

Table 1. Statistics of feedback information of expert group members on research issues

Countermeasure	No impact (%)	Minor impact (%)	General impact (%)	Significant impact (%)	Full impact (%)
Psychological adjustment of cognitive impairment	0	14.35	21.73	49.87	14.05
Feasibility assessment of economic development	5.13	14.38	32.69	25.67	27.21
Protection of ecological environment	1.47	5.69	22.44	39.56	32.3
Acceptable range of safety psychology	2.82	6.33	36.81	42.38	14.46

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A STUDY ON THE POSITIVE EFFECT OF THE IMPROVEMENT OF PIANO PERFORMANCE ON COLLEGE STUDENTS' MENTAL HEALTH AND PSYCHOLOGICAL QUALITY

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Background: With the continuous development of China's education, higher education has paid more attention to the quality education and mental health education of college students, and it has added the relevant content of psychological education to the corresponding curriculum, in order to realize the dynamic management of students' mental health and the timely guidance of psychological problems. College students are in a critical period of physical and mental development. The change of teaching form and social environment makes students have to consider the individual in the society and the collective, requiring them to have better adaptability and adaptability. The standard of mental health refers to that individuals can still maintain a relatively stable and benign mental state when dealing with setbacks and difficult events. Mental health is an important aspect of individual health and plays an important role in individual growth and development and future planning. There are many factors that affect mental health, including individual differences in cognitive structure, psychological endurance, social experience, way of thinking, etc. once individuals are difficult to rely on themselves for emotional transformation and emotional regulation, they are prone to psychological problems such as anxiety, depression, psychosis and long-term negative emotions. At the same time, psychological quality is one of the important indicators to evaluate mental health. To a certain extent, the level of psychological quality can reflect the individual's ability to withstand external pressure and threats. There is a positive correlation between psychological quality and mental health. Therefore, strengthening the exercise and improvement of individual psychological quality can effectively help individuals realize the correct evaluation of their own emotions and internal values, and then promote mental health. At present, in the piano performance major of colleges and universities, the "Inflexibility" of the teaching mode makes the teaching forms have no great difference in essence. The liveliness and creativity of the art classroom are poor, which makes it difficult to actively intervene in the students' mental health and quality. The expressive force of piano performing art is to effectively convey the psychological status of performers and exert certain emotional guidance on the audience. Therefore, the research explores the positive effect of the improvement of piano performance art expression on college students' mental health and psychological quality, in order to better provide psychological health guarantee for students' growth and development on the basis of paying attention to students' psychological dynamic information, and reduce the generation of psychological problems and negative emotions.

Subjects and methods: The research take the students majoring in piano performance in a university as the research object. First, it evaluates the students' mental health and piano performance ability before

the experiment, and then invites the research object to participate in the training activities of artistic expression. The activities include the learning of art guidance courses, the guidance of professional teachers and the positive affirmation training of psychological value. The experimental time is four weeks. During the experiment, data were collected with the help of mental health test scale.

Results: The improvement of piano performance art expressiveness can show students' affirmation of their own professional ability and level, and the positive feedback they receive will provide positive and positive implications for students' psychological evaluation, which will greatly improve their overall mental health and increase their psychological endurance of external nonobjective evaluation. Table 1 shows the percentage and score statistics of students' anxiety level.

Table 1. The proportion and score statistics of students' anxiety level

Anxiety level	Proportion of total (%)	Anxiety scale score
First degree anxiety	20	3.27
Moderate anxiety	56	3.62
High anxiety	24	3.29

Conclusions: There is a direct relationship between the professional ability of art and the individual's temperament and confidence. The evaluation of external others will directly affect the psychological state and psychological quality of performance majors. Therefore, improving students' performance art ability can effectively help them objectively and comprehensively view their professional ability, reduce the psychological problems and negative emotions caused by wishful thinking, and promote the improvement of their overall quality.

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THE INFLUENCE OF TENNIS TRAINING TEACHING BASED ON FLIPPED CLASSROOM ON STUDENTS' POSITIVE PSYCHOLOGY

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Background: Positive psychology is one of the important branches of psychology, which advocates the study of people's positive qualities and their good morality, and is committed to tapping people's inherent potential and creativity. Promote the development and happiness of individual physical and mental health. Most scholars apply positive psychology to other fields, and make a horizontal comparison with psychology, and find that it pays more attention to the value attributes and emotional changes within individuals. The study of positive psychology can effectively intervene the individual's psychological status, help them adjust and alleviate their negative emotions and psychological problems, and enable them to face life and study in a positive psychological state. Different individuals have different psychological states when dealing with and facing unified negative events because of their uniqueness and differences, and the degree of positive psychological intervention that different individuals receive varies from person to person. Positive and positive psychological state can make individuals keep optimistic and hope all the time, and any difficulty cannot attack their enthusiasm. The negative psychological state will make individuals easy to fall into the negative emotional trap, and they are more likely to be affected by external things and non-objective evaluation and doubt their own value. Due to the limitations of physical and mental development, the differences of cognitive structure, the aggravation of psychological pressure and the one-sidedness of self-evaluation, college students are more likely to have negative emotions and psychological problems in their life and study. As the main activity of college students, the health of their mental state is directly related to their learning psychology. Active learning psychology can effectively help students achieve ideal learning results and produce a virtuous cycle of positive feedback. Negative learning psychology will make students lose their enthusiasm and initiative in teaching activities. There is a direct relationship between the quality of classroom teaching and students' psychology. Various and targeted teaching activities of tennis training in colleges and universities can effectively play the intervention role of physical education in students' mental health, but the single solidification of the original tennis teaching activities makes its teaching effect difficult to play. Therefore, the research aims to improve tennis training activities through the introduction of flipped classroom teaching mode, and explore its impact mechanism