

The results of this survey use the influence values of 1 to 5 grades and specific quantitative factors, 1 indicating irrelevance, 2 indicating slight influence, 3 indicating general influence, 4 indicating obvious influence, and 5 indicating full influence. In order to reduce the great error caused by individual subjectivity in the evaluation, the evaluation values of 1000 students are adopted and the average values are rounded off to obtain the results. The specific statistical table is shown in Table 1.

**Conclusions:** From the perspective of social psychology, positive language can promote adolescents' mental health, develop harmonious classmate relationships, communicate with parents and improve their academic performance. Sociolinguistics has overcome the effect that the traditional research method only aims at a small number of students with outstanding mental problems, and has turned its attention to stimulating the positive qualities of most students, making students realize how to explore their own advantages, how to communicate with students, how to look at and deal with students' mental problems with a positive eye, and how to correct, develop and supplement the traditional education mode of mental health of adolescents can effectively promote the mental health status of adolescents based on positive mental quality.

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## VISUAL EMBODIMENT AND VALUE OF COLOR PSYCHOLOGICAL EFFECT IN PHOTOGRAPHIC CREATION

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**Background:** Color, with all kinds of temptation leads humans to dig, to discover. Our ancestors have learned to paint their living spaces with colors from nature to make the environment more beautiful. People will have personal likes and dislikes for color. People will always pay attention to their favorite color, and have a special feeling for this color. The color that oneself like at the same time can bring a sense of security to you, let a person restore ego. In natural appreciation and social activities, color is a kind of stimulation to people objectively, and is reflected as a psychological reaction and behavior subjectively. Color psychology starts from vision and goes through a series of complex reactions and changes such as perception, emotion, memory, thought and symbol. When we design the colors in photographic creation, we should not only complete the combination of the inner body of the colors, but also take into account people's psychological reactions to the combination of colors

In the process of photographic creation, in order to take a photograph well, the photographer must also have a certain artistic accomplishment, pay attention to the color art performance skills of photography, the photo to have artistic expression and artistic appeal, so as to move the audience, to leave a deep impression on the audience. Photography includes many aspects; photography color design is one of them.




**Subjects and methods:** Color emotional analysis of the photographic creation, based on considerations of subdividing color emotion, is adopted by the seven kinds of emotional adjectives, including enthusiasm, excitement, peace, tension, pure, deep and mysterious to describe, based on the emotion of the color in the actual photography analysis showed that the 7 kinds of adjectives can accurately describe photography color expressed by the emotional information; In order to express the degree of an emotional adjective in a photographic work, it is necessary to quantify the degree. With five grade 0 to 4 quantitative a photograph in a certain degree of emotional adjectives, 0 means, 1 said slightly, 2 said general performance, 3 said obvious, 4 said the full performance, in order to reduce the subjective causes bigger error during evaluation, taking four laboratory personnel evaluation and take the average, calculated results determine rounded way, If there is a big difference in the average value, such as a difference of 3 or more, the reevaluation will be made and the majority opinion value will be adopted to make the color emotion analysis table of photographic works.

**Results:** Three works that have won international photography awards were selected for emotional analysis, so as to clarify the psychological display of their color vision and obtain the color emotion analysis table, as shown in Table 1.

**Conclusions:** The common feeling that colour causes can create a comfortable environment in life, increase the fun of life. Colour psychology is the subjective reflection of an objective world at the same time. In the actual shooting process, the aesthetic sense of color and physiological satisfaction and psychological pleasure have a vital connection. The use of color composition in photographic creation can enhance the texture of the work and clearly express the intention that the author wants to convey.

Therefore, making full use of color psychological effect in photographic creation can highlight the artistic value of photographic works.

**Table 1.** Color sentiment analysis table of photographic works.

Color psychology	Enthusiasm	Excitement	Peace	Tension	Pure	Deep	Mysterious
	0	2	0	0	3	0	2
	3	2	0	0	0	0	0
	0	0	0	3	0	2	1

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## INFLUENCE OF POSITIVE PSYCHOLOGY ON ALLEVIATING LEARNING ANXIETY OF STUDENTS WITH ENGLISH LEARNING DIFFICULTIES

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**Background:** Positive psychology is a new research trend in western psychology circles at the end of the 20th century. The essential characteristic of Positive psychology is “the science devoted to the study of ordinary people’s vitality and virtue”. It advocates “interest, love, satisfaction, happiness” and other positive emotions to cope with learning and life, by stimulating everyone’s own inherent or potential positive quality and strength, to help people knock on the door of happiness. Positive psychology advocates that human beings should interpret many psychological phenomena with a positive state of mind so as to strengthen the constructive power of human beings.

Positive psychology holds that students have a lot of potentials in subject learning, which are not brought into full play. Teachers can fully use positive psychological suggestion, positive emotional experience, positive habits, positive personality and positive cognitive style to arouse students’ potentials for learning English, so as to achieve better learning results.

**Objective:** Positive psychology holds that people in a state of pleasure, often thinking agile, imagination, memory enhancement. Therefore, in the process of English teaching, teachers should not only impart knowledge and skills to students, but also pay attention to emotional communication between teachers and students. Through the active guidance of teachers, students can deeply realize that learning English is not just to learn by rote or to cope with certain exams, but to integrate all resources and constantly improve themselves through systematic learning in a planned, purposeful and step-by-step manner. Thus, it can be seen that as a non-intellectual factor, positive emotion plays a vital role in students’ English learning.

**Subjects and methods:** Positive psychology can effectively relieve students’ anxiety about learning English and help them to establish a correct view of learning. This paper investigates and analyzes the influence of positive psychological counseling on students’ sense of pleasure, participation and sense of meaning in learning English. Based on the questionnaire, this paper analyzes the influence of positive psychology on students’ English learning anxiety.

**Study design:** Using stratified cluster random sampling method, 600 college students in our city were