

competition to understand the actual psychological state of the players. Sports teams should organize lectures and training courses on sports psychology, and set up professional psychological counseling teams to ensure the development of athletes' physical and mental health.

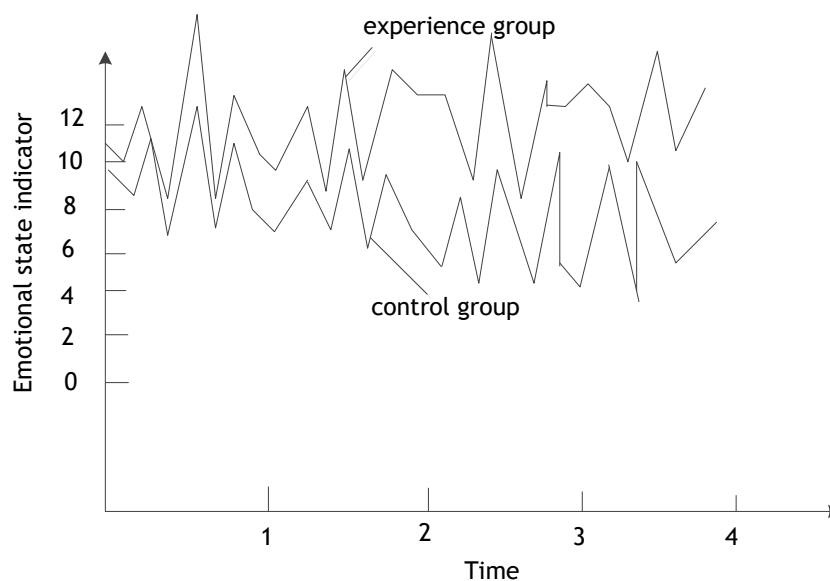


Figure 1. Test results of mood state indicators for different groups of athletes.

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PSYCHOLOGICAL EXPRESSION IN OIL PAINTING FROM THE PERSPECTIVE OF COGNITIVE BEHAVIOR

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Background: The cognitive behavior theory is that, among cognition, emotion and behavior, cognition carries out subjective interpretation of individual behavior, which directly affects whether an individual can finally take action, and the formation of cognition is influenced by the mechanism of “automatic thinking”. The cognition of the subject of behavior is acquired through the accumulation of learning and experience, and can also be changed through the content of learning. Painting artists' interest in color effect is mainly from the perspective of aesthetics, which needs professional theoretical knowledge of psychology and physiology to improve. Colors give emotional light through people's associations, aesthetic habits and many other factors. The direct psychological effect of color generation comes from the direct influence of physical light stimulation on human physiology. In addition to direct perception of psychological effects, color also has more complex indirect psychological effects. At this time, the psychological effects caused by colors do not stay at the superficial stage of feeling or perception, but trigger deeper psychological activities, such as association, thinking and even memory. Color has an indirect impact on people's psychology, which is often related to the cultural or social background of individuals or groups, and changes with regions, times, and nationalities.

When the human eye is looking at an object, the color sensation of the object is transmitted through the pupil to the center of the retina, which is densely packed with pyramidal cells. They transmit these perceptions to the visual centers of the brain, which form the physical sensation of color. In the face of colorful and colorful things, not all the images or colors can arouse people's visual stimulation. And a successful painting should have good painting factors, which are enough to cause strong stimulation to people's vision, and then leave a deep psychological impression on the audience. Therefore, this paper analyzes the psychological expression of cognitive behavior in oil painting creation.

Subjects and methods: The basic elements of a painting are composition, modeling, color, painting language, etc. From the perspective of visual communication, color has the strongest visual impact. It is easier to recognize and remember in the first time than composition, modeling and picture language. In addition, color has a series of psychological functions such as conveying emotion, symbol and association, which determines that color plays a decisive role in oil painting creation, which also establishes the

significance of exploring the subjective expression of oil painting under the contemporary ideology. As the soul of oil painting, color has gone through different stages of development and evolution along with the development of human society, and people's cognition and understanding of color are also different in different stages of development. In the development of human painting history, different ideas in different stages are the key to the final creation. The performance of color in psychology can be divided into the following three aspects: visual impression, emotional expression, symbolic structure.

Painting is a silent art, "dumb poetry", so gestures (and facial expressions) become the language of painting to express the thoughts and feelings of the characters. Da Vinci advocated that paintings should be similar not only in form, but also in spirit. Portraits should be correct in proportion and perspective, and their dynamics should show their "spiritual intention". In his opinion, the most important problem in painting is that every figure's movements should reflect his mental state, such as desire, ridicule, anger, pity and so on. He also pointed out that a good painter should express people and his thoughts and intentions, and avoid depicting only the body and body of a figure, otherwise "it is impossible to win people's appreciation of his art, because the figure is often painted in the physical movement and psychological signs of failure, such a person's art is not worthy of praise." Similarly, a painter should roughly outline the layout of the limbs of a figure, and should first pay attention to the actions that are suited to the mental state of the figure composing the picture, instead of merely pursuing the perfection and beauty of the body and various parts.

Methods of statistical analysis: To cognitive behavioral perspective in the oil painting creation mental performance analysis, this paper USES questionnaire method to test, randomly selected from 200 testers, to score of 10 oil painting works, select a change before and after the same painting a 5 of the authors, using the 200 testers grading results to verify the psychology in different effects on oil painting. The specific scoring criteria for oil paintings are as follows:

- (1) If you think the painting is delicate and warm, score +1.
- (2) Think oil painting color is bright, more brilliant, remember +1 points.
- (3) If you think the painting style is dark and depressed, you will be awarded +1.
- (4) 99 If you think the painting style is divided and contradictory, you will get +1 points.
- (5) Think oil painting has no style, just a painting, score 0.

Results: The scoring results of these 200 testers were used to verify the influence of different psychological manifestations on oil paintings. The maximum score of each oil painting was 200 points, it can be seen from Table 1 that for oil painting 1 before the author's change, 12 out of 200 people think the oil painting has emotion, while for oil painting 7 after the author's change, 192 out of 200 people think the oil painting has emotion. By comprehensive analysis of the emotional scores of oil painting before and after the great change, it can be seen that the average emotional scores of oil painting were 17.8 before the great change, and as high as 184.6 after the great change, indicating that the psychological changes of oil painting artists can affect the creation of oil painting, that is, the specific important influence of psychological expression in oil painting from the perspective of cognitive behavior.

Table 1. Sentiment score results of oil painting.

Number of oil painting	Sentiment score of oil painting before big change	Number of oil painting	Sentiment score of oil painting after great change
1	12	6	187
2	18	7	192
3	22	8	197
4	25	9	178
5	12	10	169
The comprehensive score	17.8	The comprehensive score	184.6

Conclusions: Therefore, from the perspective of cognitive behavior, the artist's self should be integrated with the picture. And while advocating in-depth grasp of the inner spiritual world, the artist's ability to subject the aesthetic, including the role of imagination and spiritual creation, is doubly important. Artistic creation is a kind of cultural phenomenon, its emergence and development depend on certain social reality and social aesthetic consciousness determined by this reality. As the subject of creation, artists not only bear the mission of inheriting culture, but also should make their works able to communicate with the viewers, express the hearts and emotions of the painters to the audience through the painting language, so that the viewers can evaluate and re-create the works, so as to sublimate the meaning of the works again.

Acknowledgement: His essay as the core topic result of the 2016 higher education research project of Jilin Higher Education Association "Empirical Research on Creation of First-class Art" (No.JGJX2016B19). Jilin

Province Department of Education Teaching Reform Project [2018] No. 40 “Research and Practice on Construction of High-level Characteristic Major of Painting”

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INFLUENCE OF MUSIC EDUCATION ON STUDENTS' MENTAL HEALTH IN DIFFERENT PERIODS

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Background: In recent years, the evaluation of college students' mental health status has become the focus of attention of colleges and universities and even all walks of life, the focus of which is how many college students have “psychological problems “With the rapid development of society, people's thinking mode, values, interpersonal relationships and so on are constantly changing. The complex social environment makes people bear more and more psychological pressure, how to deal with the fierce competitive environment with a healthy attitude has become the focus of increasing attention. As the future builders of the country, whether college students have good psychological quality will be particularly important. However, with the continuous development of the market economy and the continuous intensification of social competition, college students in the ivory tower are more and more feeling the pressure from all aspects, and the psychological problems caused by the pressure are constantly exposed. In recent years, due to psychological problems caused by malignant events of college students are common, their mental health status has attracted more and more attention. Strengthening the mental health education of college students is an important measure to carry out quality education in an all-round way and an important way and means to promote the all-round development of college students “.

At present, how to improve the mental health level of college students through effective ways, so that they can meet the needs of the development of the times, has become the focus of college education. Quality education is an important way to improve the mental health of college students, and music education is an important link in quality education. The influence of music on human emotion has also become a hot topic in psychology, pedagogy, medicine and so on. Some theories of music psychology abroad provide some important references for this subject. There are different schools of modern European and American psychology, which affect music psychology, but most scholars hold eclectic views. The main schools are “structuralism”. As represented by American scholar Tichner (E.B. Titchener, 1867-1927), this theory holds that the object of psychology is the experience. The experience of consciousness can be divided into some basic elements, such as feeling, image, emotion and so on” Behaviorism. Therefore, this paper analyzes the correlation between the influence of music education on students' mental health in different periods. It provides a certain foundation for students' mental health education.

Subjects and methods: In order to analyze the relationship between music education and students' mental health in different periods, this study selected 314 undergraduate students in 2020, including 164 boys and 150 girls, randomly divided into two groups: matched group ($n=195$) Study group ($n=119$). There was no significant difference in the basic data between the two groups ($P>0.05$), and there was comparability.

Study design: This study through self-made questionnaire to understand the psychological state of college students, so as to formulate the corresponding music curriculum, analysis of the psychological state of students in the early stage of music education and the state of the later stage. The 119 students in the survey were treated with music course intervention for 3 months (2 times a week). SCL-90 was then used to test the subjects. This scale is one of the most famous mental health test scales in the world. It is the most widely used outpatient examination scale for mental disorders and mental disorders. The scale can effectively measure the mental health status of the subjects. By using the method of mean difference significance test, the scores of college students majoring in music and non-musical majors in SCL-90 questionnaire were tested, and the mental health level of the two kinds of subjects was tested by empirical method.

Methods of statistical analysis: The survey data were processed by SPSS 22.0 statistical software. The data were expressed as ($\bar{x}\pm s$) and given t test. If the P was 0.05, the difference was statistically significant.

Results: By comparing the state of students' music education in the early and late stages, and analyzing the relationship between music education and students' mental health, the results are shown in Figure 1.