

RESEARCH ON THE INFLUENCE OF CULTIVATION AND INNOVATION OF CERAMIC ART AND DESIGN EDUCATION ON ALLEVIATING AUDIENCE'S PSYCHOLOGICAL ANXIETY

Enze Chen¹, Hui Yu^{2*}, Yao Chen¹ & Zhenyu Qi³

¹*Dankook University, Yongin 16890, South Korea*

²*Nanchang University, Nanchang 330000, China*

³*Hubei University of Technology, Wuhan 430068, China*

Background: Modern medicine believes that anxiety is related to genetic factors. Anxiety disorder can be found in the families of patients with anxiety disorder. It is an organic disease with physiological and biochemical abnormalities in the brain, especially in the amygdala, hippocampus, hypothalamus and frontal cortex. The role of other brain structures in the development of anxiety. The physiological changes of anxiety disorder are generally characterized by hyperactivity of neural activities, but these physiological changes are not unique to anxiety disorder, so they may also be the result of the disease rather than the cause. In short, the clinical manifestations of anxiety disorder are chronic anxiety disorders such as tension, excitement of autonomic nerve function and excessive vigilance, accompanied by a series of symptoms such as muscle tension, autonomic nerve disorder and exercise anxiety, which last for a long time. It is generally believed that over compensation for negative emotions can lead to anxiety disorder. With the development of social economy, people's life and work pressure is increasing. The incidence rate of anxiety disorders is also increasing. It should be pointed out that mild anxiety has a positive impact. It can stimulate spirit, improve attention and make talents think quickly. However, excessive anxiety can inhibit the brain and confuse people all day. In modern society, due to the increasing social competition, anxiety has become a common problem in daily life. Audience anxiety belongs to the category of mental illness. The tension and fear caused by failing to achieve their goals or overcome external threats will not only frustrate the audience's self-esteem and self-confidence, but also distract the audience's energy and attention, thus affecting the healthy life of sports mobilization. From the physiological level, the increase of anxiety value is the result of interfering with brain memory and thinking, making the audience show anxiety, tension, indecision and uneasy emotional changes. Anxiety can lead to neurological dysfunction, mental illness or abnormal anxiety. However, if these performances are excessive, they will evolve into anxiety disorder, which will bring great inconvenience and trouble to the audience's body and mind and learning. In short, the original meaning of audience psychological anxiety has a certain diversity, including external and internal factors. The former mainly refers to the complexity of interpersonal communication, the sense of urgency and oppression of learning tasks, and the acceleration of the pace of life and learning. The latter mainly refers to the audience's inner fear of career, self-doubt and denial, and confusion about the future. Audiences with psychological anxiety disorder often have a one-sided understanding of their psychological problems and are difficult to get timely and effective psychological counseling, which has a great negative impact on their physical health and daily study and life.

In the long river of human history, Chinese ceramics, with its profound cultural heritage and unique forms of expression, has become a bright flower in Chinese and even world culture. Among them, the rich remain of ceramic art works reflect the brilliance of a culture. Chinese ceramics are not only historical material evidence, containing the extraordinary wisdom and brilliance of the Chinese nation, but also show the spiritual world of the times in a "meaningful form" and reflect the brilliance of oriental civilization. The long history of Chinese ceramics is like flowing clouds and flowing water, which connects the synchronous movement of heaven, earth and man. The evolution of ideological history, the rise and fall of Confucianism, Taoism and Buddhism, and the rise and fall of economy have all played a role in promoting, catalyzing and hindering the construction of Chinese ceramic system. It can be said that Chinese ceramic art is an art bred and grown up in Chinese traditional culture and the epitome of Chinese national culture. In the long historical process, the development of ceramic education has always followed an ancient way of education. The inheritance of technology and art is passed from parents to children in the family, or from masters to apprentices in the workshop. However, this way of education is too backward and outdated, and has a great negative effect on the dissemination of ceramic art. In view of this, this paper constructs an innovative education model of ceramic art design based on psychological analysis, which aims to expand the communication influence of ceramic art, effectively alleviate the anxiety of the audience, and point out the direction for the audience's life and learning.

Objective: In order to alleviate the anxiety of the audience, this paper constructs an innovative education model of ceramic art design based on psychological analysis, which aims to dredge the anxiety of the audience and point out the direction for the audience's life and learning.

Subjects and methods: 300 audiences were randomly divided into control group and experimental group,

with 150 in each group. The control group implemented the traditional education mode, and the experimental group implemented the innovative education mode of ceramic art design based on psychological analysis for 3 months. Then, combined with the Self-rating Anxiety Scale (SAS), the audience's anxiety is measured. The higher the score, the more serious the audience's anxiety psychology is. Finally, a comparative analysis of the two groups of audience anxiety psychological improvement.

Methods: Complete the data analysis through SPSS23.0 data statistical analysis software.

Results: Table 1 shows the improvement of anxiety psychology of the two groups of audiences. Compared with the control group with routine education, the experimental group with innovative education mode of ceramic art design based on psychological analysis improved the anxiety psychology of the audience more significantly, and there was significant difference between the two groups ($P < 0.05$).

Table 1. Improvement of anxiety psychology of the two groups of audiences ($n=300$)

Factor	Control group ($n=150$)	Experience group ($n=150$)	<i>P</i>
Somatization	2.75±0.61	1.66±0.61	0.00
Obsessive compulsive symptoms	2.69±0.59	1.52±0.60	0.00
Interpersonal sensitivity	2.47±0.43	1.39±0.43	0.00
Depressive status	2.54±0.55	1.45±0.56	0.00
Anxiety state	2.75±0.61	1.25±0.43	0.00
Hostile situation	2.69±0.59	1.43±0.57	0.00
Psychological state of terror	2.47±0.43	1.28±0.43	0.00
Paranoid mental state	2.54±0.55	1.66±0.61	0.00
Psychotic	2.75±0.61	1.52±0.60	0.00

Conclusions: In order to alleviate the anxiety of the audience, this paper constructs an innovative education model of ceramic art design based on psychological analysis. The results show that compared with the control group adopting conventional education, the experimental group implementing the innovative education mode of ceramic art design based on psychological analysis has a more significant improvement in the anxiety of the audience. Therefore, it can be said that the innovative education mode of ceramic art design based on psychological analysis has high theoretical and practical value.

* * * * *

RESEARCH ON THE INFLUENCE OF THE INTEGRATION OF YIMENG SPIRIT INTO IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON ALLEVIATING COLLEGE STUDENTS' PSYCHOLOGICAL PRESSURE

Fengqin Chen

Qilu Normal University, Jinan 250013, China

Background: Psychological stress refers to physiological changes and emotional fluctuations caused by changes in the external environment and internal state of the body. There are many factors leading to psychological stress, and their sources and properties are different. It may come from society or family. It may be pleasant or unpleasant. It can be beneficial or harmful. In any case, people always have to adopt a certain attitude to adapt to pressure. Pleasant and beneficial psychological stress generally does not harm people's health. Temporary psychological pressure does little harm to people's physical and mental health, but long-term psychological pressure will lead to excessive physiological response. If you do not actively overcome unpleasant and harmful psychological pressure, it will often lead to various diseases. Stressors include: biological stressors: physical trauma or disease, hunger, sexual deprivation, sleep deprivation, noise and temperature changes. Psychological stressors: wrong cognitive structure, personal bad experience, moral conflict, bad personality and psychological characteristics. Social environmental stressors: pure sociality. Interpersonal adaptation problems caused by their own conditions. The production process can be divided into three stages: stress response stage, gain and loss stage of intermediary system, and clinical stage: timely symptoms and delayed symptoms. The mediating system of stress is composed of three subsystems: cognitive system, social support system and immune system. Among them, the cognitive system is to evaluate the nature and controllability of stress and affect people's self-control of behavior. The social