

subtly influence employees' behavior and reduce their own violations. Behavior, build a good partnership with team members, and actively promote the improvement of corporate performance.

Acknowledgement: The research is supported by: Humanities and Social Science Research Planning Project of Chongqing Education Commission in 2020 (NO.20SKGH284).

* * * * *

TRY TO ANALYZE THE INFLUENCE OF MUSIC PERFORMER'S PSYCHOLOGY ON MUSIC PERFORMANCE

Tie Wang

Art Research Institute, Shandong University of Arts, Jinan 250014, China

Background: If a music performer wants to bring a perfect performance to the audience, it is not enough to rely solely on his own musical works, performance ability and stage performance. Good psychological quality also has a very important influence on the effect of music performance. The cultivation of psychological quality is a continuous process that requires accumulation of years of performance experience. The so-called dynamic psychology of the performer refers to the psychological reaction and the process of psychological changes of the musical performer during the performance. This psychological change is a dynamic process, based on the performer's personal physical response, based on the strength of the music and the stage environment. As a condition, it is a dynamic transformation formed by a variety of factors. The improvement of performers' dynamic psychological quality can not only enhance performance effects and enhance performance appeal, but also promote music performers' absorption and understanding of music, expand performers' play space, and enhance performers' artistic realm. In musical activities, the mental state of the performer is directly related to the effect of the entire musical performance. Therefore, in the process of musical performance, performers or performers need to have the ability to fully understand and appreciate the connotation of music, and have good musical psychological quality and stage expressiveness, so that they can show their performance and professional skills and interpret the artistic work. Features and styles enable the audience to better understand and appreciate music works, so as to achieve the purpose of perfect music performance.

Objective: Music performance is the use of performers' singing or instrumental performance in music activities, so that artistic works can bring the public's emotional and artistic musical experience through the form of performance. In the performance process, the performer's psychological factors will affect the performance of the whole performance. Therefore, try to analyze the influence of the music performer's psychology on the music performance in order to improve the performance of the music.

Study design: Using stratified cluster random sampling method, 500 music performers were surveyed. The study of the psychology of music performers can effectively improve the performance of music through true investment, rich imagination and musical sense. 500 questionnaires on mental health status were distributed, and 477 valid questionnaires were returned.

Methods: Use Excel to count the influence of music performers' mental state on music performance.

Results: Whether it is a musical performance or a comedy performance, it is necessary for the performer to integrate his own true emotions with the works of art. Performers must fully understand the inner emotions of the works of art, analyze and experience the differences in emotional expression in detail, so as to better improve the performance level. Give full play to the rich imagination, fully appreciate the artistic conception and emotion of the musical works, and make the performances of the musical works vivid and contagious. Performers continue to improve their own performance level and the aesthetic sense of music, so that they can perceive the beauty of music in their hearing, and constantly strive to learn and improve in their musical intuition to improve the level of music performance.

In the survey results, five levels of 1-5 are used to quantify the impact value of specific factors. 1 represents irrelevant, 2 represents slight impact, 3 represents general impact, 4 represents significant impact, and 5 represents sufficient impact. In order to reduce the impact Individual subjective causes large errors. Take 500 music performers' ratings and average them, and the results are rounded off to determine the results. The specific statistical table is shown in Table 1.

Table 1. The influence of the mental state of music performers on music performance.

| Factor | True devotion | Rich imagination | One's own music |
|-----------------|---------------|------------------|-----------------|
| Music performer | 5 | 3 | 4 |

Conclusions: The psychology of music performance should be attributed to psychology. The psychological quality of the performer or performer is the basis of music performance. The mental state of performers or performers in musical performances is a subjective reflection of their brains, as well as human mental activities, which are of great significance to musical performances. Music performance mainly relies on the mental performance and spiritual connotation of the performer or the performer to transform the image of the artistic work. The feeling, memory, imagination, creation and emotional expression in the music performance center all require the performer or performer to strengthen his own music profession. Skills, accumulate performance experience, continuously improve performance confidence and on-the-spot adaptability in music performance, maintain a good psychological state of music performance, and make music performance go smoothly. In music performances, the performer's mental health issues are directly related to the effect and quality of the music performance. To successfully interpret the connotation of artistic works in music performances and meet people's needs for music experience, performers must control and adjust Self-performing psychology, and constantly improve one's professional quality and self-confidence in performance. Performers can train and cultivate the ability to control psychological fluctuations through practical activities, and continuously improve the performance level and the performance of musical works.

* * * * *

INFLUENCE OF LITERARY, FILM AND TELEVISION WORKS ON ALLEVIATING COLLEGE STUDENTS' ANXIETY DISORDER UNDER THE BACKGROUND OF NEW MEDIA

Jinlu Liu

Shanxi Communication College, Communication University of Shanxi, Jinzhong 030619, China

Background: With the development of modern information technology, many new media interaction platforms have appeared in the market. The existence of new media is profoundly affecting and changing the thinking mode, lifestyle and behavior of college students, and the social mentality is also changing in a subtle way. And the rhythm of modern life Soon, the social anxiety of college students is an inevitable problem in the development process, and it should be given sufficient attention and treatment. According to the actual situation of college students, analyze the causes of their social anxiety and find the source of the cause before they can be effectively dealt with. Explore the deep causes of college students' social anxiety and take feasible measures. Ways to alleviate, help to reduce social anxiety, and promote social harmony and stability. And social anxiety is a common mental illness in modern university students. Due to the psychological anxiety, tension, fear and other emotions generated by individuals in the social environment, it often triggers some unpredictable mental illnesses. Among them, psychological anxiety is more common. Therefore, it is not uncommon for college students to suffer from social anxiety disorder in social cognitive behavior. This mental illness will cause serious damage to the students' social and interpersonal communication skills. Based on this, it is necessary to make specific analysis, explore the reasons, and make a rational voice to promote the active guidance of social anxiety and avoid social panic.

Objective: With the development of science and technology, traditional pressure has more diverse and real expressions in the new media environment. Many college students are unable to calmly deal with the pressures of study, economy, communication, love, etc., passively avoid them, and cannot explore their own initiative to solve problems, which in turn brings negative emotions such as complaints, anxiety, fear of difficulties, and seriously affects their physical and mental health. At the same time, new media technology provides new opportunities and ways to cultivate the ability of college students to resist stress. For literary and artistic film and television works, through the powerful communication power of new media, the positive and positive content of film and television plays a good role in guiding the thinking and values of college students. However, everything is one and two sides. The unevenness of good and bad in film and television plays has a negative impact on college students who are still in the immature stage. This research seeks to explore the impact of literary and artistic film and television works in the new media environment on alleviating the anxiety of college students, and feedback the anxiety of the students through the ability of college students to resist stress in the new media environment.

Subjects and methods: Questionnaires were issued to college students from many universities. The experimental subjects were selected in two ways: (1) Assessing college students who voluntarily visit for mental health consultation; (2) Open recruitment, recruiting college students with anxiety symptoms anonymously. Through these two methods, 60 college students suffering from anxiety disorders were