

difference in the scores of the two groups of students' positive psychology after the experiment, and the average scores of the mixed culture and language teaching group and the traditional mode teaching group were 4.21 and 3.11 respectively.

Conclusions: With the increasingly frequent economic exchanges between China and other important economies in the world, there is an increasing demand for German translation talents in the market. However, due to the great difficulty in learning German, it is difficult to cultivate talents, and students' positive psychology in learning is also poor. Therefore, this research attempts to use the theoretical method of positive psychology, that is, to integrate German cultural elements into German teaching and education, and to design experiments to test the impact of this reform on college students' learning positive psychology. The results show that there is a significant difference in the positive psychological scores between the two groups after the experiment, and the average scores of the mixed culture and language teaching group and the traditional mode teaching group are 4.21 and 3.11 respectively, the former is significantly higher than the latter. It shows that using appropriate methods to integrate German cultural elements into German teaching can improve students' positive psychology in learning.

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RESEARCH ON THE INFLUENCE OF CHINESE FOLK ART CULTURE ON THE PSYCHOLOGICAL PRESSURE OF ART STUDENTS IN COLLEGES AND UNIVERSITIES

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Background: Chinese folk art is one of the important contents of Chinese humanistic culture. It has a deep artificial color, is the crystallization of the wisdom of the vast number of working people, is an artistic heritage refined after the torrent of history, and can better provide a rich source of inspiration for modern art creation. Whether in the content of creation, or in the use of color or form of expression, folk art culture has had a profound impact on modern art painting, and to a certain extent, it has provided some reference ideas and creative inspiration for the innovative development of modern art. Folk art culture, with its localization of objects, purity of emotion and traditional performance of culture, can better promote the diversified development of art styles, better play the role of art in guiding individual emotions, and help people better build up national aesthetic concepts. However, in the current art courses in colleges and universities, the content of art courses is mostly based on traditional teaching materials, supplemented by the works of famous artists for appreciation and learning, so that the art works created by students are difficult to have emotional contact with the audience, making the art works "Shelved" and difficult to play its function of individual emotional cognition. If art works do not receive much attention and recognition, students majoring in art will have self doubt and value negation about their own learning contents and professional skills, which is easy to produce psychological pressure. Psychological stress refers to the positive or negative experience that the brain shows in order to help us focus on coping with challenging situations in response to changes in external factors. Psychological stress within the normal range can effectively guide individuals to deal with and respond to threats and changes to the surrounding environment with a more positive and optimistic attitude. Psychological stress beyond a certain limit will cause great damage to the physical and mental health of individuals. It makes them have negative emotions to their own value system and psychological quality, such as doubt, anxiety, anxiety and so on. The internal factors such as cognitive structure and level, psychological endurance and emotional regulation ability will make individuals show different psychological stress and emotional mechanism when dealing with the same thing. At the same time, the stimulation of the external objective environment will also interfere with the individual's emotional pressure. Different levels and ranges of psychological stress will make individuals show different therapeutic effects when they receive psychotherapy. Among them, the opening effect of art courses in colleges and universities will directly affect the learning effect and self-evaluation ability of professional students. Based on this research, this paper explores the intervention mechanism of Chinese folk-art culture on the psychological pressure of art students, in order to improve the psychological health of students.

Subjects and methods: The research selected the students majoring in Fine Arts in a university as the research object. First, before the experiment, the basic information such as the psychological pressure and anxiety of the research object was collected to understand the source and development degree of the current psychological pressure of the students majoring in fine arts. Then, after knowing the problems existing in the current art curriculum education, help teachers to add Chinese folk-art culture to the

curriculum content design, and give full play to the role of folk-art culture in art painting in form reference, emotional connection and material application, so as to achieve the innovative development of art classroom content. Chinese folk-art culture can effectively make students and audiences have emotional experience because of the characteristics of their works, and meet their psychological pursuit of “simplicity and beauty”. The research objects were randomly divided into the teaching experimental group and the teaching routine group. The two groups used different teaching modes. The teaching experimental group used the teaching method of adding Chinese folk-art culture to learn, while the teaching routine group used the original art teaching method. The teaching experiment lasted for eight weeks. During the experiment, data were collected on the changes of psychological stress and mental health status of the subjects with the help of psychological stress test scale and emotional scale, and the experimental data were analyzed with SPSS22.0 statistical analysis tool, so as to better obtain the relief mechanism of Chinese folk-art culture on the psychological pressure of art majors.

Results: Integrating the Chinese folk-art culture into the art curriculum design can effectively strengthen the students’ understanding of the learning content and the participation in the teaching class on the basis of grasping the law of the teaching subject, so that the art works designed by them can better meet the needs of the aesthetic public and their own aesthetic psychology, reduce the psychological pressure, and improve the mental health to a certain extent. Figure 1 shows the changes of psychological and emotional scores of the subjects under the intervention of improved art teaching.

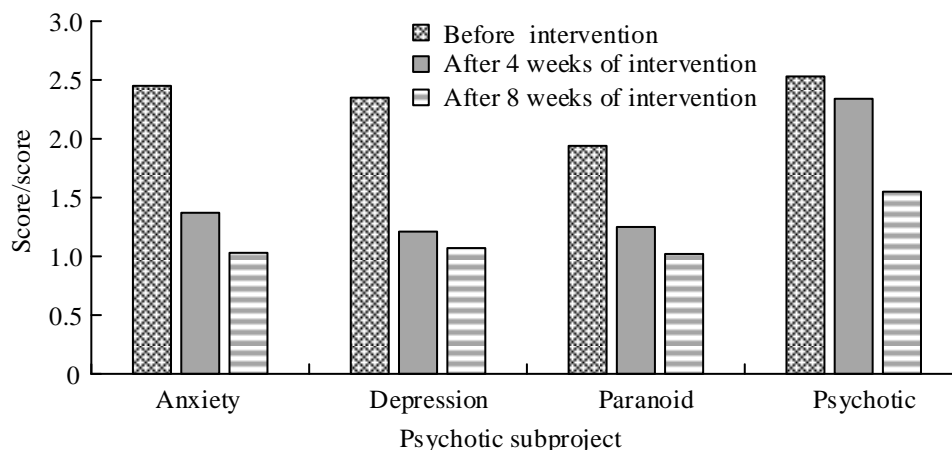


Figure 1. Improve the changes of psychological emotion scores of the subjects under the intervention of art teaching

The results in Figure 1 show that the scores of the subjects’ negative emotions have decreased in varying degrees during the experiment, and the improvement effect of anxiety symptoms is the most obvious, indicating that the addition of Chinese folk-art culture can greatly improve the psychological and emotional status of students.

Conclusions: As an emotional symptom, psychological stress has different stressors and performance characteristics in different individuals, and the degree of psychological intervention is also different. Self imposed psychological pressure and anxiety caused by changes in environmental factors will make individuals fall into “emotional trap” and self-doubt, and then affect their physical and mental health. The improvement of art teaching courses based on folk art culture can effectively guide students to create art while grasping the psychological preferences and aesthetic concepts of the audience, and reduce their psychological pressure and psychological burden in the process of creation.

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THE IMPORTANCE OF VOCAL SKILLS IN VOCAL PERFORMANCE ART AND ITS IMPACT ON IMPROVING THE AUDIENCE’S POSITIVE PSYCHOLOGY

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Background: Vocal music skill is the basis for singers to perform songs, which means that singers create beautiful music with unique artistic means and performing art forms. It is an important embodiment of the