

teaching scheme based on the optimization and reform of college folk music education can effectively improve the anxiety symptoms of college students, which has higher effect and application value than conventional teaching. As shown in Figure 1.

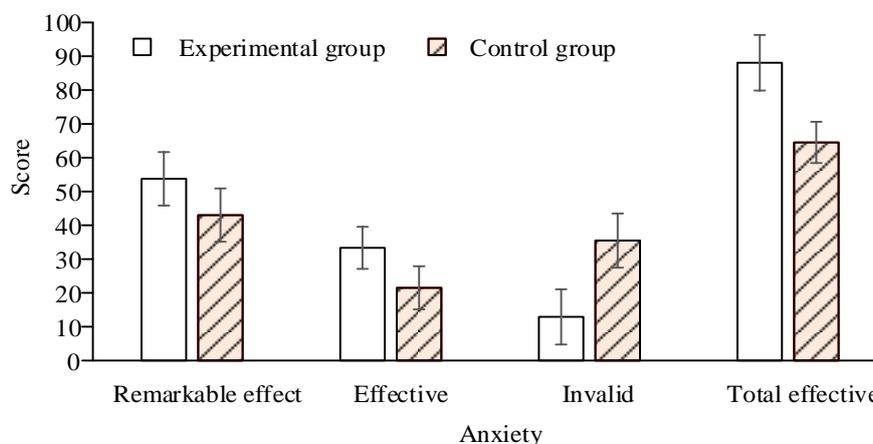


Figure 1. To compare the effect of two groups in improving anxiety after teaching

Conclusions: Teaching according to the book is not a good way to learn folk music, and mechanical repetition is not a magic weapon of creation and thinking. Only by organically combining national music education with mental health education can we better create and spread national music and show its gorgeous appearance and subtle connotation. Every national music educator should teach beauty and love to every student and take it as our duty-bound responsibility. The results of this study show that the total effective rate of anxiety relief in the experimental group is significantly higher than that in the control group ($P < 0.05$), indicating that the teaching scheme based on the optimization and reform of college folk music education can effectively improve the anxiety symptoms of college students, and has higher effect and application value compared with conventional teaching.

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THE APPLICATION OF NEW MEDIA TECHNOLOGY IN THE WORK OF IDEOLOGICAL AND INTERPRETATION OF ROMANTICISM IN ENGLISH LITERATURE UNDER THE BACKGROUND OF POSTMODERNISM

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Background: Postmodernism, originates from modernism but rebels against modernism. It is a criticism and deconstruction of the modernization process. The interpretation of Shakespeare's "King Lear" from the perspective of postmodernism is helpful to further understand the tragic color of his works, and deep interpret the cognition of power and kinship in drama works, as well as interpret the romantic writing style revealed in the complex character relationships.

Subjects and methods: From the perspective of postmodernism, this paper explores the romanticism in English literature through multiple analysis of the value orientation of "King Lear" in English literature, which rises to a broader philosophical category, and explores its more profound value of modern culture.

Results: For Shakespeare's literary work "King Lear", the work expands its tragic nature by describing the love and hate entanglement between different characters, which makes it integrate the romantic color while displaying the character defects, and maximizes the contradiction and conflict between the realistic society and the idealism in "King Lear".

Conclusions: Looking at the four tragic works created by Shakespeare, King Lear is undoubtedly one of the most difficult to understand and difficult to analyze. It is also a power relationship based on blood. It is devoted to discussing the conflicts between power and kinship, exploring the nihilism of existence and death on this basis, revealing the romantic color of sadness, and emphasizing the cultural values shared by modern people.

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RESEARCH ON THE INFLUENCE OF THE EXPANSION OF TRADITIONAL FILM AESTHETICS ON ALLEVIATING THE PSYCHOLOGICAL ANXIETY OF THE AUDIENCE IN THE ERA OF DIGITAL TECHNOLOGY

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Background: Anxiety is a kind of inevitable psychological experience in the situation of free choice. Some scholars believe that anxiety is a harmful reaction produced when libido cannot vent, and anxiety is a reaction produced when individuals regard conflict as a dangerous or unpleasant signal. Anxiety is regarded as a kind of nervous and restless subjective emotional experience, which is often accompanied by anxiety, irritability, impulse and other psychological states as well as corresponding physiological reactions. It can be triggered by uncertain situations or specific threatening situations. The study of anxiety classification is a process of gradual improvement. In recent years, various problems caused by college students' anxiety are common, which has attracted the attention of many researchers. Research shows that the anxiety level of social groups is getting higher and higher, and the mental health status is also decreasing year by year. It can be seen that anxiety has become one of the important obstacles to people's mental health. In response to people's anxiety, researchers investigated the effectiveness of various intervention methods, including group psychological counseling, sports, mental health education, reading therapy and biofeedback therapy. These methods mainly change people's psychological state through the intervention of anxiety cognition, emotion and behavior. The research shows that although these interventions are helpful to alleviate people's anxiety level, they are limited in controlling debugging time and rebound speed. At present, the intervention research on anxiety focuses on medical psychological nursing, and the intervention research specifically aimed at film audiences is relatively few. In addition, most of the anxiety related studies use a single research tool, and the research results are scattered and lack of certain contrast; In particular, the intervention studies on anxiety did not strictly distinguish between state anxiety and trait anxiety, and the vast majority of studies focused on a certain type of anxiety, such as test anxiety or social anxiety. This is not in line with the reality. From the experience of psychological counseling, people often experience more than one type of anxiety over a period of time. Therefore, it is necessary to improve the intervention research on anxiety in the above aspects. The development of high-tech film, especially the application of digital technology in film production, is the new trend of film technology development and the result of the concept change of the combination of science and art under the condition of post-industrial revolution. The Internet provides faster, more comprehensive and richer teaching contents and means, and is also conducive to the expansion and integration of professional teaching. In the digital technology era, the expansion of traditional film aesthetics can become a new means of psychological counseling and treatment, which has its unique advantages.

Objective: Today, film has become an important part of contemporary college students' campus cultural life. In the era of digital technology, the expansion of traditional film aesthetics is very suitable for college students and can be accepted by college students. Secondly, the therapy is novel and interesting, which can greatly improve the participation of the treatment object. Finally, its comprehensive characteristics make it widely applicable to all kinds of people and psychological problems. Considering some of the above factors, this study aims at the expansion of traditional film aesthetics in the digital technology era, takes the anxiety of college students as the research content, and examines the impact of this therapy as an intervention on college students' anxiety.

Subjects and methods: In this study, 400 college students with mental anxiety in a domestic university were selected as the research objects. The traditional film aesthetics extended education model was used to teach all college students. Before and after teaching, the mental anxiety and depressive symptoms of college students were evaluated by Self-rating Anxiety Scale (SAS) and Self-rating Depression Scale (SDS). Relevant data are calculated and counted by Excel software and SPSS20.0 software.

Results: As shown in Table 1, in terms of SAS scale and SDS scale scores, the scores after the application of the extended education model of traditional film aesthetics were significantly lower than those before the intervention ($P < 0.05$).

Conclusions: In the era of digital technology, the expanding education mode of traditional film aesthetics applied to the psychological health education of the audience will certainly promote the