

we can create a good classroom atmosphere, stimulate students' enthusiasm and alleviate classroom anxiety. With the encouragement and help of teachers, college students' anxiety psychology continues to ease, students' academic performance is significantly improved, and students become confident.

* * * * *

THE INFLUENCE OF THE CONSTRUCTION OF RED CULTURE IN UNIVERSITY LIBRARY ON COLLEGE STUDENTS' READING ANXIETY

Hui Yang, Yan Chang, Shaohua Du & Cuiping Yang

Library, Shandong Youth University of Political Science, Jinan 250103, China

Background: Anxiety is a kind of negative emotion, which includes anxiety, panic and other emotional components. Individuals will have anxiety due to crisis situations or difficult events. When things are solved, this emotion will usually be eliminated. Some individuals will produce anxiety without clear reason, and this anxiety is persistent and often lasts for a long time. People with this anxiety feel inexplicably that they will face great disaster, worry that they will suffer from incurable and serious diseases, and feel panic and restless all day. This anxiety is abnormal and a manifestation of mental illness. In the process of crime and trial, there will also be anxiety, and even emotional and emotional disorders. Anxiety can be divided into realistic anxiety and pathological anxiety. The former is the emotional response to the real potential threat or challenge, which can adapt to the fact of the real threat. The degree of the fact threat is consistent with the severity of anxiety. The latter is due to the continuous, no specific reason, no realistic basis, and subjective pain and sports anxiety.

With the advent of the Internet age, the way college students obtain information has changed greatly, from the previous text acquisition to today's image acquisition, and the media of information has changed from paper to network-based. Different from reading text, reading pictures does not need a clear purpose and psychological expectation. College students can browse images according to their preferences. Browsing images for a long time will obtain a sense of satisfaction for college students, which has also become one of the main ways for college students to entertain and entertain. At the same time, because they are used to reading pictures to obtain information, college students show a sense of resistance to reading materials and will not have the patience to turn over the contents of the article page by page. This reading method often requires them to calm down and spend time reading. This mentality is lacking in college students. In the face of these generalized and fragmented information, college students will show a kind of easy annoyance, reading anxiety and irritability, there will be resistance unconsciously. Under the impact of western culture, grass-roots culture and grey culture, China's red culture tends to fade out of people's sight. Especially for college students, some students do not know much about some familiar historical events, which has a great impact on the inheritance of red culture. For university libraries, if they want to continue to inherit the red culture in colleges and universities, they need to make changes in combination with the current actual situation in order to bring new vitality to the development of red culture.

Objective: To understand the current reading situation of college students, their understanding of red culture and ways of understanding, and to analyze the manifestations and causes of college students' reading anxiety. On this basis, carry out the construction of red culture in university libraries, take into account the reading habits of college students, make red culture micro class videos, attract more students to understand red culture, and establish corresponding network culture platforms to facilitate students to watch red culture micro class videos at any time, stimulate their emotions towards red culture and alleviate college students' reading anxiety.

Subjects and methods: The research objects were college students. 310 college students were randomly selected from three universities to understand their personal information, daily reading habits and their views on red culture, and analyze the causes of students' reading anxiety. The relevant strategies for the construction of red culture in university library are implemented for these students for two semesters, during which the relevant data of students are recorded. Using fuzzy evaluation, this paper studies the changes of students' reading anxiety before and after the construction of red culture in university library and the impact of relevant construction strategies on them. It adopts grade 1-5 score. The higher the score, the heavier the degree. SAS software is used to process the data.

Results: With the continuous development of network technology, great changes have taken place in the reading mode of college students. Reading pictures has become their habit. Many students have anxiety in reading articles and are unwilling and impatient to read articles, which has a great impact on the

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