

heart, remove heat, and reduce fire, Paeonia lactiflora and donkey hide gelatin can nourish the kidney yin, Poria cocos can strengthen the spleen and calm the heart. The combination of all drugs plays the effects of nourishing the kidney water, communicating the heart and kidney, nourishing yin and clearing heat. It has been used in the treatment of climacteric insomnia with psychological disorders. It is found that Suanzaoren Decoction is effective in the treatment of psychological disorders such as insomnia and anxiety in menopause. This paper discusses the effect of the combined application of the two, to provide a basis for clinical rational drug use.

Objective: To explore the effect of modified Suanzaoren Decoction on climacteric insomnia with psychological disorder.

Subjects and methods: 100 cases of patients with climacteric insomnia with psychological disorders treated in our hospital from June 2019 to June 2021 were selected as the research object. They were randomly divided into two groups with 50 cases in each group. The single drug group were treated with alprazolam (0.4 mg, QD), and the combined drug group were treated with modified Suanzaoren decoction (once a day in the morning and evening). The TCM symptom scores, curative effects, and scores of self-rating Sleep Scale (SRSS) and anxiety scale (SAS), and occurrences of adverse drug reactions were compared.

Results: Among the 50 cases of patients in the combined treatment group, 15 cases were cured, 22 cases were markedly effective, 12 cases were effective and 1 case was ineffective. The total effective rate was 98.00% (49/50). Among the 50 cases of patients in the single drug group, 13 cases were cured, 20 cases were markedly effective, 8 cases were effective, and 9 cases were ineffective. The total effective rate was 82.00% (41/50). The total effective rate of the combined drug group was higher than that of the single drug group ($P < 0.05$). The scores of dizziness, palpitation, hot flashes, night sweats, fatigue, irritability and irritability in the combined medication group before medication were (5.42±1.21), (5.02±1.23), (5.42±1.41), (5.42±1.32), (4.75±1.21) and after medication were (2.42±0.41), (3.62±1.21), (2.32±0.35), (2.24±0.30) and (3.20±1.02) respectively. The scores of patients in the single medication group were (5.23±1.75), (5.75±1.32), (5.32±1.26), (5.32±1.26) and (5.62±1.14) before medication and (3.62±1.21), (4.02±1.32), (3.25±1.03), (3.65±1.23) and (3.56±1.08) after medication. The scores of dizziness, palpitation, hot flashes, night sweats, fatigue and irritability in the two groups were lower than those before treatment ($P < 0.05$). After treatment, the scores of dizziness, palpitation, hot flashes, night sweats, fatigue, irritability and irritability in the combined treatment group were lower than those in the single treatment group ($P < 0.05$). The SRSS scores and SAS scores of patients in the combined medication group were (33.45±5.75) and (59.52±4.12) respectively before medication and (15.75±2.71) and (48.12±5.23) respectively after medication. The scores of patients in the single medication group were (33.52±5.62) and (59.13±3.75) before medication and (20.52±3.56) and (52.24±6.38) after medication. The SRSS scores and SAS scores of the two groups after treatment were lower than those before treatment ($P < 0.05$). After treatment, the SRSS score and SAS score of patients in the combined treatment group were lower than those in the single treatment group ($P < 0.05$). Among the 50 cases of patients in the combination group, there were 1 case of general fatigue and 1 case of drowsiness. The incidence of adverse drug reactions was 4.00% (2/50). Among the 50 cases of patients in the single drug group, there were 3 cases of systemic fatigue and 1 case of drowsiness. The incidence of adverse drug reactions was 8.00% (4/50). There was no significant difference in the incidences of adverse drug reactions between the two groups ($P > 0.05$).

Conclusions: Modified Suanzaoren decoction is effective in the treatment of climacteric insomnia with psychological disorders, which is worth popularizing.

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EMOTIONAL EXPRESSION OF ENTERTAINMENT SPACE BASED ON CHILDREN'S COLOR PSYCHOLOGY

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Background: The emotional expression of children's entertainment space has an important impact on the practice of modern design. It also belongs to the main content of children's education and needs to be paid attention to. Children's entertainment space itself belongs to the area and important place for children's learning and communication. Childhood is a necessary stage for children's character formation

and consciousness development. Therefore, in the process of designing entertainment space, we should also pay attention to analyzing children's learning atmosphere and life needs, and consider children's physiological needs and psychological characteristics to a greater extent, design entertainment space to meet children's development needs, improve children's cognitive ability and aesthetic ability, and make children develop better.

Color itself is widely concerned and valued in people's social life. It belongs to an important embodiment or behavior of people's vision and feeling. Color psychology deeply explores the perception and preference of color sense, and has an important impact on children's growth stage and emotion shaping stage. According to the growth and development of children, psychologists believe that children can be divided into early childhood, pre-school and childhood. Among them, 1-3 years old is early childhood, 3-6 years old is pre-school and 6-12 years old is childhood. Children of different ages have obvious differences in their perception of color. Therefore, when choosing color in children's entertainment space, it is also necessary to carry out color matching according to children's age and psychological characteristics. For children in early childhood, these children have strong ability and strong curiosity when perceiving the outside world. They will imitate other people's behavior in the long clock. During this period, children pay more attention to bright and bright colors. For preschool children, these children have a desire to explore the world and will choose to personally experience the external world with more skilled behavior. During this period, children's cognitive ability of color is developing rapidly. In childhood, children begin to contact some text information and have unique appreciation ability. At this stage, they are more sensitive to color changes, have a deeper understanding of nature and its laws, and tend to fresh colors.

Objective: Emotional expression involves a variety of ways and techniques, and the emotional expression of entertainment space is obtained based on children's color psychology.

Subjects and methods: Based on the theory of color psychology, this paper deeply studies the emotional needs and functional characteristics of children's entertainment space. Color can further improve children's initial learning cognition, and guide them to improve their perception and thinking ability to a greater extent from the visual sensory experience. Children will have an intuitive feeling of what they see in life, and then take the initiative to imitate and let themselves continue to learn. Traditional teaching teachers mainly use books to let children learn directly. Although they can effectively accept and correctly identify information, there are some deficiencies and defects in cultivating interest and practical exploration. They want to improve children's interest and enthusiasm in learning, it is necessary to be able to combine space and color, and use some actual scenes and activities to realize the necessary teaching analysis. Most children's emotional needs should be changed in some things closely related to children's life. Positive colors can stimulate children's imagination and desire to pursue beautiful things to a greater extent, which has a positive impact on children's growth.

Entertainment space is required in the design of space. Based on the injection of their own emotions, designers can consider children's own needs as much as possible, and clearly conclude that different current methods can realize more reasonable and effective communication between space and children. Adding artificial emotional experience into space will further sublimate the feelings of space, it makes the emotional and humanized characteristics of entertainment space more prominent, and people can also realize the necessary emotional dialogue in entertainment space. When better integrating colors into the space, combined with the role of color matching, we can improve the effect of emotional expression in the design of children's entertainment space to a greater extent, and clearly promote that the colors in children's entertainment space can be bolder, which can significantly improve children's imagination, paying attention to the existence of color tells us that it is not only decoration, but also plays a guiding role. Children will naturally imitate and express their joys, sorrows and joys with color, describe children's own growth process, psychological change characteristics and even their own needs, which plays a promoting role and positive impact on children's growth to a certain extent.

Results: By analyzing children's behavior and cognitive ability, the selection and expression of color based on children's entertainment space can effectively meet children's psychological characteristics. When choosing the color of children's entertainment space, we need to be able to recognize how to experience children when designing this space, combine their own feelings with children's feelings, fully clarify the practical application of space color, choose the color that meets children's psychology, and make this space have more prominent artistic and educational characteristics. In the design of entertainment space, we should choose positive and more satisfying colors to match and decorate children's psychological needs. More positive colors can obviously promote children's mental health, and the diversified design combined with color and decorative patterns can fully improve children's imagination and creativity, and help children divergent thinking.

Conclusion: Considering the color of space from the perspective of children plays a positive and important guiding role in children's growth and development. The environment of children's entertainment space has a positive impact on the physical and mental health of children of different ages and plays a very

important role in the healthy growth and development of children. It clearly analyzes the impact and needs of color on children's psychology and makes the entertainment space more in line with children's entertainment and learning environment from the perspective of color and psychology, cultivate children's emotional cognitive ability, improve children's own learning ability, and create a relatively more comfortable environment for children.

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MENTAL HEALTH FUNCTION AND IMPLEMENTATION STRATEGY OF DANCE TEACHING IN COLLEGES AND UNIVERSITIES

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Background: Subject teaching is the main position of College Students' mental health education. Dance teaching has unique advantages in infiltrating mental health education. With the expansion of college enrollment and the increase of graduates, college students will have various psychological problems in their study and life. Dance, as a popular art course, has unique advantages in cultivating students' sound personality and psychology. This is because dance art is not only a physical art, but also a kind of sports spirit. Dance learning can not only cultivate students' artistic accomplishment, but also improve students' physical quality. In dance teaching, consciously increase students' mental health education and help students dredge the psychological problems they encounter, which is conducive to students' formation of healthy personality and psychology, but also conducive to students' improvement of their dance psychological quality and ability.

Dance teaching can help students develop their body symmetrically, shape their perfect body, improve the sensitivity, flexibility, and sense of strength of students' body organs, and form beautiful manners and correct posture habits, which is not only conducive to the improvement of students' physical quality, but also conducive to students' self-shaping a good image and lay a good foundation for the development of mental health. Moreover, the rich activities of dance teaching also provide a broad space for the all-round development of students. In dance teaching, there are both basic skill training, imitation and learning of action combination, creation of works, stage performance, etc. These activities can promote the healthy development of students' intellectual and psychological factors and improve students' observation, memory, imitation and thinking, promote the formation of students' ability to resist setbacks. Due to the influence of family conditions, psychological development, learning and emotion, college students often have psychological problems such as depression, inferiority complex, social difficulties and exam (or on-the-spot) anxiety in their life. These psychological problems can be alleviated and eliminated by using dance activities and appropriately taking some targeted psychological counseling measures. For example, for the more common adaptive psychological problems such as students' on-the-spot anxiety and social difficulties before the examination or performance, the rational emotion analysis, systematic desensitization technology or exposure therapy in psychological counseling can be used repeatedly in dance activities until they return to normal. Dance teaching can effectively improve students' psychological status and promote their physical and mental health.

Objective: To clarify the mental health function of dance teaching in colleges and universities and get more teaching measures to meet the actual situation.

Subjects and methods: The principles and methods of psychology and the specific techniques of psychological counseling were consciously used in dance teaching in colleges and universities.

There are many methods to cultivate students' healthy psychology in dance teaching in colleges and universities, but there are mainly timely evaluation method and information feedback method.

Evaluation is an essential link in dance teaching. In dance teaching, teachers can use different evaluation methods to adjust and guide students' mentality in time, so as to achieve the purpose of psychological counseling while completing the teaching objectives. There are mainly the following: First, positive evaluation. Positive evaluation is that when students learn dance movements, if they are standardized and excellent, teachers can respond positively in time and make positive evaluation and encouragement. This evaluation and encouragement can cultivate students' positive spirit. Positive evaluation should be based on the actual learning situation of students and cannot be simply evaluated from the standardization of students' dance movement learning. Students' every progress and positive learning spirit is worth encouraging and affirming. In the dance learning of college students, each action and form has relatively strict requirements. If it is not done in place, it cannot fully show the beauty of the body. For this, students