

conducive to the good development of their physical and mental health. Through the synergistic education of Ideological and political education and mental health education, students become confident and optimistic, and their enthusiasm for learning is greatly improved.

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A STUDY ON THE EFFECT OF APPRECIATION OF LIN HUIYIN'S TRANSLATED WORKS ON COLLEGE STUDENTS' ANXIETY FROM THE PERSPECTIVE OF MULTICULTURALISM

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Background: In the research of mental diseases, anxiety is a typical mental disease. People with anxiety often have a variety of complex emotions, such as anxiety, tension, fear, boredom and so on. The abnormal fluctuation of emotion has an impact on the body and mind. With the severity of anxiety, there will be cold sweat, shortness of breath, hallucination, mental disorder and other symptoms in the physiological performance. Psychological anxiety is a high incidence disease in society at present. It has serious side effects both on people's development and on people's body and mind. Especially with the acceleration of China's social development and the improvement of modern people's life rhythm, affected by various complex social factors, more and more people are suffering from anxiety psychological diseases. At the same time, psychological anxiety diseases are common in the middle-aged and elderly groups from the early stage, gradually younger in recent years, and show a high incidence trend in the student group. The development of modern education pays great attention to the development of students' mental health. Students' mental health index directly affects the development of students' physical and mental health, and has an adverse impact on learning. Therefore, in the current educational reform, we need to grasp the mental health status of students in time, and through the understanding of students' mental health status, reasonably arrange education and optimize the teaching process, so as to realize the role of promoting the development of education.

With the severe social employment situation and heavy learning tasks, more and more students have psychological problems and suffer from psychological symptoms of anxiety. Anxiety psychology has many adverse effects on students' physical and mental health and academic development, which hinders the development of higher education. Therefore, it is necessary to take necessary measures to alleviate students' psychological symptoms of anxiety and help students establish a positive and healthy psychological state, so as to accelerate students' development. From the perspective of multiculturalism, the appreciation of cultural and artistic works plays a positive role in alleviating ordinary people's mental fatigue and mediating psychological pressure. Considering that college students are generally affected by environmental pressure, their spirit is continuously tight and their mood fluctuates greatly, which has many adverse effects on their personal development, so the appreciation of cultural works to alleviate students' mental pressure has a certain impact on students' psychological symptoms of anxiety. Therefore, this paper analyzes the performance and harm of anxiety psychology, and analyzes the reasons why college students suffer from anxiety psychology. In order to solve the problem of students' psychological anxiety, the study proposes to use the appreciation of Lin Huiyin's translated works to alleviate college students' anxiety psychological symptoms, improve students' mental health index, and provide theoretical support for the reform and development of college education.

Objective: This paper discusses the performance and influence of anxiety psychology, and analyzes the causes and influence of contemporary college students' anxiety psychology. Through mastering the anxiety psychology of students, this paper puts forward that the anxiety psychology of contemporary college students can be alleviated through the appreciation of Lin Huiyin's translated works, so as to provide important theoretical support for the reform and development of higher education in China.

Subjects and methods: In the experimental research process, 120 students from three grades and multiple majors in colleges and universities were selected as the research object, using Excel and SPSS20. for data statistics and processing. A six-month appreciation teaching of Lin Huiyin's translated works was

carried out for 120 students to record the psychological changes of students before and after teaching, so as to evaluate whether the appreciation of Lin Huiyin's translated works has a positive impact on students' anxiety psychology. The psychological evaluation indicators include four indicators: anxiety, depression, mania and tension. The evaluation score is 1-4, indicating the improvement. The higher the score, the better the improvement effect.

Results: As shown in Table 1, it is the score of students' mental health indicators in the six-month learning experiment. From the data in Table 1, it can be seen that the teaching of appreciation of Lin Huiyin's translation works in colleges and universities can improve students' mental health indicators, improve students' psychological anxiety and meet the needs of students' healthy development.

Table 1. It is a six-month learning experiment to test the scores of students' mental health indicators

Index	Anxious	Depressed	Manic	Nervous
Before study	1	2	1	1
After study	3	4	3	4

Conclusions: The development of higher education not only pays attention to teaching and education, but also pays more attention to the healthy development of students' body and mind. Only by ensuring that students have good mental health quality, can we ensure that students devote themselves to the learning process and achieve excellent learning results. In recent years, with the expansion of social competition, students have been affected by various environmental pressures, resulting in students' mental tension, depression, anxiety and psychological diseases, which affect their personal development. Therefore, this paper analyzes the performance and harm of anxiety psychology, analyzes the causes of students' anxiety psychology, and then puts forward to alleviate students' anxiety psychological symptoms through the appreciation of Lin Huiyin's translated works. The experimental results show that after a six-month learning test, students' mental health indicators have been improved and anxiety symptoms have been alleviated, which is conducive to accelerating the healthy development of students.

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AN EVIDENCE-BASED STUDY ON THE RELATIONSHIP BETWEEN COLLEGE STUDENTS' MENTAL HEALTH PROBLEMS AND PHYSICAL HEALTH AND PHYSICAL EXERCISE INTERVENTION

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Background: With the rapid development of social economy, people's living standard is higher and higher, and their spiritual and cultural life is richer and richer. As a special group in social development, college students are affected by various factors from society and family. Their spiritual field is also changing, and many college students are facing various pressures. In today's society, college students are an important part, and we must focus on their mental health. Due to the long-term study and life on campus, college students' physical and mental development is not fully mature, and their ability to adjust setbacks is biased. There will be great mental pressure in case of problems. Although appropriate stress can improve college students' problem-solving ability, too much stress will cause serious negative emotions. When college students can't relieve their mental pressure, they will cause psychological diseases such as anxiety and depression. Some students can't control their behavior, or even go to extremes, which has become an unstable factor endangering society. At present, the greatest pressure on contemporary college students is the pressure of study and employment. Academic achievement and employment have become a measure of academic achievement, which also causes great psychological pressure on college students. In addition, parents' expectations of their children also cause greater psychological pressure on college students. Therefore, we must create a better social environment, pay attention to the mental health problems of college students and optimize the solutions. Nowadays, patients with mental diseases are usually discriminated against by the public, which is very unfavorable to the treatment of patients, and even cause the deterioration of patients' condition, leading to patients' retaliatory paranoia and becoming a factor of