more gratifying is that empathy learning will gradually promote the internal and external integration of emotion, body and mind, so that students are imperceptibly infected and educated.

**Results**: 1. Create a warm reading atmosphere and create picture books to read. Schools should actively create reading atmosphere and reading environment, so as to guide students to interact with people, things and things displayed in books, and actively perceive, understand, explore, discover and think about migration. Therefore, we have actively created a picture book reading bar, in which picture books are supplemented in a planned way. By timely updating picture books, adding sofas, blankets and seats, and adding soft backrests, students can choose their favorite picture books to watch and read in a first-class hardware environment, so as to stimulate children's interest in reading. In order to ensure the order of the reading bar, we also set up a small volunteer organization. The small volunteers manage the picture book reading bar, organize the books in time, supervise the reading students, call on everyone to pool their wisdom, and issue a book reading code to remind students to take good care of the books when reading, so as not to damage or stain the books, The students have developed the good habit of loving books and reading since childhood.

2. Create a diversified reading style with students as the main body. (1) Independent reading comes first, and communication and Q & A comes second. The improvement of students' reading ability is finally reflected in the establishment of students' independent reading consciousness and the acquisition of students' reading ability. Therefore, in the process of reading guidance, we pay attention to students' independent reading, let students read independently with problems, observe and feel by themselves, obtain the pictures and text information in the picture book, and let students obtain the experience of orderly reading. Then teachers and students read the main plot pictures through the big book or PPT to understand the theme of the picture book. This is the inevitable way for students to perceive and experience. (2) Reasonably design questions and pay attention to emotional experience. People's emotional education is always carried out in a certain situation. In order to let students, have a real emotional life experience, we often design some heuristic questions in the teaching process to trigger students' emotional attitude experience.

3. The selection of diversified picture books provides rich materials for teachers to carry out psychological teaching. Rich materials enable children to feel beauty in various forms of content and pictures, and form a series of qualities and characters of great significance to children's long-term development, such as love, tolerance and self-confidence. These picture books, which vividly describe the emotional and psychological aspects, express a variety of emotional experiences faced by students of this age. The pictures are exquisite and beautiful, very infectious, and children can't help feeling various psychological states with the protagonist's words and deeds.

4. Teach parents the necessary guidance points. The reading guidance of picture books has a direct and immediate impact on children's language acquisition. In order to enable parents to better help their children understand picture books, we used the parents' open day to guide their children's reading of picture books, so that parents can understand the methods to guide their children's reading of picture books from the teacher's presentation. (1) Exciting method. That is, talk about a picture book in a game or mysterious tone to stimulate children's interest in reading. (2) Conjecture. That is, when it comes to the highlights or key points of the development of the picture book story, you can stop and leave a suspense for the child to find the answer in the book. Such as "ah Qiu looking for her mother", why do you look for a giraffe as your mother? Will Qiuqiu continue to look for her mother? How is Qiuqiu feeling now? What do you have to say to Qiuqiu? This method is of great help to cultivate children's reading expectation ability and promote children's active reading, active thinking and active exploration. It is more suitable for older children.

**Conclusions**: Picture books have vivid characteristics, which can transform cold knowledge and truth into image perception directly to the hearts of the people, and then urge students to transform it into natural behavior, so as to solve various psychological problems. Teachers should innovate the form of picture book reading, let students feel the fun of picture book reading in rich and colorful activities, and let them pay attention to their inner world in combination with the theme of picture book, think about what enlightenment they have to themselves, and improve students' psychological problems.

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# DESIGN OF IMMERSIVE VIRTUAL REALITY PSYCHOLOGICAL RELAXATION GAME

## Xinghua Zhang

*School of Fine Art, Zhengzhou University, Zhengzhou 450001, China*

**Background:** Today's era has been the era of "experience economy". People pay more attention to consumer culture. The application of virtual reality technology needs to help people better experience the satisfaction of personalized needs of the economy. Virtual reality technology has triggered a devastating debate on the importance of "existence" and "transcendence" with its high sense of immersion and physical interaction. After entering the virtual environment through a very realistic and re-created terminal, users have more unique perception, display response and rich psychological changes. Compared with traditional media types, the media content conveyed through the unique interaction and presentation mode of virtual reality can make users' special media use experience.

Relaxation is a process in which a person's physical and mental state changes from tension to relaxation, which is tension rather than relaxation, and often anxiety when nervous. When analyzing this content, we should also fully understand the changes between tension and relaxation, and it is necessary to fully understand the composition of the nervous system. The nervous system includes the autonomic nervous system and the non-autonomic nervous system, which is mainly controlled by the subjective control nervous system of the brain. The non-autonomic nervous system is composed of the sympathetic nervous system and the parasympathetic nervous system. Usually, the parasympathetic nervous system inhibits the sympathetic nervous system, restricts the fluctuation of our emotions, and keeps our body relaxed.

Relaxation training can help people relax the pressure of body and mind, effectively reduce the level of physical activity and maintain balance and stability on the basis of reducing heart rate and muscle relaxation. Relaxation training includes progressive muscle relaxation and silence, biofeedback relaxation and music relaxation. Progressive muscle relaxation requires tightening muscles and repeating tension relaxation exercises. Now it is more about using language to guide you through the sound of training methods. In a quiet environment and comfortable posture, people relax from the bottom of the mind to the body from inside to outside. Relax and relax by listening to music and adjusting the breathing rhythm. Silence is also called meditation. It is necessary to eliminate self-discipline and desire under voluntary consciousness and realize physical and mental relaxation. Immersive virtual reality can make participants feel that they are completely in the virtual world, and participants enjoy a completely immersive experience. In this environment, people can experience a sense of presence, which is not available in other media. The most obvious feature of immersive virtual reality is to close the participants' vision and hearing to produce virtual audio-visual. Participants can directly use voice and hand sensors to issue operation commands to the system host, and convey information in real time through hand and foot sensor trackers, so as to maximize the real-time performance of the system. Situational system is an ideal model to replace real environment. It is a virtual environment with the latest interactive means. The common immersive systems are: helmet mounted display system and projection virtual reality system.

**Objective:** To explore the application value of immersive virtual reality game in psychological relaxation.

**Methods:** According to the concept and principle of psychological relaxation, the positive role of games and the possibility of applying games to obtain relaxation were analyzed. Immersive virtual reality psychological relaxation games provide personalized and self-service ways to relax. Therefore, in the future, it can be developed in more fields, and by integrating various game contents and game modes, it can better realize realistic images while relaxing the body and mind.

The current game itself is suitable for adults. At the same time, this designed heart rate sensor belongs to low-cost open-source hardware, not a professional high-precision professional biomedical sensor. The human physiological signal is weak, motion, ambient light, and it is easy to be disturbed by electromagnetism, power supply, etc. There is a certain deviation in the acquisition of game data. At this stage, the capture of physical information of virtual reality devices is defective, and some users suffer from dizziness or nausea due to motion sickness. Therefore, in the future, we need to constantly combine content design to meet the needs of different ages, and make the overall design more peaceful to meet the actual needs of each group. The computer configuration to experience virtual reality is relatively high, especially for graphics cards, and it will take some time to become popular among the general public. Generally speaking, with the progress of science and technology, the reduction of cost and the development of industry norms, virtual reality games as a means of psychological relaxation are of great value. Virtual reality is very attractive because it allows you to experience an unprecedented experience without relying on real space. Therefore, one of its future development trends is to integrate into daily life, serve our daily life and truly realize the fun of education.

**Results:** It is proved that the relaxation effect of immersive virtual reality relaxation method is better than that of non-immersive traditional relaxation method. The feasibility of immersive virtual reality games on psychological relaxation.

At present, one of the long-term psychological relaxation methods for mental disorders such as

depression and autism in China is to guide users to imagine and quiet scenes, so that everyone can imagine life experience and imagination. The difference is that it is difficult to achieve 100% effect. When immersive virtual reality games are effectively applied to psychological relaxation, practical virtual reality games can achieve immersive effect, improve the degree of relaxation and reduce the difficulty of psychological relaxation. In medicine, immersive virtual reality games will also be included in psychological rehabilitation treatment. With such a large population in China, Immersive virtual reality, the future game market prospect is very broad.

Immersion and existence are two important aspects of virtual reality. Immersion means that virtual reality can provide users with a real level of sensory fidelity. Experience is completely immersive. Immersive virtual reality can be divided into three systems: projection, rocking in and helmet style. Projection can be applied to multiple users at the same time. Helmet style can be used to visualize a user immersed in a virtual environment that can be completed, and users can operate in a remotely controlled environment. The origin of immersive virtual reality system can be traced back to the HMD system of Dr. Ivan E. Sutherland in 1965. The second year, the first full-function helmet mounted display appeared, and at the end of the 20th century, the immersive virtual reality system was studied and developed again. We are at the climax. Many scholars from all over the world actively study and complete the development of immersive virtual reality system. From the research of modern scholars, game is a healthy way to vent emotion and thought. When we can recognize new things in virtual games, we can consolidate and expand existing ideas, and we can also develop new cognitive structures. Therefore, it is undoubtedly able to form an orderly feeling in a certain release, so as to gradually put down the original burden and better invest in the follow-up work and life.

**Conclusion:** immersive virtual reality psychological relaxation game provides a personalized and self-help method to relax the body and mind for the public with mental sub-health.

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# APPLICATION OF MUSIC APPRECIATION IN COLLEGE STUDENTS' PSYCHOLOGICAL QUALITY EDUCATION

## Yi Zhang

*College of Music, Weinan Normal University, Weinan 714000, China*

**Background**: China promotes quality education and trains comprehensive talents with all-round development of morality, intelligence, physique, beauty and labor. As an important part of art, music appreciation is a creative spiritual activity and a constantly developing psychological process. It runs through a special spiritual exploration of human beings and the collision of various images, resulting in the purification of the soul and the sublimation of the spirit. Music appreciation is a very good form of aesthetic education. College students are in the stage of psychological development and tend to mature. The university stage is the process of college students' self-consciousness gradually forming, qualitative and mature. It plays an important role in people's physical and mental health all their life. In this critical and unstable psychological development process, various factors such as physiology, society and personality will produce many overlapping contradictions, which will directly affect the psychological growth of young people. Music appreciation can play a positive role in the formation of college students' characteristics by promoting the process of college students' mental health, aesthetic feeling, aesthetic rational knowledge, aesthetic mental image and mood resonance.

**Objective**: Appreciation is a creative spiritual activity and a developing psychological process. It runs through a special human spiritual exploration and the collision of various images, resulting in the purification of the soul and the sublimation of the spirit. College students are in the stage of psychological development and tend to mature. The university stage is the process of college students' self-consciousness gradually forming, qualitative and mature. It plays an important role in people's physical and mental health all their life.

**Subjects and methods**: 1. Music has the highest moving effect. Music is an emotional art, which makes people have emotional changes such as joy, anger, sadness, joy, worry, sadness, thought and fear. It can also instantly make people relaxed and happy. All kinds of feelings can be caused by the touch of music.

2. Music has the characteristics of the most direct, rapid and profound impact on people's inner world. Gou Zi said in the theory of music that "everyone is deep in vocal music and its transformation is fast.". Plato believed that "rhythm and tune have the strongest power to immerse into the depths of the soul. If the way of education is appropriate, they will infiltrate the soul with Meimi". Modern scientific research