

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

short video dissemination period and fast rhythm, and attracts more young audiences to pay attention to Peking Opera.

Results: The bright rhythm brings a broader dissemination platform for peking opera “hong niang”. The fast rhythm and bright vocal expression of Xun’s female role makes the classic songs such as “Miss, How Elegant You Are” and “Call Zhang Sheng” in “Hong Niang” neither too long, nor rely too much on the plot expression. With the help of short video, it can attract the attention of the Internet audience and greatly expand the dissemination platform of “Hong Niang”.

Conclusions: The style characteristics of the classic Peking Opera “Hong Niang” and short video dissemination have a high adaptability, which is very suitable for the modern dissemination of traditional opera.

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THE INFLUENCE OF LABOR EDUCATION INTEGRATED INTO THE TEACHING OF SPECIALIZED COURSES IN COLLEGES AND UNIVERSITIES ON ALLEVIATING COLLEGE STUDENTS’ ANXIETY

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Background: Anxiety disorder is a mental illness. In terms of quality, individual personality characteristics have a certain impact on the occurrence of anxiety disorders. For example, introverted and shy people are usually more likely to suffer from anxiety disorders, while people who are excessively nervous are more likely to suffer from anxiety disorders than normal people. In social and psychological aspects, interpersonal tension and long-term mental work are the main causes of anxiety. There are two main clinical manifestations of anxiety disorder, namely, chronic anxiety and acute anxiety. The former is generalized anxiety disorder. People with this anxiety disorder will be in a state of tension and anxiety for a long time. They are always in anxiety, afraid that some bad things will happen, difficult to concentrate, easy to panic, and have a negative attitude towards things. Generalized anxiety is a common anxiety disorder. The latter is panic attack. People with anxiety disorder will have some physiological symptoms, such as dry mouth, chest tightness, headache, etc. Anxiety disorder is an emotional disorder. The main emotional reaction is anxiety. People with anxiety disorder also show worry, compulsion and other emotions. According to statistics, the number of college students suffering from anxiety disorder is increasing year by year. Many students are suffering from anxiety disorder to varying degrees, showing anxiety in their study, life and employment. For example, in the Employment anxiety disorder, many students are suffering from anxiety disorder because of the high pressure of employment competition, the lack of majors or the hard work of professional counterparts. They are anxious and uneasy about their poor employment and cannot find satisfactory jobs, when this anxiety belongs to the normal of college life, it will seriously affect the physical and mental development of students. However, better living conditions tend to lead to students’ hedonism, fear of hardship, lack of the spirit of hard work and perseverance. Therefore, while teaching professional courses, colleges and universities also need to cultivate students’ quality of being down-to-earth and hard-working. Labor education has this effect. It will guide students to understand the essence of labor, make students’ character calm, help students’ future employment, help to resist students’ psychological endurance, and improve students’ emotional self-control ability. In this regard, the article will integrate labor education into the teaching of professional courses in colleges and universities, and analyze its impact on alleviating college students’ anxiety.

Objective: To understand the current situation of specialized course teaching in colleges and universities and students’ psychological state, and to analyze the causes of students’ anxiety disorder. In view of students’ anxiety, labor education is integrated into the teaching of professional courses. By strengthening teachers’ Ideological Education and carrying out labor education training classes, teachers can deepen their understanding of labor education and improve their enthusiasm. Summarizing teaching experience in the training process is conducive to improving students’ labor teaching effect and promoting the relief of students’ anxiety. Create an atmosphere of labor education, in which students can improve their enthusiasm, integrate into labor education, cultivate the quality of hard-working, enhance students’ sense of responsibility, and calm students’ character, which is helpful to alleviate students’ anxiety and has a positive preventive effect. In addition, we should strengthen the education of labor concept in the practice links inside and outside the school, cultivate students’ professional skills, enhance their self-confidence and alleviate anxiety.