing day by day. Some parents spoil students too much, resulting in students' low psychological pressure resistance and fragile psychological defense line. Therefore, when students leave their families for collective life, they are prone to problems with low willpower and emotional control in the face of difficulties and setbacks, and are troubled by negative emotions such as psychological pressure in the process of problem solving.

The main purpose of college physical education is to enhance students' physical quality. It is expected to cultivate students' comprehensive sports ability through the teaching of sports knowledge and skills, help students cultivate good psychological quality in the process of sports, and promote students to become comprehensive high-quality talents with comprehensive development in many aspects. Sports can promote the development of individual brain, strengthen the exercise of individual nerve function, and promote the development and development of individual intelligence in the process of physical exercise. On the other hand, in addition to the optimization of body function, sports can also promote the development of mental and mental health. Through sports training, individuals can eliminate mental fatigue and maintain a positive mental state, so as to improve learning and work efficiency. As a positive way of physiological assistance, sports can effectively resist individual psychological tension, help alleviate psychological pressure, and establish a self-protection mechanism in appropriate sports. And high-intensity sports training can reduce the level of individual perceived pressure, reduce individual psychological stress response, and enhance individual tolerance to pressure and frustration.

Objective: The research takes college physical education as the starting point, combines college physical education with college students' mental health education, and gives full play to the role of sports in college students' physical exercise and psychological intervention. Through the introduction of mental health education, this paper improves the positive role of college physical education in college students' psychological stress intervention, and puts forward the psychological stress adjustment strategy of college students integrating physical education and mental health education, hoping to provide help to alleviate college students' psychological stress and improve the mental health level of contemporary college students.

Subjects and methods: The research comprehensively analyze the mental health problems of college students, explores the current situation of psychological pressure of contemporary college students, analyzes the causes of psychological pressure of college students, and provides reference for putting forward the adjustment strategies of psychological pressure of college students. By means of comparative analysis, this paper explores the positive role of college physical education combined with mental health education in the adjustment of students' psychological pressure. The research takes 150 college students in a university as the research object. The research objects are divided into mental health education group, physical education group and joint intervention group. The mental health education group and physical education group only accept mental health education courses or physical education courses, while the joint intervention group adopts the physical education teaching mode combined with mental health education for 3 months. Through the changes of psychological pressure in the three groups, this paper analyzes the impact of college physical education combined with mental health education on the adjustment of students' psychological pressure.

Results: The psychological stress level scores of different groups of subjects after the experiment are shown in Table 1. The psychological stress level of students in the combined intervention group is

significantly lower than that of the other two groups.

Conclusions: Appropriate psychological stress can promote individual behavior and effectively urge individuals to improve self-efficiency. However, excessive psychological stress will seriously affect the quality of individual mental health and lead individuals to fall into negative emotions. Aiming at the psychological stress of college students, this paper puts forward a psychological intervention strategy integrating mental health education and physical education. The results show that the combined intervention strategy can effectively alleviate students' psychological stress and improve college students' mental health level.

Table 1. Psychological stress level scores of different groups of subjects after the experiment

Survey object	Experience group
Mental health education group	2.73
Physical education group	2.59
Joint intervention group	1.06

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PRACTICE AND REFLECTION ON THE CULTIVATION OF TOP-NOTCH INNOVATIVE TALENTS IN COLLEGES AND UNIVERSITIES WITH INDUSTRIAL CHARACTERISTICS FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: The main research object of educational psychology is the learning and educational psychology of the educated and the teaching psychology of the educators in the environment of receiving education. Educational psychology is a branch of social psychology, and it is closely related to general psychology and pedagogy. By studying the psychology of educates and educators, the application of educational psychology can achieve many purposes, such as improving teaching methods, stimulating students' learning motivation, assisting students to face difficulties in the learning process and so on. Using the theoretical methods of educational psychology to study and optimize the problems existing in the teaching process will not only help to improve teachers' teaching ability and the ability to solve complex educational problems, but also help schools adjust teaching measures and management mode according to the research results, so as to improve the quality of education and teaching in schools. With the development of China's science and technology and industrial intelligence, the country's demand for top-notch innovative talents with industrial characteristics is increasing. However, the cultivation of such talents requires the role of many factors, such as their own talents and efforts, excellent and responsible teacher training, employment environment with growth space and so on. The key factor is the higher education of talents, which will make an indelible impression on the lifelong work, life and thinking habits of top talents. Therefore, this study attempts to apply the method of educational psychology to the cultivation of top-notch innovative talents with industry characteristics in colleges and universities, hoping to improve the learning effect and learning enthusiasm of top talents and supply more high-quality talents for national development.

Subjects and methods: Find out the academic materials and books on educational psychology and top talent training published at home and abroad in recent 10 years, read in detail the documents with the top 10% of citations and sales volume, and put forward some methods that may help to improve the quality of top talent training and positive psychology of talents. Then 48 educational psychology experts and high-level academic talent training professors were selected from China to form an expert group. Evaluate the positive influence of the five kinds of methods, the slight influence and the complete influence of the five kinds of methods, and give them to each group of experts according to the requirements of the five kinds of methods. After the first evaluation, the expert group shall sort out its feedback and judge whether the opinions of the experts are consistent. If not, the sorted materials shall be sent to the experts for evaluation again. The inquiry cycle cannot be stopped until they reach an agreement. In addition, the