

moderately busy, properly do some housework, read and study, and do what they can. Even if they do the most trivial things, they can overcome their sense of powerlessness, uselessness and helplessness after retirement. Learn to forget. The so-called “forgetting” means that the heart should be detached and indifferent, do not pursue honor or disgrace, do not care about gratitude and resentment, and maintain an ordinary heart. Specifically, you should forget your age, hatred, grief, disease, fame and wealth. Only when you can afford to put it down, can you find the fun in life. Keep childlike innocence. Childlike innocence can make simple and boring things very interesting. It is a recipe to keep the spirit young, a source of youth, and the secret of happiness and longevity. Therefore, when people are old, they should maintain a childlike innocence and love to play and have fun like children. They can invite friends to travel and take photos, sing and dance, play ball and walk birds. They can also raise flowers and grass, knit sweaters, learn to cook at home and live happily.

4. Adhere to a healthy lifestyle. A healthy lifestyle is not only the premise and foundation of physical and mental health, but also the guarantee of physical and mental pleasure. First of all, we should have a reasonable diet and maintain nutritional balance. Pay attention to three meals a day. Breakfast is better, lunch is full and dinner is less. Eat more foods with low fat content, high protein, less salt and rich in vitamins. Do not overeat or overeat. Secondly, actively participate in physical exercise and insist on exercising for at least 1 hour every day. Thirdly, we should ensure adequate sleep and reasonable rest, don't stay up late, relax and combine work and rest. We should also use the brain scientifically. We should not only avoid excessive use of the brain, but also avoid excessive monotony. We should be good at grasping the best time for the brain to work and reasonably arrange our own life.

**Conclusions:** Aging has become a common problem faced by all countries in the world. Urban community plays a very important role in improving the mental health level and quality of life of the elderly in urban community. Therefore, urban communities should take positive action, integrate social resources, and provide high-quality and all-round psychological services for the elderly in urban communities, so that they can spend a healthy, peaceful and happy old age.

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## ON THE PSYCHOLOGICAL FACTORS OF MUSIC AESTHETICS AND AESTHETIC EDUCATION

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**Background:** Vocal music can express the emotions to be expressed in life in the form of performance. Vocal singing is an art form that integrates vocal skills, performance ability and singing psychology. Aesthetic psychology is a very important part of music teaching. Teachers should cultivate students' ability to appreciate, create and spread beauty, make students deeply understand and feel music aesthetics, and radiate the charm of vocal music.

**Objective:** With the continuous reform in the field of education, music colleges pay more and more attention to students' aesthetic ability in vocal music teaching. Vocal music teaching is not only a skill activity, but also an educational activity that can cultivate students' aesthetic ability. This paper analyzes the essence and current situation of students' aesthetic psychology in vocal music teaching, guides students to find the beauty in vocal music, and studies the methods to improve students' vocal music aesthetic ability, in order to highlight the value of vocal music and provide reference for vocal music teaching in music colleges.

**Subjects and methods:** 1. The psychological process of music aesthetics. Music aesthetics is a kind of psychological aesthetics. It is a kind of psychological activity, which directly contacts the hearing. Its process is a simple description of the physiological mechanism of music aesthetics and a stimulus reflection model. The aesthetic process of music is the experience process of the appreciation of the aesthetic image of music transformed by many auditory signals, which is not only the passive acceptance of the results of music creation and music performance, but also the participation, filling and enrichment of music works by the appreciation as the main body through their own aesthetic consciousness, Creative activities that enable music works to show different meanings in different times and environments. In fact, various elements of music, such as pitch, interval, rhythm and scale, can cause aesthetic psychological reflection.

2. The value of aesthetic education in vocal music teaching. Aesthetics is the premise of art existence. Only in art can aesthetic value be fully reflected. The fundamental value of vocal music art is its aesthetic value. Vocal music is a musical form of vocal singing, which occupies an important position in human history and culture. As a kind of music performance, vocal music art itself has aesthetic requirements. It is a complete performing art. It has an overall aesthetic view. Good singing should give people the beauty of sound! The beauty of language! The beauty of thought, the beauty of emotion and so on. In this overall aesthetic view of vocal music, the beauty of sound is the foundation and core, because vocal music is the art of hearing, and the first feeling to people is the beauty of sound. The smooth, free and plump voice, coupled with the modification of language and soul, can bring people a high degree of beautiful enjoyment. Therefore, in vocal music teaching, we must pay high attention to sound aesthetics.

**Results:** 1. Recognize the voice of beauty. Just as beautiful things exist objectively, the voice of beauty also exists objectively. The beauty of music starts with sound. Everyone's voice is different. In the process of learning, we will contact the information conveyed by various sounds, and identify the style, genre and emotion of music through sound. In the process of teaching, we should tell students that sound is not only a concept, but also an aesthetic view, and different sounds have different effects, the only way to increase the perception of sound beauty is to listen more. This is Professor Shen Xiang's experience. The concept of sound can be gradually established through the practice of generating, hearing and feeling sound. The voice has vitality. Its freshness infects and shocks people. Recognizing the voice of beauty can start from two aspects: listening to the voice and creating the voice by ourselves. The former depends on our listening and inner perception of beauty. To be exact, it is related to our own aesthetic values. Creating beauty requires scientific guidance. No matter whether students have a good voice or not, teachers need scientific training, only by training can we mobilize all the functions of the body, make a charming sound and give people a beautiful feeling. The beautiful voice comes from the singer's aesthetic pursuit. Only when students establish a correct sound concept can they have a plan to practice scientific vocal skills, beautify the voice and practice their own aesthetics.

2. Explore and train this beautiful voice. Singing is not only a science, but also an art. In this science and art, there are several parts that determine the level of singers. First, we should establish the concept of sound in our hearts, use our inner hearing to command and control the vocal function, and find the most beautiful and beautiful sound. Secondly, dealing with the relationship between vocal breath and resonance in singing is particularly important to improve the singer's singing level. Breathing is the life of singing, because good breath provides a solid foundation for resonance. It will make you enter the realm of artistic creation without worry, and good resonance can improve the quality of breathing. Resonance is the window of sound, words and feelings. Good resonance will add color to the expression of words, sounds and feelings. Professor Shen Xiang pointed out that a good singing voice is not stifled in the throat, but seems to be blown up the mouth of the bottle against the pharyngeal wall. We also have this experience in teaching at ordinary times. The sound sung with our voice is inaudible and laborious. The sound sung with scientific methods sounds particularly comfortable. The application of scientific singing methods such as voice, breath and resonance come from students' pursuit of beautiful voice. When singing, it is not enough to actively use the method of expanding the waist to control the breath. The basis of bel canto is the correct breathing method and control of breathing. Only those who know how to breathe can sing. Because the clarity of enunciation during singing largely depends on the use of Qi, and the priority of blocking Qi determines the characteristics of vowels. The quality of Qi determines whether the sound quality is pure or not. Resonance needs cavity, and all resonance cavities should be connected to shape people's overall singing state psychologically. The resonant cavities are not only connected with each other, but also opened actively and loosely during singing and vocalization. The resonant state is particularly close to the respiratory state. A good resonant state is deep breathing. The exhalation should be stable, uniform and controlled. The key to exhalation is to find the support point and the power of organic cooperation between respiratory organs and vocal organs. If this support point is found, find the power of this cooperation, and exhale on the right track. The vocal breath and resonance in singing complement each other. Sound wave circulation is the aesthetic feeling produced by cavity resonance. In the process of practice, students can try out the comfort and beauty brought by scientific phonation according to the trace of beauty.

3. Create this beautiful voice. The interpretation of vocal music works is the recreation of works by actors. It is not only a process of expressing and creating beauty, but also an important way of aesthetic education. Each individual has a different understanding of the lyrics of the works. Creation is only the need to express feelings, not to show off skills and talents. Teachers should guide students to avoid exaggerated and sensational effects. Creating beautiful sound not only needs scientific skills, but also needs to integrate more emotions, as if this is the second creation of art. Skills are very important and indispensable foundation for vocal music art, but beautiful sound does not only rely on musical skills. More should be combined with the shaping of stage roles and the expression of artistic emotion. Only when sound is integrated into emotion can we grasp the soul of art and realize its original value. Music performance needs to follow the principle

of beauty. It is not to show off skills, but to combine singing skills and profound emotions. Sound transmission extends the art. The language of Ci and the melody of music depend on the embodiment of emotion in the performance. Only it gives the beauty of sound and emotion can it convey the beauty of hearing and feeling. For more artistic connotation, it is necessary to interpret the singer's sound, emotion, spirit and color one by one, the expression of a piece of beauty is usually "emotion before music", "sound is emotion service, and cavity is emotion service". Where emotion comes, sound comes, which can realize the unity of authenticity and creativity of music works.

**Conclusions:** Art can express rich emotions. In vocal music teaching, we can exchange emotions between people through people's voice. Vocal music teaching in music colleges is an extremely complex task. Teachers should guide and lead students to practice and appreciate music correctly and scientifically. Students should improve their basic skills, master the aesthetic psychology of music, feel the beauty in music, and further improve their singing skills.

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## EXPLORATION AND REFLECTION ON MENTAL HEALTH EDUCATION WITH PICTURE BOOKS

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**Background:** Picture books first originated in the west, while picture books in the modern sense were born in Europe in the second half of the 19th century. The English expression of picture books is "picture books". Picture books are different from illustrated books. Picture books are works of art composed of words and pictures. If the function of pictures in books is not to assist the operation of stories, but only to beautify pages, they cannot be called picture books, but only illustrative books. Picture books have the characteristics of both pictures and texts, rich content and diverse plots, and are deeply loved by students. Picture books are often widely used in kindergartens and lower grades of primary schools, but less used in junior middle schools. In fact, the age distribution of the readers of picture books is actually very wide. It can create vivid situations, so it is also very suitable for junior middle school students. In the work of mental health education, teachers should also make full use of picture books, turn one-way indoctrination into embedded expression, convert preaching and explanation into experience, establish a classroom that deeply feels and affects life, and then solve students' mental health problems.

**Objective:** In the work of mental health education in junior middle school, teachers should make use of the characteristics of picture books, expand picture book resources and carry out mental health education. In the process of reading picture books, students can learn to eliminate negative emotions, in the process of performing interaction, students can resonate with the characters in the works, in the process of discussion and communication, students can learn to appreciate the advantages of others, and in the process of creating picture books, students can experience the fun of cooperation and communication. In this way, we can skillfully use picture book resources to solve students' mental health problems.

**Subjects and methods:** 1. Picture book carrier are convenient to broaden the audience of team counseling. First, the cognitive characteristics of picture books are significantly related to students' psychological characteristics, so they are more liked by students. Second, the pictures in the picture book are exquisite and rich. The influence of students' emotion cannot only achieve a subtle effect, but also cultivate students' artistic aesthetic ability, which is in line with the cultural concept of "aesthetic transcendence". Third, picture books can activate students' own ideas to the greatest extent. Any good picture book will reserve a lot of learning and imagination space for children, so that students can carry out research on the story plot and expand association according to the whole artistic conception. While designing the language and behavior of people and things in the book and self-expanding and projecting the story teaching, learn to analyze problems from the perspective of a third party, understand the behavior motivation of picture book characters, experience the mood changes of picture book characters, and burst out a kind of self-resonance.

2. The content of the picture book helps students get in touch with life and understand the application. In practice, we find that pupils' cognition of themselves, the role of others and the basic emotions such as friendship are vague and lack. The current educational strategies pay more attention to learning, which is easy to cause the lack of psychological growth. Through picture book education, students can not only read stories in class and get all kinds of mood experiences such as fun, gratitude and melancholy, but also what's