



Figure 1. Comparison of LBUS results

Conclusions: Adult education is a category that has gradually increased in demand in the education market in recent years. It is an important part of continuing education and lifelong education, and the psychological characteristics and problems encountered in the learning process of adult learners and minor students are also relatively different. Therefore, the psychological analysis of adult education and the analysis of ordinary students are also different. Aiming at the problem of the decline of learners' enthusiasm in adult education, this study designs mitigation measures from the perspective of educational psychology from the perspective of management and teaching reform. The experimental results show that learners who receive management teaching incorporating educational psychology theories have a slower decline in learning motivation and better learning outcomes.

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EMOTIONAL AND BEHAVIORAL BARRIERS IN TRADITIONAL NATIONAL PHYSICAL EDUCATION AND THEIR PREVENTION

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Background: With the state's strong support for national traditional culture, the proportion of national traditional sports content in college physical education is rising. At the same time, with the improvement of social material living standards, the public's attention to physical and mental health is also increasing year by year. Due to the increasing pressure of life and special growth environment, such as high emotional expression family and other factors, some contemporary college students have pathological psychological conditions in which their emotional expression is inconsistent with their environment. The excellent culture in national traditional physical education comes from the summary of life style, thoughts and feelings, life attitude and other contents by historical ancestors. For example, the thought of "resisting the strong with the weak" in Taijiquan, the teaching content of national traditional physical education, contains the small and big debate of Taoist traditional philosophy. Therefore, adding the philosophical guidance of traditional culture to the sports of physical fitness is conducive to liberating the ideological imprisonment of college students, improving students' adaptability to the environment, improving their mental sub-health status and preventing students' mental diseases. Emotional disorder, a psychological disease, is usually manifested as a behavioral disorder of psychomotor excitement or psychomotor inhibition. Therefore, traditional national physical education teaching will also improve students' psychological problems from two aspects. Facing the uncoordinated hyperactivity behavior caused by students' psychomotor excitement tendency, blindly limiting students' hyperactivity behavior and cracking down on students' hyperactivity psychology will bring more psychological pressure. Therefore, we should give play to the traditional thought that blocking is better than sparse, and seek the coordination and unity of the psychological and living environment belonging of students with emotional disorders, as well as the emotion and body movement, so

as to make the fitness exercise based on the establishment of the sense of belonging, focus on the divergent and excited mental movement, and finally slowly increase the factors controlling physical behavior and mental thinking in the movement, so as to alleviate the emotional disorder of psychomotor excitement, so as to play a preventive role. However, students with psychomotor inhibition tendency show less action and slow behavior, which requires more patience and respect. More psychological enlightenment factors are added to physical education teaching, such as doing group traditional sports with small amount of exercise on a quiet and broad cloudy day.

Objective: Based on the two behavioral barriers of college students' affective disorders, this study refines the preventive measures of national traditional physical education on the psychological problems of affective disorders into the changes of different teaching contents for the two groups of students with psychomotor excitement tendency and psychomotor inhibition tendency.

Subjects and methods: This study selected 50 students with emotional disorder psychological tendency as the research object for psychological measurement, and analyzed the positive impact of students' participation in national traditional physical education curriculum on their psychological state and the alleviation of emotional disorder tendency. Before the experiment, the subjects were psychologically measured to understand the basic psychological state of students. Then, according to the psychological measurement results, the students were divided into two groups: psychomotor excitement tendency and psychomotor inhibition tendency, and the teaching content of national traditional physical education curriculum was adjusted pertinently. The curriculum lasted for 12 weeks and twice a week. After the course, sort out the data in the course, measure the psychological state of students, and evaluate the results of national traditional physical education in the prevention of college students' emotional disorders and mental diseases.

Results: The evaluation results of the preventive effect of national traditional physical education curriculum on students' emotional disorders are shown in the table below.

Table 1 the psychological measurement score data of middle school students are set as 1-100. The higher the value, the more obvious the tendency of affective disorder and psychological disease. As shown in the table, in the experiment, the students with psychomotor excitability tendency comprehensively evaluated the students' tendency of psychomotor excitability disorder from manic depressive psychological performance and hyperactivity behavior performance, and the students' tendency of psychomotor inhibition disorder from depressive psychological performance, slow behavior and poor mobility performance. The experiment shows that after 12 weeks of traditional national physical education course, the four evaluation indexes of the students in the two groups have decreased, and the manic depression psychological score of the psychomotor excitability disorder tendency group decreased the most.

Table 1. Evaluation form of preventive effect of national traditional physical education curriculum on students' emotional disorder

Comparison before and after experiment	Psychomotor excitability tendency		Psychomotor inhibitory tendency	
	Manic-depressive	Hyperactivity	Depressed	Slow
Before the course	87	58	64	71
After the course	27	20	18	33

Conclusions: Due to the complex and diverse triggering factors of affective disorder, it is difficult for colleges and universities to prevent the occurrence of psychological diseases from the learning and living environment and even the students' social and family environment at this stage. When affective disorder is serious, it will even make patients have a strong tendency of aggression or suicide. In order to combine the physical and mental health of college students, the school starts with the content reform of physical education curriculum and carries out the curriculum through the ideological guidance of national traditional culture, which is beneficial to the disease prevention and psychological pressure relief of students with emotional disorder tendency in the student group. The content of national traditional physical education curriculum is divided into two parts. Teaching students with psychomotor excitement tendency and psychomotor inhibition tendency respectively can change students' mental sub-health state and promote the coordinated development of students' body and mind.

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THE INNOVATION OF FILM AND TELEVISION ANIMATION COMMUNICATION CHANNELS AND THE IMPROVEMENT MECHANISM OF AUDIENCE EMOTIONAL ANXIETY

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Background: Under the background of information age, network media plays a more and more important role in people's life. The transmission way of film and television animation has long been transformed from paper media to network media. At this stage, the main transmission ways of film and television animation are streaming media and self-media. However, at this stage, the network media communication mode often has the characteristics of "fast food" and "fragmentation" driven by interests. Such a channel of film and television animation communication cannot improve the audience's anxiety, but will aggravate the audience's indifference to the content of film and television animation and deepen the impetuous anxiety of the network audience. Therefore, in order to innovate the communication channels of film and television animation in order to improve the audience's anxiety, we need to analyze the impact mechanism of network media on the audience's psychology, and make innovative changes in key contradictions, to achieve the result of alleviating the anxiety of network audience. Starting from the psychological mechanism, for the purpose of publicity utilitarianism and timeliness, the online media communication of film and television animation often covers a large amount of information, which stimulates the audience and makes the audience have the anxiety of boredom or acceptance overload. Due to the developed network media, the output of information content and the limited time of network audience, the anxiety of choice difficulty and the anxiety of missing excellent content also increase the psychological burden of the audience. In view of this, the strategy of film and television animation communication channels will be innovated based on the principles of systematization of network media communication information, clear and accurate expression of communication content theme and peaceful communication competition. The optimization and innovation strategy of the three principles can alleviate the audience's anxiety of information overload and difficulty in content selection, and reduce the competitiveness and utility of film and television animation communication channels.

Objective: This study is based on the analysis of the audience's psychological mechanism of network media communication, applies the psychological mechanism to the innovation of film and television animation communication channels, discusses the possibility of film and television animation communication channel innovation to alleviate the audience's anxiety, and puts forward three principles: systematization of network media communication information, clear and accurate expression of communication content theme and peaceful communication competition.

Subjects and methods: In this study, 50 ordinary online audiences were randomly selected as the research objects for psychological measurement to analyze the psychological state of the audience after reading online information with different film and television animation communication strategies. Collect the information content of recent film and television animation communication as the original strategy, optimize the content of the original communication strategy according to the three communication innovation strategies proposed by the research object, and compare the optimized information with the non-optimized communication information for the purpose of utilitarianism and timeliness. Analyze the psychological evaluation of 50 experimental audiences on the information of four different communication strategies. According to the evaluation results, analyze the positive guiding effect of the three communication innovation strategies on the audience's anxiety, and determine the primary and secondary status of the strategies by virtue of their influence.

Results: The selection of the three optimization strategies in the original communication strategy, difficulty anxiety assessment and information acceptance overload anxiety assessment analysis are shown in Table 1.

In Table 1, the evaluation values of selection difficulty anxiety and information acceptance overload anxiety of the experimental audience are 1-100. The larger the value, the higher the negative impact of anxiety. As shown in the table, the original film and television animation communication strategy has brought high choice difficulty anxiety and acceptance overload anxiety to the audience for the purpose of rapid expression and attracting audience consumption. The anxiety assessment of the communication information after the optimization strategy decreased significantly, which proved the effectiveness of the optimization strategy in alleviating the audience's anxiety. At the same time, according to the table, the