

periodicals in silence; watching TV; sitting inactive in public places (such as theater or meeting); taking a car to ask > 1 h. There is no rest in the middle of the meal: stay in bed in the afternoon if the environment permits; sit and talk with others; do not drink alcoholic drinks at lunch and sit quietly after the meal; stop for several minutes in case of traffic jam. The results were scored according to the 4-level scoring standard of 0-3 points. 0 points indicated never dozing; 1 point indicated mild dozing; 2 points indicated moderate dozing; 3 points indicated severe spitting. The total score range was 0-24 points. If the score was ≥ 0 points, the patient could be considered as abnormal sleepiness.

Methods of statistical analysis: The measurement data obtained in this study are expressed as $(X \pm X')$. SPSS 13.0 statistical software package is used for data analysis. The measurement data are first tested for homogeneity of variance. The training data of normal distribution are compared with t test, and the counting data are compared with X test. $P < 0.05$ indicates that the difference is statistically significant.

Results: 200 patients with sleep disorders were randomly divided into 4 groups, 50 in each group. Each group was treated with music therapy, psychotherapy, music psychotherapy and no operation for 3 months. The results are shown in Table 1.

Table 1. Analysis of curative effect of different methods on patients with sleep disorders.

Group	Number of people	Gender (male / female)	Course of disease (years)	Effect score
Control group	50	27/23	6.12±6.87	20.84±2.16
Music group	50	21/29	6.33±7.53	19.57±6.53
Psychological group	50	22/28	6.67±6.87	18.37±2.32
Combined treatment group	50	26/24	6.42±7.27	12.57±8.13

According to the results of Table 1, for the control group without any operation, the curative effect score of sleep disorder patients was 20.84±2.16; for the music therapy group, the curative effect score of sleep disorder patients was 19.57±6.53; for the psychotherapy group, the curative effect score of sleep disorder patients was 18.37±2.32, while for the combined treatment group, the curative effect score of sleep disorder patients was 19.57±6.53, 12.57±8.13. This method can effectively improve the effect of patients with sleep disorders, indicating that music psychological combined therapy can achieve better curative effect.

Conclusions: In this paper, music therapy and psychotherapy were used to treat patients with sleep disorders for a period of 6 months. The experimental results show that this method can effectively improve the sleep quality of patients, and has good clinical effect.

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INTERVENTION EFFECT ANALYSIS OF CLASSICAL MUSIC IN THE TREATMENT OF MENTAL ILLNESS

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Background: Music therapeutics is a new and interdisciplinary subject integrating music, medicine and psychology. It is the application and development of music outside the traditional art appreciation and aesthetic field. Music intervention therapy refers to the use of music based on the theory and method of psychotherapy, physiological and psychological effects. With the participation of music therapists, the patients can experience music experience, eliminate psychological barriers, and recover or improve their physical and mental health. However, in music, classical music is different from popular music and folk music because of its complex and diverse composing techniques and the heavy connotation it can carry. Therefore, we can consider the use of classical music in the treatment of mental illness. Because classical music can give people a powerful form of sensory stimulation and multiple sensory experiences. Music can give people a variety of stimuli, such as auditory stimuli, tactile stimuli, visual stimuli, kinesthetic stimuli, and classical music structure experience can be a long time to attract and maintain people's attention, promote people's attention. Different classical music can make people have different physiological reactions, different music can also cause different emotional reactions. Music can help establish a good relationship between doctors and patients. Music can also serve as an effective medium to help those who withdraw from reality and society to return to the real world and establish contact with the outside world. Most people with mental health problems must first accept themselves correctly before they can

successfully make the right connections to the outside world. Classical music can be a medium for one's self-expression, enriching one's emotions and promoting one's self-growth.

Subjects and methods: In this study, the method of music interventional therapy was accepted type music therapy. It was through listening to music, using music-muscle relaxation training and music-imagination to cause various physiological and psychological experiences.

Study design: Through active and passive relaxation training, the subjects gradually shorten the time of relaxation of musicality muscle after they are familiar with the relaxation essentials so as to enter the relaxation stage in a short period of time. Under the guidance of the therapist, the subjects practiced relaxing and tensing, and the different parts of the body were trained to experience different sensations of relaxation. After repeated practice, the music became a conditioned response to relaxation. Music imagination refers to the free imagination in the background of special music. Guided music imagination refers to the whole process in which the therapist chooses music, sets imaginary scene, and guides and controls musical imagination. Through the method of music imagination to guide people to imagine the beautiful things, the situation, enhance their ability to bear and actively cope with the pressure.

Methods: Randomly selected a psychological hospital 60 subjects, which are voluntary participation. Complete the Symptom Checklist anonymously before the test. The main psychological problems of the subjects included: (1) Stress reaction, which mainly manifested as mild emotional tension, hypersensitivity, fatigue and weakness; and depression, anxiety, and autonomic neurological dysfunction, etc. (2) Adaptation to adverse reactions, mainly manifested in depression, worry, anxiety, etc.; some individuals even have behavioral disorders. After introducing the characteristics of music and the role of music therapy, the subjects were given a Symptom Self-Rating Scale. After completing the questionnaire anonymously, the data were retrieved and analyzed. The effect of music intervention therapy was evaluated by comparing the data before and after music intervention therapy with symptom scale.

Results: Before and after the test, the data of SCL-90 were compared, and the results of SCL-90 were as shown in Table 1. It can be seen that the subjects' comprehensive scores decreased. Thus, the use of classical music songs for music intervention therapy has achieved certain results, can effectively solve the mental health problems of the subjects.

Table 1. Symptom self-rating scale data for subjects before and after testing.

	Mean	n	St.Deviation	Std.Error Mean
Score before classical music intervention	68.97	60	25.41	6.25
Score after classical music intervention	59.42	60	28.57	4.68

Conclusions: Music does play an important role in the treatment of modern mental and physical illnesses. Patients with mental illnesses can gain health from classical music and get rid of stress. But music cannot be treated as the main method, it is an auxiliary therapy on the basis of medicine, psychology and cannot exist independently, the three of them are closely related to each other and cannot be separated. Only when the three are better combined can the best effect be achieved, giving everyone a healthy and happy life.

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ROLE OF COLOR PSYCHOLOGY IN ART DESIGN

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Background: Color is regarded as a natural phenomenon from the analysis of natural principles. Its production is the result of the interaction of light, object and vision. In the history of human social development, color brings people a strong visual impact, but also to the hearts of people have a subtle implication, let a person remember. Therefore, the role of color is not only intuitive feelings, but also manifested in the psychological, color can even change people's emotions. Only a profound understanding of the psychological role of color, in order to comprehensively use color to create a more excellent works. Reasonable play to the role of color psychology in the design of art products has a positive impact on stimulating the purchase desire of consumers and increasing the economic efficiency of enterprises. With the wide application of color psychology in various fields of modernization, the information transmitted in the design of art products shows strong attraction, which not only further increases the added value of