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RESEARCH ON THE INFLUENCE OF THE EXPANSION OF TRADITIONAL FILM AESTHETICS ON ALLEVIATING THE PSYCHOLOGICAL ANXIETY OF THE AUDIENCE IN THE ERA OF DIGITAL TECHNOLOGY

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Background: Anxiety is a kind of inevitable psychological experience in the situation of free choice. Some scholars believe that anxiety is a harmful reaction produced when libido cannot vent, and anxiety is a reaction produced when individuals regard conflict as a dangerous or unpleasant signal. Anxiety is regarded as a kind of nervous and restless subjective emotional experience, which is often accompanied by anxiety, irritability, impulse and other psychological states as well as corresponding physiological reactions. It can be triggered by uncertain situations or specific threatening situations. The study of anxiety classification is a process of gradual improvement. In recent years, various problems caused by college students' anxiety are common, which has attracted the attention of many researchers. Research shows that the anxiety level of social groups is getting higher and higher, and the mental health status is also decreasing year by year. It can be seen that anxiety has become one of the important obstacles to people's mental health. In response to people's anxiety, researchers investigated the effectiveness of various intervention methods, including group psychological counseling, sports, mental health education, reading therapy and biofeedback therapy. These methods mainly change people's psychological state through the intervention of anxiety cognition, emotion and behavior. The research shows that although these interventions are helpful to alleviate people's anxiety level, they are limited in controlling debugging time and rebound speed. At present, the intervention research on anxiety focuses on medical psychological nursing, and the intervention research specifically aimed at film audiences is relatively few. In addition, most of the anxiety related studies use a single research tool, and the research results are scattered and lack of certain contrast; In particular, the intervention studies on anxiety did not strictly distinguish between state anxiety and trait anxiety, and the vast majority of studies focused on a certain type of anxiety, such as test anxiety or social anxiety. This is not in line with the reality. From the experience of psychological counseling, people often experience more than one type of anxiety over a period of time. Therefore, it is necessary to improve the intervention research on anxiety in the above aspects. The development of high-tech film, especially the application of digital technology in film production, is the new trend of film technology development and the result of the concept change of the combination of science and art under the condition of post-industrial revolution. The Internet provides faster, more comprehensive and richer teaching contents and means, and is also conducive to the expansion and integration of professional teaching. In the digital technology era, the expansion of traditional film aesthetics can become a new means of psychological counseling and treatment, which has its unique advantages.

Objective: Today, film has become an important part of contemporary college students' campus cultural life. In the era of digital technology, the expansion of traditional film aesthetics is very suitable for college students and can be accepted by college students. Secondly, the therapy is novel and interesting, which can greatly improve the participation of the treatment object. Finally, its comprehensive characteristics make it widely applicable to all kinds of people and psychological problems. Considering some of the above factors, this study aims at the expansion of traditional film aesthetics in the digital technology era, takes the anxiety of college students as the research content, and examines the impact of this therapy as an intervention on college students' anxiety.

Subjects and methods: In this study, 400 college students with mental anxiety in a domestic university were selected as the research objects. The traditional film aesthetics extended education model was used to teach all college students. Before and after teaching, the mental anxiety and depressive symptoms of college students were evaluated by Self-rating Anxiety Scale (SAS) and Self-rating Depression Scale (SDS). Relevant data are calculated and counted by Excel software and SPSS20.0 software.

Results: As shown in Table 1, in terms of SAS scale and SDS scale scores, the scores after the application of the extended education model of traditional film aesthetics were significantly lower than those before the intervention ($P < 0.05$).

Conclusions: In the era of digital technology, the expanding education mode of traditional film aesthetics applied to the psychological health education of the audience will certainly promote the

development of social psychological health education, make the psychological health education become a life oriented and life-oriented education, and become a real education that goes into the hearts of the audience. In the future practical work, according to the actual characteristics of the audience, it is necessary to further study the connotation, mechanism and form of the expansion of traditional film aesthetics, and try to explore a more scientific treatment mode through the comprehensive use of the expansion of traditional film aesthetics and other psychological counseling technologies, so as to add to the psychological health education of the audience.

Table 1. Scores of anxieties and depression of college students before and after teaching

Scoring method	Intervention time	Score
SAS	Before	54.79
	After	43.51
SDS	Before	56.62
	After	42.64

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INVESTIGATION AND ANALYSIS ON THE DEMAND OF COLLEGE STUDENTS' READERS FOR LIBRARY MENTAL HEALTH RESOURCES – A CASE STUDY OF HAINAN UNIVERSITY LIBRARY

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Background: At present, college students are facing more and more employment pressure and social pressure, as well as more and more challenges and difficulties. As a result, college students are very easy to encounter various setbacks in the university, resulting in certain psychological diseases. In order to relieve the pressure in their hearts, college students will choose the principle of proximity and self-help psychology to find relevant psychological books in the university library for reading, so as to relieve and release the pressure. In order to reduce and relieve the pressure on students, colleges and universities should actively carry out mental health education, and establish a mental health education system with multi department participation, multi-channel guidance, multi-form education, multi-faceted consultation and multi-method self-help. As the information center of campus culture, university library has the advantage of rich collection resources. It can help college students conduct psychological counseling and improve their personality from the perspective of reader psychology. In order to understand the university students' utilization of the library, the students' current main psychological puzzles, the students' demand for mental health resources and the effect of the library in serving the readers, this time, a survey was conducted on the students' demand for mental health resources in a university to master the students' demand tendency for mental resources. It provides reference for the library to formulate collection strategies on mental health resources and further improve mental health education.

Objective: In the circulation department, journal department and students' dormitory of a university library in Hainan, the paper questionnaire and random sampling survey were used to investigate and analyze the library mental health resource needs of students of each major.

Subjects and methods: A total of 5000 questionnaires were distributed to students of 63 majors in the University by random sampling survey, and 4865 questionnaires were recovered, with a recovery rate of 97.3%. There were 4796 valid questionnaires, and the effective recovery rate was 98.6%. The survey objects involved in each major of the University, and the survey results are representative. The contents of the questionnaire include students' utilization of the library and their psychological puzzles. The focus of the survey is the reading tendency of college students' psychological resources books and the proportion of existing psychological resources books in the library. The survey used Excel software for data statistics and processing.

Results: Studying the reading tendency of college students' psychological resources books can analyze their demand tendency. Combined with the proportion of existing psychological resources books in the school library, the collection structure of the library can be improved to meet the reading needs of students. Statistics are shown in Table 1.