

inheritance and dissemination of red culture in university libraries. By analyzing the three states of students' psychology, body and learning, the university library makes the red culture micro-course video, so that students can watch the video on the library's network culture platform, so as to avoid students' reading anxiety while spreading the red culture. After two semesters, sophomores' reading patience score is 4, and the results are shown in Table 1.

Table 1. Reading scores of students in different grades after the construction of red culture in colleges and universities

Grade	Reading patience	Attention	Understanding ability
Freshman	4	4	4
Sophomore	4	5	5
Junior	5	4	5

Conclusions: Comply with the development of the times, carry out the network construction of the red culture in the university library, and make the video of the red culture micro class according to the students' reading habits, so that the students can understand and learn the red culture in the interesting and vivid video, feel the national spirit, establish the red culture knowledge system, improve the students' reading anxiety, and have a positive impact on the students' three outlooks.

* * * * *

AESTHETIC DESIGN OF CHEERLEADING CLASSROOM TEACHING IN COLLEGES AND UNIVERSITIES AND THE CURE OF AEROBIC EXERCISE ON COLLEGE STUDENTS' EMOTIONAL ANXIETY AND PRESSURE

Shu Yang¹ & Yu Zhang^{2*}

¹Hunan International Economics University, Changsha 410205, China

²Hunan Normal University, Changsha 410081, China

Background: Anxiety produces tension, anxiety and other emotions that cannot be explained clearly. Anxiety has no definite objective object, and the content of individual anxiety also has no specific and fixed content. This anxiety is also called floating anxiety or nameless anxiety. Anxiety is an individual's instinctive response, which everyone can produce. When individuals are in a state of stress and are stimulated to some extent, they will have anxiety. Anxiety is in the normal range, which can help individuals solve emergencies. When the degree of anxiety exceeds the individual's tolerance range and is in this state for a long time, individual psychological problems will occur, which will affect the healthy development of individual psychology. For college students, because they are in the stage of complete physical and mental development and maturity, their ability to control their emotions is not enough. When they face problems, they can't deal with them calmly. In this case, anxiety will appear. There are many reasons for students' anxiety, because the learning task is heavy, they can't catch up with the learning progress, and the learning effect is not ideal. Because of the fear that the test results are not ideal and cannot meet their own requirements, or the fear that the students will look at themselves differently because of their poor test results, resulting in anxiety. Or because he is not good at getting along with others, his relationship with classmates and roommates is not harmonious and rigid, and he feels anxious and anxious. Or anxiety about employment, emotion, etc. Various problems have brought great psychological pressure to students, which has affected their life and study, resulting in a lack of sense of security and self-confidence.

Aerobic exercise provides energy through aerobic metabolism, which belongs to low and medium intensity endurance exercise. The exercise time is generally more than 20 minutes, and the heart rate during exercise is usually about 70% of the maximum heart rate. Relevant studies have pointed out that adults can keep the number of aerobic exercises at 3-5 times a week, the exercise intensity is between 65% and 90% of the maximum heart rate, and the time of each exercise is between 20 minutes and 60 minutes. Through aerobic exercise, physical exercise can be carried out and mental diseases can be treated. The process of treatment requires step-by-step and planned treatment. Cheerleading can also belong to aerobic exercise after more than 20 minutes. In recent years, cheerleading operation, as a kind of sports, has been introduced into the teaching content by some colleges and universities, through which students' aesthetic taste and physical quality are cultivated.

Objective: To understand the mental health status of college students, and to analyze the reasons why

they feel psychological pressure and the types of anxiety. On the basis of the aesthetic teaching of cheerleading, we should introduce cheerleading into the teaching of cheerleading. Through cheerleading classroom teaching, release students' psychological pressure, alleviate students' anxiety, and let students experience the beautiful enjoyment brought by cheerleading. In completing various cheerleading actions, improve students' self-confidence, increase students' sense of achievement, and cultivate students' team spirit and improve their interpersonal skills through cooperation with other students.

Subjects and methods: The research objects were college students. Four colleges and universities were randomly selected, and 102 college students were randomly selected from the selected colleges and universities. These college students come from different majors and grades. Understand their personal information and mental health status, analyze the causes of their anxiety, and understand their views on cheerleading. These students were divided into control group (50 people) and experimental group (52 people). The control group carried out general physical education teaching and the experimental group carried out cheerleading teaching for one semester. The relevant data of students were recorded during the teaching period. Fuzzy evaluation was used to analyze the changes of anxiety of the two groups of students before and after teaching, and to study the impact of cheerleading on students' anxiety. Grade 1-5 was used. The higher the score, the heavier the degree of correlation. SAS software was used to process and analyze the data.

Results: In recent years, the pressure faced by college students has gradually increased, students' psychological conditions have problems, and anxiety is widespread, which has seriously affected students' study and life. After the classroom teaching of cheerleading, the students gradually release the pressure in their hearts in the process of cheerleading, stretch their body and mind, and their anxiety is slowly relieved or even cured. The anxiety score of junior students is 2 points, and the results are shown in Table 1.

Table 1. Anxiety scores of students in different grades after cheerleading Teaching

College student	Uneasy	Fear	Anxious
Freshman	1	1	1
Sophomore	2	1	1
Junior	1	2	2

Conclusions: With the popularity of Cheerleading in colleges and universities, students' aesthetic taste has been cultivated, and cheerleading has been loved by many students. In the practice of cheerleading, the students' physical and psychological quality has been gradually improved.

* * * * *

RESEARCH ON KNOWLEDGE MAP FUSION METHOD DYNAMIC MONITORING AND ANALYSIS OF ANXIETY PSYCHOLOGY OF HIGHER VOCATIONAL STUDENTS

Xia Yang

Changsha Social Work College, Changsha 410004, China

Background: When an individual is faced with a coming threat but can't cope with it, it shows a negative emotion, which is called anxiety psychology. Anxiety psychology is mainly anxiety. In addition, it also includes negative emotions such as panic and anxiety. The emergence of anxiety is related to critical situations and unpredictable things. When the crisis disappears, the individual's anxiety may be eliminated slowly. When a person has no reason to experience anxiety, he is often frightened and restless for no reason. He has inexplicable anxiety about his physical health. This kind of anxiety is abnormal and a manifestation of mental illness. Individuals with serious conditions will even show emotional and emotional disorders. Criminals are prone to abnormal anxiety, especially when sentencing, serving sentences and reforming. Anxiety psychology can be divided into realistic anxiety and pathological anxiety. The latter is a kind of mental disease. Its symptoms are tension and uneasiness without specific reasons. It will feel groundless that it will be a great disaster, cause sports uneasiness, and lead to a subjective pain. Pathological anxiety is a long-term state and will not be eliminated due to the solution of objective problems. This is just opposite to realistic anxiety. Realistic anxiety is a kind of negative emotion that may appear in every individual. This anxiety will be eliminated due to the solution of objective problems. It is a basic emotional response to adapt and solve problems. An appropriate amount of anxiety can help individuals maintain a positive state and promote the smooth solution of problems. When the degree of anxiety exceeds the scope of individual