

of grade 3 and 4 were significantly higher than those of grade 1, and the introspection score of grade 4 was the highest; in the interpersonal relationship subscale, the scores of grade 4 were significantly higher than those of grades 1 to 3, 2. The grade has the lowest score; in the stress management, general cognitive subscale, and cognitive psychology total scores, grades 3 and 4 are significantly higher than grade 1, and are not significantly different from grade 2, and both show the lowest scores in grade 1.; In the fitness subscale, grade 4 has the highest score and is significantly higher than grade 1, which is not significantly different from other grades.

The students' English scores are ranked, the top 30% are in the high group, and the last 30% are in the low group. Independent sample t-tests are performed on the cognitive psychology subscales, total scores, and mental health scores of college students in the high and low groups respectively. The results are shown in Table 2. There are significant differences in introspection, interpersonal relationships, adaptive subscales, and cognitive psychology scores between the high and low English score groups, but the mental health scores are not significant. In the cognitive psychology subscales, cognitive psychology total scores and mental health scores, the scores of the high English score group are higher than those of the low group.

Conclusions: Cognitive psychology believes that human cognitive process is the processing process of symbolic information system, and its theoretical goal is to explain and explain how people process information when they complete cognitive activities. As far as English teaching is concerned, the theories and methods of cognitive psychology emphasize the role of students' intelligence in teaching, emphasize students' understanding of language rules, and focus on comprehensively cultivating students' practical ability to use language.

In the comparison of the cognitive psychology and mental health of college students with different English scores, it is found that the cognitive psychology subscales and the total cognitive psychology scores of students with high English scores are also high, especially in the scores of introspections, interpersonal relations, and adaptability. The difference is significant, indicating that improving the introspection, interpersonal relationship and adaptability of college students will play a very important role in achieving good English performance. The mental health scores of students in the high English score group are higher than those in the low group, indicating that the mental health of students with good English scores is worse than that of the low group. This shows that teachers should pay attention to students' psychological development and academic performance. Mental health of students.

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AN ANALYSIS OF THE AWAKENING OF WOMEN'S CONSCIOUSNESS IN MODERN AND CONTEMPORARY CHINA FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: Contemporary women's frustration psychology refers to contemporary women who have grown up under a diverse social background and a unique family environment. When they face pressure, obstacles and self-development in the process of personal development and self-development, such as learning, life, emotion, interpersonal and employment, etc. The negative emotional experience that arises when perplexity experiences frustration and cannot achieve the goal smoothly. Researches on the frustration psychology of contemporary women have emerged in endlessly at home and abroad. In the 20th century, Rosenzweig first proposed the concept of "frustration tolerance", and at the same time, did related experiments on frustration tolerance.

Zhang Xiaoxian wrote in "As long as you are strong enough" that you can be self-willed, you can be romantic, you can rather grow old in love rather than live in love, you can still distinguish between love and hatred, and you can continue to pursue love in marriage. You can do what the world thinks should not be done at this age. Everything, as long as you are strong enough. It is advocated that women should have a sense of self-love and compassion, but this sense of self-love and compassion is not only manifested through self-love, but may also be self-sentimental or even self-abandoning self-harm. This article uses Zhang Xiaoxian's "As long as you are strong enough" as an example to explore the relationship between contemporary women's ability to resist frustration, coping styles and self-strengthening consciousness.

It is hoped that contemporary women can enhance their awareness of self-improvement and optimize their coping styles while improving their ability to resist frustration, using active coping methods to deal with

setbacks, and having a sufficient image of self-improvement to meet setbacks and cope with setbacks; on the other hand, it is also in response to school strengthening The measures for students to form a good psychological quality campus atmosphere, provide teaching resources for some mental health education activities, and promote schools to better carry out practical activities about mental health knowledge.

Subjects and methods: This study uses a random sampling method. A total of 1358 contemporary women from 9 local colleges and universities in a province are selected as samples for testing. After excluding 95 invalid questionnaires, 1263 valid questionnaires (93%) are obtained. The Frustration Ability Scale adopts the Frustration Ability Scale revised by Zhang Xudong, Ou Hesheng, and Huang Zejiao (2013), which is mainly applicable to contemporary women. The scale consists of 31 questions, including 6 factors, namely, tolerance to frustration, resilience to frustration, interpersonal ability, frustration awareness, quality of will, and attribution ability. The scale adopts a 5-level scoring method, with 5 points that are very consistent and 1 point that is very inconsistent. All items are scored positively. The higher the score, the better the ability to resist frustration. The internal consistency reliability coefficient of the total questionnaire of this scale is 0.913, and the internal consistency reliability coefficients of each subscale are all between 0.627 and 0.868, and the reliability and validity meet the requirements.

Study design: Adopting Zheng Jianhong's self-strengthening awareness questionnaire, the questionnaire has 36 questions in total, divided into the overall self-strengthening awareness questionnaire (composed of two dimensions of the overall positive and the overall negative), the social orientation self-strengthening awareness questionnaire, and the personal orientation self-strengthening awareness questionnaire. Questionnaire. The latter two are composed of four dimensions: motivation intensity, self-reliance, self-confidence, and self-esteem. The questionnaire passed the test of reliability and validity: the internal consistency coefficient of each subscale was between 0.417 and 0.751, the internal consistency coefficient of the total questionnaire was 0.850, and the split-half reliability was 0.857. Good content validity and construct validity. The questionnaire adopts a 5-point positive scoring method, 1 means very non-conformity; means less conformity; 3 means uncertain; 4 means more conformity; means very conform, but there are 14 questions (1, 2, 4, 8, 12, 13, 14, 17, 19, 23, 24, 25, 26, 30 are reverse scoring questions), that is, in these 14 questions, the answer is very consistent with 1 point, more consistent with 2 points, and uncertain 3 Points, 4 points for non-conformance, 5 points for very non-conformance. The higher the score, the higher the individual's self-improvement awareness.

Methods of statistical analysis: This study uses SPSS 21.0 for difference analysis, correlation analysis and regression analysis.

Results: Take descriptive statistics on the anti-frustration ability of contemporary women as a whole. The content of the statistics includes the total score and all dimensions of contemporary women's anti-frustration ability. The results are shown in Table 1. According to the total mean score of each dimension from high to low, six dimensions can be sorted: attribution ability, frustration awareness level, will quality, interpersonal ability, frustration resilience, frustration tolerance; among them, frustration awareness level The score is the highest, and the score of anti-frustration tolerance is the lowest, and the total average value of anti-frustration ability is divided into (117.69±14.41).

An independent sample *t* test is used to test whether there are gender differences in frustration resistance. Contemporary women of different genders have significant differences in frustration tolerance and interpersonal skills. Among them, boys are higher than girls in frustration tolerance, and girls are in interpersonal skills. Higher than boys.

Table 1. Fractional statistics of contemporary women fighting frustration.

Project	Man	Woman	<i>t</i>	Only	Not the only one	<i>t</i>
Frustration	24.89±4.56	23.48±4.80	5.17***	24.72±5.00	23.89±4.70	2.31*
Interpersonal	15.17±2.76	15.85±2.48	-4.39**	-	-	-

Through the independent sample *t* test, analyze the difference of contemporary women's psychological ability to resist frustration in whether they are only children. The results are shown in Figure 1. The frustration tolerance of contemporary women is significantly different in whether they are only children, and the frustration tolerance of only children Li is better than those of non-only children.

Through one-way analysis of variance, we compare the differences of contemporary women's anti-frustration mental ability in different grades. There are significant grade differences in attribution ability. After further post-comparison results show that the attribution ability of freshman and sophomore is both Higher than junior year.

Through a one-way analysis of variance, we compare the differences of contemporary women's anti-

frustration psychological ability in different majors. The results show that students of different majors have significant differences in their interpersonal skills. A further multiple test analysis shows that contemporary women in liberal arts are the interpersonal skills of contemporary women are higher than those of science and technical subjects; it shows that contemporary women of liberal arts have better interpersonal skills.

Conclusions: In order to explore the relationship between contemporary women's anti-frustration ability, coping styles and self-strengthening consciousness; a sample survey of 1,263 contemporary women in 9 local colleges and universities in a province, using the anti-frustration questionnaire, coping style questionnaire, and self-strengthening consciousness scale. And use SPSS 21.0 for data analysis. Contemporary women's ability to resist frustration is good; frustration tolerance is significantly different in gender ($P < 0.001$) and whether it is an only child ($P < 0.05$), and interpersonal ability is significantly different in gender ($P < 0.001$), There is a significant difference in attribution ability in grades ($F = 3.4, P < 0.05$). There is a significant difference in interpersonal communication ability ($F = 6.49, P < 0.05$); contemporary women's anti-frustration ability corresponds to the way and self-improvement consciousness is significant Correlation ($r = 0.373, 0.331; P < 0.01$); the ability to resist frustration can significantly predict coping styles and self-strengthening consciousness ($R^2 = 0.54, 0.320; P < 0.001$). Improving contemporary women's ability to resist frustration contributes to cultivating contemporary women's mature coping styles It has a positive effect. Improving contemporary women's ability to resist frustration has a positive effect on enhancing contemporary women's awareness of self-improvement.

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THE MEANING OF COLOR EXPRESSION IN PORTRAIT PHOTOGRAPHY FROM THE PERSPECTIVE OF VISUAL PSYCHOLOGY

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Background: There are a large number of color stimuli acting on the human sensory system at all times in daily life, but the limited information processing system of humans usually only allows a small amount of color stimuli to be further processed, which requires an effective channel control mechanism to Quickly search for color stimuli in a complex visual environment to optimize the expression of target color stimuli. This mechanism is considered to be the expression mechanism of color attention. According to the biased competition model of color attention, the color stimuli presented in the field of vision compete in a mutually inhibiting manner. Affected by different factors, the competition will eventually be biased towards some color stimuli, and the "winner" will receive color attention for further development. Processing and reaction.

Color expression is the main source of human perception, and it is also the most basic medium of human thinking. According to scientific experiment technology, in the amount of information that modern people obtain from the outside world, the color expression component accounts for about 74%-80% of the total. The visual perception role in artistic aesthetic activities is particularly important. The representative figure of "Gestalt" psychology and aesthetics When interpreting the essence of art, Enheim even believed that "the entity of an artwork is its appearance of color expression." Compared with literal and conceptual works, the perception of color expression is undoubtedly more common and more common. Direct, more vivid, and more holistic. But after all, aesthetic feeling is different from the general physical feeling. For the color expression perception to be elevated to aesthetic experience, it must also depend on the fusion and mutual penetration of it with mental functions such as imagination, understanding, and emotion. This is the basic structure of human aesthetic psychology.

This research adopts the tracking technology of portrait photography works, selects color and orientation, two attributes that are considered to be absolutely effective in guiding color attention as the stimulus characteristic attributes of visual psychology, and the design places the two stimulus attributes in the same visual search sequence to directly compete Color focus on color capture to achieve a direct comparison of the relative color focus on the aesthetic matching between the two stimulus attributes, and to further systematically explore the color expression of visual psychology in the color capture process of portrait photography. If the color attribute of visual psychology has an aesthetic matching degree to the guidance of