

children's innocence, but also bright colors will be filled with hope and vitality. For children with weak personality and too introverted, it is advisable to use contrasting colors to stimulate nerve development. For children who are too irritable, elegant colors can help shape a healthy state of mind.

(3) A sense of security in the layout.

From the psychological perspective, it is not that the more open, the wider the better, the arrangement of furniture can make people feel open or squeezed, and the arrangement of furniture also affects interpersonal communication. For example, the arrangement of sofas in the living room will also affect the relationship between people. The "U" shape arrangement is conducive to conversation, the "one" shape arrangement reduces the effect of communication, and the "C" arrangement creates a sense of security. Different settings will affect the emotional exchange and communication between family members and between the subject and the guest.

**Methods:** Using methods such as field surveys, observation of behavior characteristics, and interview forms, the user's needs are analyzed, key factors are extracted, and the questionnaire form is finally determined. In the questionnaire answer design, the respondents' satisfaction with each space is divided into five evaluation criteria: very dissatisfied, less satisfied, general, relatively satisfied, and very satisfied. Their corresponding order scales are 1, 2, and 3, 4, 5, 1 is very dissatisfied with the lowest score, 5 is very satisfied with the highest score.

**Results:** Compare the satisfaction levels of the respondents before and after the application of environmental psychology in interior design. The results are shown in Table 1.

**Table 1.** Comparison of satisfaction levels.

Indoor area	Before application	After application
Porch	2	5
Master bedroom	2	4.5
Second bedroom	1	5
Bathroom	3	4.5
Children's room	2	5
Living room	1.5	5
Kitchen	2.5	4

Analyzing the results in Table 1, it can be seen that after applying environmental psychology to interior design, the respondents' satisfaction with various indoor spaces is higher than before applying environmental psychology to interior design. Among them, the entrance, second bedroom, and children's room and the living room has reached the highest level, which shows that the scientific and reasonable use of environmental psychology can not only create a wonderful atmosphere, but also enhance the overall decorative effect of the interior.

**Conclusions:** Environmental impact is not a decisive factor, but it is subtle. In fact, a good interior design must take environmental psychology as the starting point to reflect the human-oriented design concept in a true sense. Designers should pay attention to the psychological characteristics and behaviors of people when designing the interior environment.

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## PSYCHOLOGICAL DISPLAY OF COLOR VISION IN FLASH ANIMATION MAKING COURSE

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**Background:** With the rapid development of multimedia and network technology, multimedia information has gradually become the main form of data transmission over high-speed Internet information network. Multimedia information includes image, audio and video information, etc. Image is a significant form of expression, and contains a wealth of emotional information. In recent years, Flash animation is popular on the Internet and widely used in education and teaching in the form of multimedia. It contains a large amount of animation on screen, screen form, content, rich in emotional expression. Flash technology and animation formed by the combination of Flash animation more and more widely into people's learning,

entertainment and other aspects, become a part of people’s work and lives, welcomed by the people. The rapid development of animation, animation design tools put forward higher requirements, more powerful, more convenient design of the animation design tools also came into being. Flash is an animation design software, it can be a variety of elements and content (such as sound, animation, etc.) together into a whole, so that the resulting Web page has a dynamic, better results.




Color is an important part of our living environment, we can use color to create a rich visual space, with the language of color to communicate with consumers. Through the study of the visual psychology of color, color visual effects enhance the added value of products and services, so that it is reflected in the Flash animation production courses. Color psychology is the subjective reflection of the objective world. The light information of different colors acts on the visual organs of human beings, and forms a series of color psychological responses through thinking, memory and experience after being brought into the brain through the visual nerve.

**Objective:** Flash animation is basically a movie format. The movie format is interactive and vector-based. It is actually a fusion of various elements and effects, and it shows some semantic information through the content and information. With the development of multimedia technology, Flash animation, which combines Flash technology and animation, has become a part of people’s work and lives, and is welcomed by people. This paper analyzes the psychology of color vision application in the animation making course to provide some ideas for improving the teaching method of Flash animation making course.

**Subjects and methods:** Based on the analysis of the emotion of the Flash animation image sample base, 7 kinds of emotion adjectives are used, including warmth, cheerfulness, humor, fun, dullness, breathtaking and horror. The analysis of the emotion of the image in the actual image sample base shows that these 7 kinds of adjectives can describe the emotion information expressed in the image more accurately. Quantify the degree of an emotional adjective in an image with 0-4 ratings, 0 indicates irrelevance, 1 indicates slight performance, 2 indicates general performance, 3 indicates obvious performance, and 4 indicates full performance. In order to reduce the relatively large error caused by personal subjectivity in the assessment, the results shall be determined by rounding off the scores of four laboratory personnel. For example, in terms of the emotional quantification of warmth in an image, the scores of four persons are 2, 3, 4 and 2, so the average value is 2.75, rounded off to 3, and the final quantitative value is 3. Of course, if there is a big difference, such as the difference is 3 or even greater, the results shall be re-evaluated, and the most opinions shall be adopted to make an emotional analysis table of images.

**Results:** Select 3 Flash animation images in the sample library, emotional analysis of its color vision to clear the psychological presentation of the situation, get the image emotional analysis table as shown in Table 1.

**Table 1.** Image emotion analysis table.

Image	Warmth	Cheerfulness	Humor	Fun	Dullness	Breathtaking	Horror
	2	3	0	2	0	0	0
	1	2	0	1	0	0	0
	0	2	0	3	0	0	0

**Conclusions:** Taking Flash animation picture as the research object, the color visual characteristics of the image in the image sample database are analyzed, and the psychological state is extracted. Therefore, students should not only have a certain understanding of color, but also deepen the understanding and application of color, so as to promote the positive development of animation in the field of animation design and production.

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## EFFECTS OF EXERCISE INTERVENTION ON MENTAL HEALTH OF COLLEGE STUDENTS

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**Background:** On the background of the normalization of epidemic prevention and control, the prevention and control of epidemic situation on college campuses needs to be paid high attention to continuously. Many studies show that college students' self-consciousness is not mature enough, and their choice of value and judgment lack stable and unified standards. When facing the coexistence of multiple values to society, they show more mental frustration and psychological contradiction than other groups, and the external performance is the fragile psychological state and emotional behavior of college students. As a special group, college students are concerned by society and have high family expectations. Mental stress is significantly higher than other peer groups. When they face the problems of study, interpersonal communication, emotion, employment and so on, they tend to produce anxiety, inferiority, eccentricity, melancholy and other psychological problems. Facing the increasingly prominent mental health problems of college students, to find a simple and effective way to ease the psychological problems of college students is an important issue for our higher education. Therefore, it is urgent to improve the mental health education of college students.

**Objective:** Based on teaching experiments, this study not only examined the influence of exercise intervention on mental health in general (SCL-90 total score), but also examined the influence of exercise intervention on the dimensions of mental health scale. In addition, this study also explored the moderating effects of exercise time (the time for subjects to participate in exercise in each exercise intervention), exercise frequency (the number of times of exercise intervention per week), intervention cycle (the time from the beginning of exercise intervention to the completion of all interventions, in weeks), intervention content (the items used in the exercise intervention research, such as basketball, martial arts, swimming, etc.) and other variables. Further analysis of the relationship between sports and mental health to obtain more objective results, to prove the positive effects of sports intervention on mental health. And provide scientific and quantitative basis for the rational use of exercise intervention by mental health workers in colleges and universities.

**Subjects and methods:** A total of 600 college students aged 17-23 years, including 326 boys and 274 girls, were selected for the study.

**Study design:** Using SCL-90 as the content of the questionnaire, 574 questionnaires were collected, with a response rate of 95.7%, of which 546 were valid and 91% effective. According to the questionnaire results, the students with unhealthy psychological state were divided into the observation group and a control group, among which the number of students was 216, 108 in each group of the observation group and control group. In the control group, except for normal learning, only daily physical activities were carried out, and no physical exercise was taken. The observation group was trained for 10 weeks, 3 times a week, 45-60 minutes each time. The training forms included swimming, running, basketball and so on. Exercise intensity: Maximum heart rate is generally controlled at 120-140 beats per minute. After 15 weeks, 216 questionnaires were sent out to the observation group and the control group, and 216 valid questionnaires were recovered, the effective questionnaire recovery rate was 100%.

**Methods:** SPSS15.0 software was used for statistical analysis.

**Results:** The results of the analysis of the pre-experiment and post-experiment psychological states of the students are as shown in Tables 1 and 2.

Sports are a collective activity, as a means of intervention. In the process of sports, there are both psychological activities, and interpersonal communication. Often in the case of language communication, through a look, a gesture, a movement can complete communication, produce the effect of language communication, so that those introverted, unhappy people find their own value and life fun. At the same time, the intervention method can lead the subjects to experience the pleasure of success, improve the nervous system, enhance the coordination of the cerebral cortex excitability and inhibition, enhance the balance and accuracy of the cerebral cortex nervous system, make the sense of proprioception and high sense more accurate, improve the endurance of brain cell work, promote the development of the human perception ability, and improve the flexibility, coordination and reaction speed of brain imagination.