

Relationship between Aesthetic Experience and Anxiety Level of Middle School Students

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Abstract. In the contemporary society of aesthetic daily life, people not only examine commodities, environment and life with a stricter "aesthetic" vision, but also observe others and themselves, so that modern people's attention to appearance is beyond the past, which brings a series of problems of aesthetic value orientation. As middle school students, they are in the peak of psychological fluctuation in life, so the relationship between aesthetic experience and anxiety level is more worthy of study. This paper takes middle school students as the main research object to explore the relationship between their aesthetic experience and anxiety level.

Keywords: Middle School Students; Anxiety Level; Aesthetic Experience.

1. Introduction

In recent years, hot words such as "facial anxiety" have repeatedly appeared in various forms on social media, which has a negative impact on the aesthetic experience of high school students [1]. "Appearance anxiety" refers to a lack of confidence in one's appearance in an environment that amplifies "appearance level." In the current discourse logic of "appearance level is justice", "appearance anxiety" has gradually derived into a social focus problem [2], which makes high school students in the new era unconsciously fall into the aesthetic dilemma.

In 2021, Chinese media surveyed 2,063 high school students nationwide on the topic of "face anxiety." The results showed that 59.03% of high school students had some degree of facial anxiety, and the proportion of severe facial anxiety in boys was higher than that in girls, while the proportion of moderate anxiety in girls was higher than that in boys [3]. Psychological studies have found that women suffer more from facial anxiety than men. At the same time, face anxiety presents a certain degree of age structure stratification, with face anxiety problems often in the young people in their 20s. As the silhouette of high school students' aesthetic perception, the "appearance anxiety" caused by excessive attention to "aesthetic experience" reflects the existing problems of contemporary high school students' aesthetic perception [4]. Therefore, it is worth studying how to solve the problems mentioned above.

2. The Anxiety Caused by Aesthetic Experience

Excessive pursuit of "perfectionism", falling into the dilemma of inferiority. High school students are in the self-concept of the conscious development period, by "Yan Under the influence of the public opinion of "value first" and the pursuit of the image of "high appearance level", high school students form and strengthen the self-cognition of "I am not good-looking"[5]. The distorted self-cognition leads high school students to excessively pursue the perfection of their appearance. On this basis, a major contradiction between "idealized self" and "realistic self" has gradually emerged in high school students' appearance cognition. "Idealized self" is the subjective shaping of self-appearance, and "realistic self" is the objective presentation of self-appearance.

The collision between ideal and reality makes high school students have a sense of difference. High school students can't accept this difference and then accept themselves negatively. They take the "ideal standard" as the basis to judge their "defects", and then fall into "appearance anxiety". The excessive pursuit of self-appearance makes these high school students' psychological quality level

lower, lack of confidence, eager to be recognized by others but afraid of not being respected by others, and ultimately suffer from inner inferiority, causing irreparable psychological damage [6].

Desire to achieve "ideal self", blurred self-positioning. When high school students have a sense of difference between "ideal self" and "real self", they will further form the motivation to eliminate this sense of difference, which motivates high school students to embark on the road of "redemption" in pursuit of "ideal self". More and more high school students choose to have plastic surgery in order to have the so-called "standard beauty", not hesitate to take pain and risks, and even carry heavy debts because of their lack of spending power; because of the extreme aesthetics of "either thin or die" Impulsive consumption when applying for a card, using unscientific methods such as excessive fitness to manage your body, causing serious physical and mental health problems; trying your best to cover up your "defects" with "popular makeup", deviating from your true self, and unable to face yourself after makeup removal[7]. The external image that high school students aspire to have is influenced by external pressure, and it is a manifestation of looking at themselves with the standards of others. The excessively "idealized" aesthetic pursuit causes high school students to view themselves with a deformed aesthetic mentality, blurring their true and objective positioning, and finally falling into a whirlpool of anxiety.

Widely recognized "appearance level first", narrow aesthetic vision. The aesthetic orientation of "appearance level first" and the worship of simple aesthetic standards lead to the deviation of the aesthetic emphasis of high school students, who pay too much attention to the external, ignore the improvement of their intrinsic value, and superficial aesthetic pursuit. Encouraged by this trend, "appearance level is justice" has become the life creed and unremitting pursuit of countless high school students. This superficial pursuit gradually makes high school students fall into self-trouble and bear the pressure of imprisonment. For example, high school students gain self-satisfaction by "upgrading" their appearance. Post the beautified photos on social platforms to seek recognition from others with the "perfect persona" presented; When I see a topic, picture or video about my appearance level, I subconsciously compare it with others, which leads me to think that I am inferior to others, and I fall into a spiral of jealousy. Finally, the theory of "only appearance level" has impacted the mainstream aesthetic discourse, diluted or even eliminated the positive aesthetic value orientation of high school students, narrowed the aesthetic vision of high school students, resulting in a one-sided view of social problems, and lost the ability to objectively judge problems.

3. Analysis of the Causes of Anxiety Caused by Aesthetic Experience

Maslow believes that the need for beauty has to do with the image of the person, and that beauty helps people become healthier. However, the cultural values of "appearance first" are making high school students lose in the enjoyment of sensory beauty gradually, and the paralysis of utilitarian beauty and superficial beauty is eroding the aesthetics of high school students. As Baudrillard puts it in *The Consumer Society*: "Just as the Wolf child becomes a Wolf by living with a Wolf, so we ourselves gradually become a functional human being." Only by revealing the driving force behind "appearance anxiety" can we seek targeted relief measures and help high school students get out of the aesthetic dilemma [8].

On the one hand, in the "virtual world", "filter" survival has become the norm. When the interactive social behaviors such as like, comment and forwarding become the necessary social activities for high school students, they also put the "beautiful photos" carefully polished by the beauty camera into the "information cocoon room" where high school students live. High school students gain a virtual sense of security in the social world beautified by the filter [9]. Recording the real self is no longer the only way for high school students to find, but more is to be immersed in the "virtual world" to restore the "ideal self" carnival. The sensory image of being white, beautiful, handsome and fresh has been constructed as a kind of body political discourse. High school students compare the polished and modified "beautiful photos" with their true self-image, and take the "appearance level" as the standard to judge others. As a result, the filtered way of social survival blurs the boundary between reality and

ideal. When high school students jump out of the "safety barrier" created by them and find that there is a difference between the real self and the ideal self and the "perfect image" presented by Internet bloggers, "appearance anxiety" is easily amplified instantly.

On the other hand, high school students lack of experience, aesthetic cognition is intuitive and simple. High school students have a keen perception of beauty [10]. After the baptism of heavy learning tasks, high school students are eager to show their personality through dressing up, which shows that they are eager to develop themselves, realize their own value and pursue aesthetic appreciation, which is worthy of praise. But as the matrix of mass culture, all kinds of the aesthetic elements based on the public identity has had a great impact on their aesthetic perception, lack of experience, high school students lack of discrimination of all kinds of aesthetic elements, vulnerable to the negative information, some high school students too much pay attention to their appearance and neglect the internal value of self to ascend, for "what is real beauty?" Lack of rational and profound thinking, without their own depth of thought, aesthetic and weathering phenomenon is prominent, constantly produce "if only my nose is higher" and other problems. The aesthetic perception of high school students is gradually deformed, and finally the sensibility oversteps the rationality, and it is difficult to resist the tide of "appearance anxiety", so that the active aesthetic cognitive activities are gradually added with invisible "shackles".

In addition, unscrupulous media weakens positive aesthetic values and promotes the spread of deformed aesthetics. The new media era has provided various media with a more free and broad space for development. However, in the face of fierce market competition, some unscrupulous media are shifting their positioning from authoritative information propagandists to appearance in order to win more clicks. Supremacy inducers make the high school students exposed to them the victims of misguided aesthetics. For example, they tend to attract people's attention with titles with words like "little freshman" or "first love face", and when this aesthetic is over-hyped as an ideal aesthetic standard, high school students gradually become mentally and physically Passive acceptance begins to fall into self-doubt, resulting in "appearance anxiety", which makes the aesthetic standards of high school students present a trend of homogenization. At the same time, unscrupulous media is also based on big data analysis, and continuously pushes sensory "perfect images" to users through fragmented forms. Seeing the long legs and handsome appearance on the screen is easy to compare with oneself, and use this as a standard to judge self "defects", blindly call one's unique characteristics "defects", and finally sensibility surpasses rationality, which makes some high school students downplay or even dissolve the aesthetic education they originally received.

4. Conclusion

From the perspective of the main body of education, first, we must correctly view the emerging aesthetics of high school students. High school students, as a new force of the new generation, have some emerging concepts that are worthy of recognition. This is not only an inevitable need for the continuous updating and development of aesthetic education, but also an inexhaustible driving force for the continuous updating and development of aesthetic education. Second, it is necessary to reasonably meet the aesthetic needs of high school students. "Everyone has the love of beauty", but the "principle of moderation" is very important in aesthetic education. Excessive pursuit of beauty will generalize the subculture of "beauty is justice" and make the pursuit of beauty a superficial and vulgar behavior. Only by following the "principle of moderation" and reasonably satisfying the aesthetic needs of high school students can aesthetic education be properly played. effect. Third, we must consciously improve our aesthetic pursuits and update our aesthetic concepts in a timely manner. Mastering a solid theoretical basis is the basic requirement of the subject of education. Educators should take a solid theoretical basis as the premise to carry out aesthetic education activities and continuously improve their aesthetic quality. It is necessary to keep pace with the times and actively absorb the mainstream aesthetic culture of the society, and update the aesthetic concept in time. Use timely aesthetics and their own personality charm to guide high school students to pay attention to

both internal and external cultivation, use the correct "beauty" to understand the world, help high school students to enrich their spiritual world, and improve the effectiveness of aesthetic education.

From the perspective of educational objects, first, high school students should view themselves from a comprehensive and objective perspective and correct their aesthetic attitude. The deviation of self-awareness is one of the causes of "appearance anxiety". High school students need to be based on themselves and face up to themselves comprehensively. Inadequate correction, continuous improvement. Second, high school students should improve their aesthetic discrimination ability and treat aesthetic trends rationally. The current aesthetic trend reflects the narrowness of aesthetic orientation. High school students need to be treated rationally and not be led by vulgar and one-sided trends; on the basis of fully absorbing the aesthetic education content that conforms to the mainstream values of society, improve the ability of aesthetic discrimination, to overcome blindly following trends and comparisons, and adhere to the correct aesthetic orientation. In short, high school students should enhance their self-confidence and understand that appearance does not mean everything. Elegant demeanor, confident conversation, and rich knowledge content are far more important than appearance, and can bring a lasting sense of happiness and achievement. Don't fall into the predicament of inferiority because of a temporary deformed aesthetic value orientation and prevent yourself from moving forward footsteps.

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