

PSYCHOLOGICAL DISORDERS AND COUNTERMEASURES IN HORN PLAYING

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When playing the horn, in addition to the basic singing skills, it should also have a good psychological quality. Psychological state in the entire process of trumpet playing must be in a positive and stable state, in this process if the psychological state of a slight fluctuation or disorder, there will be shortness of breath, emotional tension, and even out of tune, rhythm is unstable problems, seriously affecting the performance of horn playing art. This paper found that through the following aspects of customer service in the horn playing psychological barriers: 1) the performer is to use their own music to shock people's hearts, the performer needs to gain self-confidence through multi-party support. 2) The concept of attention in psychology is the direction and concentration of mental activities on a certain object, the performer can only inject his feelings into the sound full of passion, fully engaged in the process of interpreting music to achieve no distraction, only the state of music can play infectious, layered music, and only such performance can attract the audience, so that music has its true soul. 3) Mental state adjustment, before going on stage, put the heart and body to a state of natural relaxation. By analyzing the various possible factors of how to overcome the psychological obstacle in trumpet playing, and finding a solution to the problem of psychological disorder in trumpet playing, it provides a psychological theoretical basis for the majority of horn playing enthusiasts.

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INNOVATION OF PRODUCTION TECHNIQUE OF ZHUANG MUSICAL INSTRUMENT MAGUHU BASED ON CULTURAL SPIRIT INNOVATION

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Intangible cultural heritage is an important symbol of a country, a national spiritual culture. It reflects the nation's unique way of thinking, mode of production and spiritual and cultural identity. In recent years, with the strengthening of economic globalization and the rapid development of modern industry, great pressure has been brought to the protection and development of intangible cultural heritage. Many traditional skills are on the verge of extinction, and a large number of precious objects and materials with historical and spiritual cultural values are abandoned. The protection of intangible cultural heritage has become a major spiritual and cultural strategy of the international community. Maguhu is an extremely important folk music instrument used in Guangxi Zhuang traditional activities. At present, there are six masters of maguhu production in Guangxi, including one representative inheritor of maguhu art of Guangxi Zhuang nationality. Their maguhu shapes are different, and their timbre, sound quality, application and production skills are also different. Through on-the-spot investigation, playing the pianos of various production masters and interviewing several performers' audition feedback, it is generally believed that the maguhu made by Huang Yige, the representative inheritor of Zhuang maguhu art, ranks among the top in terms of workmanship, timbre, sound quality, volume and sensitivity, forming a realistic situation with the production skills of Huang Yige, the representative inheritor of intangible cultural heritage, as the representative core. Cultural inheritance and innovation is the inherent requirement of self-protection of traditional handicraft intangible cultural heritage. The intrinsic motivation of Maguhu artists' innovation is not the self-discipline of art development, but the need for industry competition and the result of heteronomy pressure. Therefore, in the practice of protecting handicraft intangible cultural heritage.

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THE RELATIONSHIP BETWEEN PERFECTIONISM, LEARNING PROCRASTINATION AND ANXIETY

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Compulsive disorders and extensive anxiety disorders are anxiety disorder, which seriously affects the normal daily life of individuals and causes a huge burden on family and society. Many studies at home and abroad show that perfectionism is in the onset of perfection and broad anxiety disorder. Playing an extremely important role in the progress of the disease. The relationship between the forced compulsory and social anxiety of the student group, and the characteristics of the three. This article uses SCL-90 forced factors, concise fear of negative tables (BFNE), social avoidance and distress quantity Tables (SAD) and Multi -dimensional perfection table (FMPS) investigated 500 students in a certain university. As a result, men's perfectionism, active procrastination scores are higher than women. There is a positive correlation between the perfectionism of college students, the active procrastination is positively correlated between the anxiety, and the perfectionism and the active procrastination are also positively correlated. Perfectism can predict anxiety when actively delaying and entering the regression equation. Part of the intermediary role. Conclusion The perfection of college students in the text, which is closely delayed and anxious. It can improve the level of psychological health of college teachers by improving perfectionism and active delays. Compared with the comparison with its intervention before and after the control group, the level of negative perfection and academic delays decreased significantly. There is no significant difference in the level of negative perfection and academic delays in the control group. For group intervention for college student delayers, it can effectively reduce the level of negative perfection of college students and improve procrastination behavior. Improve the negative perfectionist cognition of college student delayers can effectively reduce the academic delay behavior of college students delayers.

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SELF-IDENTITY ANXIETY AND RESOLUTION IN COLLEGE STUDENTS' CONSUMPTION FROM THE PERSPECTIVE OF CONSUMERISM

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Anxiety refers to a possibility, irritability, and nervous emotions that are hidden in a future event that hidden a possible, uncertain danger or threat. In life, when people face challenges or unknown results, anxiety often produces anxiety, such as speaking, waiting for interviews, etc. to a certain extent to a certain extent, to make individual anxiety. Especially in the outbreak of the new crown epidemic in 2020, many people are trapped in anxiety. In the consumer situation, we can often see examples of anxiety marketing. Merchants use consumer anxiety to promote consumers to buy products. It can be said that anxiety is one of the inevitable emotions that everyone will inevitably produce in real life, and it is also linked to the consumer situation. The impact on consumer behavior is worthy of attention. At present, the research on the impact of anxiety and the impact of anxiety is more in the field of centralized studies and work. Related research on the impact of anxiety in the field of consumption is still lacking. Therefore, it is necessary to explore how anxiety affects individual consumption behavior. This article uses the SEM model to measure the structural dimension of consumer anxiety through the SEM model. The results show that the society enters the state of "national anxiety". Consumer anxiety is a three dimensions of survival anxiety, social anxiety and achievement development anxiety. Multi -dimensional concept. Finally, suggestions: Modern enterprises can use consumer anxiety to develop new business opportunities. People can use nostalgic consumption measures to relieve anxiety. Consumer anxiety can obtain theoretical support for the study of nostalgic consumption decision -making.

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