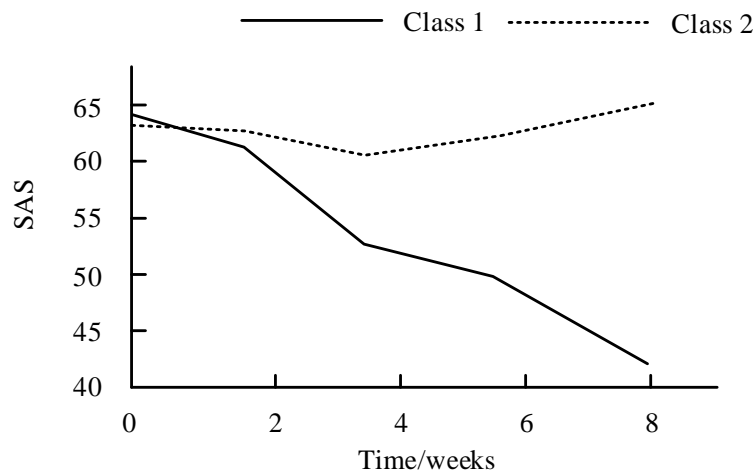


online and offline teaching to improve the teaching method system.

**Objective:** The online teaching quality of dance major is low, and students cannot effectively improve their dance level, which leads to a variety of negative psychology, including anxiety, irritability, low self-esteem and so on. The research puts forward strategies based on psychology to improve the teaching quality of online teaching mode of dance major, so as to avoid students' greater psychological pressure and ensure students' mental health development.

**Subjects and methods:** In a dance major of a university, 62 students were randomly selected for the experiment. The 62 students were randomly divided into two classes, class 1 and class 2. Among them, the students in class 1 adopt the online teaching mode of dance specialty based on psychological improvement, and the students in class 2 adopt the traditional online teaching mode of dance specialty. Before and after the experiment, the scale tools, students' self-psychological evaluation and teachers' evaluation of students were used to comprehensively evaluate the mental health development of students in the two classes.

**Results:** Self-rating Anxiety Scale (SAS) was used to evaluate the anxiety of class 1 and class 2 students. After the experiment, the survey scale was collected and counted. The statistical results showed that before the experiment, the SAS scores of classes 1 and class 2 had little difference. After the experiment, the SAS scores of classes 1 students decreased significantly, and the SAS scores of classes 2 did not change much. After the experiment, the SAS score of class 1 students was significantly lower than that of class 2. The change of SAS scores of students in two classes is shown in Figure 1.



**Figure 1.** Changes in SAS scores of students in both classes

**Conclusions:** The online teaching quality of dance major is low, and students cannot effectively improve their dance level, which leads to a variety of negative psychology. The research uses psychology to analyze the problems existing in the online teaching process of dance major, and puts forward strategies to improve the teaching quality of the online teaching mode of dance major, so as to avoid students' greater psychological pressure and ensure students' psychological health development. The experimental results show that before the experiment, the SAS scores of classes 1 and class 2 have little difference. After the experiment, the SAS scores of classes 1 students have decreased significantly, and the SAS scores of classes 2 have not changed much. After the experiment, the SAS scores of students in class 1 were significantly lower than those in class 2. It shows that the strategies proposed in this study can effectively improve the quality of online teaching and alleviate students' negative psychology.

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## THE TREND OF JAPANESE CULTURE FROM THE ART OF GREETING LANGUAGE

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**Background:** The use of art of greeting language and honorific in Japanese culture is one of the characteristics of Japanese culture. Japan's unique honorific culture makes its cultural trend have full and specific expression in the art of greeting language.

**Subjects and methods:** The process of communication between the different characters in the movie your name.

**Results:** Vertical relationship communication reflects the implicit and cautious national character. The traditional Japanese vertical social relationship, the heroine Mitsuha's honorific expressions used for different roles such as grandmother, father, friend, young sister and stranger Taki are selected carefully, reflecting her implicit and cautious personality.

**Conclusions:** The communication between different people and groups reflects the deep orientation of Japanese culture towards harmony and caution. The greeting language integrated into daily life implies the potential living habits and cultural characteristics of the public. The island nation with many natural disasters has brought many disasters to people's lives, which has also cultivated people's awe of nature.

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## A STUDY ON THE PSYCHOLOGICAL DIMENSION OF CALLIGRAPHY APPRECIATION IN THE WEI AND JIN DYNASTIES

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**Background:** In colleges and universities, students are prone to anxiety. Moderate anxiety can help students face up to pressure, but excessive anxiety will harm students' physical and mental health. Based on the psychological theory, the research analyzes the anxiety factors of college students, mainly including three points: the influence of social environmental factors, the influence of campus environmental factors and the influence of interpersonal factors. Among them, the influence of social environmental factors means that under the impact of market economy, students' values have changed greatly, which is easy to compare, abandon their studies and do business, and excessively pursue money, material and interests. The influence of campus environmental factors includes two aspects. First of all, the campus area of some colleges and universities is small, and the students' living and learning space is crowded and noisy. When students are in it, they are easy to get upset and tired, which leads to psychological anxiety. Secondly, the construction of spiritual civilization in college campuses is not enough, which cannot make students relax in their after-school time, leading to the aggravation of students' anxiety. The influence of interpersonal factors includes three factors: the influence of changes in living environment, personality psychological factors, and communication skills. Because of the above three factors, students often have fear order psychology in the process of communicating with others, thus forming social anxiety. Anxiety has a negative impact on students' physical, psychological, academic and future career and employment. Therefore, the study proposed to use calligraphy art appreciation in the Wei and Jin Dynasties to alleviate students' anxiety. During the Wei and Jin Dynasties, calligraphy art appreciation required students to immerse themselves in the mind, meditate on the taste, so as to appreciate the beauty of calligraphy, and follow calligraphy to appreciate the spirit and feelings contained therein, so as to release emotions and cultivate the mind, so as to alleviate students' anxiety.

**Objective:** Moderate anxiety can help students face up to pressure, but excessive anxiety will harm students' physical and mental health. Based on the psychological theory, the study proposed to use calligraphy art appreciation in the Wei and Jin Dynasties to alleviate students' anxiety, hoping to find a quick and efficient way to alleviate students' psychological anxiety.

**Subjects and methods:** In a certain university, 68 students were recruited as research subjects through online posting, offline leaflets, teacher publicity and other means. The students were randomly divided into two groups, the research group and the control group. For the students in the research group, calligraphy art appreciation in the Wei and Jin Dynasties was used to alleviate their anxiety, while the students in the control group did not intervene. After a period of intervention, the anxiety of the two groups of students was assessed by the self-made College Students' anxiety Rating Scale (CSRS).

**Results:** At the end of the experiment, the anxiety of the two groups of students was evaluated by the college students' anxiety rating scale. According to the survey results of the statistical scale, after the end of the experiment, the score of the anxiety rating scale of the students in the research group was significantly lower than that of the students in the control group. The scores of the college students' anxiety rating scale of the two groups are shown in Figure 1.