

with the mitigation mechanism of physical education on students' negative emotions, and realize the improvement mechanism of students' psychological anxiety. The experimental results show that the teaching of "Ideological and political education in physical education" can effectively realize the positive intervention on students' mental health and help them reduce negative emotions. Table 1 shows the statistics of psychological anxiety scores of the subjects under different physical education courses during the experiment.

**Table 1.** Statistics of psychological anxiety scores of subjects in different physical education courses during the experiment

Curriculum	Physical education courses	Ideological and political education in physical education
Before experiment	5.67±2.14	5.48±2.06
After experiment	4.25±1.75	1.23±1.33
<i>t</i>	-2.153	1.694
<i>P</i>	0.053	0.002

The results in Table 1 show that before the experimental intervention, the psychological anxiety scores of the experimental subjects have little difference, but after the experimental intervention, the improvement effect of students' psychological status under the physical education curriculum learning is not as obvious as that of the application of Ideological and political education in the physical education curriculum ( $P < 0.05$ ). The above results show that the integration of Ideological and political education and physical education can effectively guide students' negative emotions.

**Conclusions:** Ideological and political education can effectively guide students' self-worth identity and emotional psychology, help them reduce the troubles and negative emotions caused by external nonobjective facts, and integrate them with physical education courses, which is not only in line with the performance of educational psychology, but also an important embodiment of meeting students' learning needs and psychological needs. In the future educational work, colleges and universities should actively encourage teachers to pay attention to students' mental health and emotional changes, and actively help students get rid of a series of negative emotions and psychological problems such as psychological anxiety.

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## EFFECT OF STRENGTHENING HOSPITAL EMERGENCY FINANCIAL MANAGEMENT ON RELIEVING PSYCHOLOGICAL STRESS OF PRACTITIONERS UNDER PUBLIC HEALTH EMERGENCIES

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**Background:** Public health emergencies refer to the sudden emergence of infectious diseases, diseases with unknown factors, occupational poisoning, food poisoning and other health events that damage public health. They have the characteristics of rapid transmission, strong harmfulness and strong explosiveness. Public health emergencies will increase the public's demand for medical and health resources. In this context, the hospital should do a good job in emergency financial management, scientifically match and use hospital emergency materials, fully maintain the stable operation of the hospital, and timely assist in dealing with public health emergencies. However, in the current hospital emergency management, there are still some problems, such as insufficient supply of emergency materials, great risks in internal control, imperfect medical insurance settlement system and imperfect medical service price management system. These problems will affect the overall financial management operation efficiency of the hospital and the prevention and control ability to deal with unexpected public events. The quality of the hospital's financial management ability will directly affect the work enthusiasm and pressure of the financial management personnel. In the case of public health emergencies, the complex flow management of material resources and the complexity of financial system management are very easy to make the staff feel tired. In the long run, the long-term work pressure and psychological pressure will lead to job burnout and psychological problems, it has a great impact on their physical and mental health and work. Psychological stress refers to the positive or negative experience that the brain shows in order to help us focus on coping with challenging situations. Moderate psychological pressure can encourage individuals to continuously stimulate their own

potential and development momentum, and deal with the changes of the environment and individuals with a more upward and full psychological attitude; Excessive psychological pressure will suppress the enthusiasm of individuals and make them fall into negative psychological emotions. The key to helping hospital financial managers reduce psychological stress is to help them improve their professional skills and psychological adjustment ability, and reduce their psychological burden. Therefore, based on this, this study explores the mechanism of psychological stress relief for relevant personnel by strengthening the hospital's emergency financial management under public health emergencies, in order to achieve a positive regulatory effect on their mental health.

**Subjects and methods:** The research took the staff of the financial management department of a hospital as the research object. First, before the experiment, the basic information of the subjects' psychological stress, mental health status and negative emotions were collected. Then the simulation experiment was carried out, that is, by designing the scene of sudden public health events, combined with the mental health status of the research object and the current financial management status of the hospital, to improve the financial management system, promote scientific informatization, and reduce the error rate and repetition rate of work. Then the subjects were invited to participate in the experimental environment, and their scores before and after the experimental participation were collected with the help of Psychosomatic Stress Test Scale (PSTRI) and Hamilton Anxiety Scale. After the experimental data is statistically sorted out, it is imported into the statistical analysis tool for data difference analysis, so as to obtain the experimental results.

**Result:** Strengthening the hospital's emergency financial management ability under public health emergencies can make targeted improvements on the basis of considering the mental health status of staff, effectively improve the work management efficiency and the perfection of the system, and then reduce the psychological pressure of financial managers. Table 1 shows the changes of psychological and emotional scores of the subjects under the optimized hospital emergency financial management system.

**Table 1.** The changes of psychological emotion scores of the subjects under the optimized hospital emergency financial management system

Scoring dimension	Before intervention	After intervention
Anxiety	2.35±0.63	1.28±0.45
Depression	2.47±0.36	1.11±0.39
Paranoid	1.93±0.57	1.24±0.44
Psychotic	2.53±0.45	2.17±0.11

The results in Table 1 show that after the optimization of the hospital emergency financial management system, the scores of the subjects' negative psychological emotions decreased to varying degrees, and the students' anxiety, depression, paranoia and psychotic symptoms improved.

**Conclusions:** The increase of external work pressure and the limitation of self psychological adjustment ability will make individuals prone to psychological stress and psychological problems. In the long run, it will lead to mental illness and cause great damage to individual physical and mental health. The emergence of public health emergencies makes the hospital emergency financial management more difficult, and the imperfection of the management system has greatly undermined the enthusiasm of financial managers and caused great trouble to their work. The results show that strengthening the improvement of emergency management system can greatly reduce their psychological anxiety and relieve their psychological pressure.

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## HOW TO DISSEMINATE THE CHARM AND SPIRIT OF CHINESE OPERA WITH THE HELP OF SHORT VIDEO

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**Background:** Fragmented reading has become the main platform for the public to accept new knowledge under the fast-paced operation of society. With the help of short video dissemination, it can bring new life to the charm of traditional opera art in modern society.

**Subjects and methods:** The Peking Opera "Hong Niang" is a classic chapter title of Xun. It has distinct performance characteristics, with clear main line, clear rhythm and bright vocals. It is more suitable for