

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

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**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

and practice have proved that, listening to music can adjust and balance people's emotional intensity and the duration of emotional generation and development, so as to make people happy in body and mind, relaxed in spirit and in a good mood. Beautiful music, moving melody and relaxed rhythm can adjust people's excitement and inhibition. The emotional intensity is moderate, the duration is moderate, the spiritual energy consumption is reduced, the tired body and mind recover their energy, and the unbalanced psychology tends to be balanced. By deeply expressing the music appreciation of various emotions and cultivating a rich emotional world, you can relieve your worries in joy, turn anger into tenderness, balance your spirit, regulate and vent your emotions.

3. Music is a way of self-expression and emotional release. Depression and inhibition are a psychological reason for the formation of many psychological problems. As we all know, emotions must be vented. Only in this way can emotions turn into a conscious calm state, which is also the need of health. Music can just meet this need. It provides students with an outlet for emotional catharsis and can bring people to the depth of consciousness.

**Results:** 1. The contradiction between thirst for knowledge and discrimination. College students are eager for knowledge and have a strong and vigorous desire for knowledge. They are full of novelty in everything, which is a positive psychological state. However, due to their youth, childishness and poor discrimination ability, sometimes there will be no distinction between good and bad, and no distinction between defects and virtues, resulting in the contradiction between thirst for knowledge and discrimination. As an abstract aesthetic activity, music appreciation needs rich knowledge and understanding. From the perspective of the level of life content reflected in music works, some reflect the level of natural images and some express the level of human feelings, which can meet the college students' desire for novelty. At the same time, a musical work represents the composer's unique spiritual temperament, showing the composer's tenacious character and indomitable struggle spirit. Such music works have strong ideological and spiritual characteristics, can guide and educate college students from the positive, and play the role of education and enlightenment.

2. The contradiction between independence and dependence. With the gradual physical and psychological maturity of college students, their independence and self-esteem have also developed rapidly. They hope to live a more democratic and free life. But on the other hand, college students cannot be completely independent both economically and ideologically. To a large extent, they need to rely on teachers and parents, and need their guidance and help. Music appreciation needs to cultivate college students' independent appreciation personality and understand the works from their subjective feelings. Music works express a certain emotion with abstract and special hypothetical images, and rarely describe the object concretely and definitely. Any music work will not have a unified understanding standard. Don't follow others. It should be deepened from shallow to deep, from surface to interior, and produce independent appreciation thinking, so as to continuously improve their appreciation ability. When they master the era, emotion and national characteristics of the composer's works, they can correctly understand the real meaning of music works.

3. The contradiction between emotion and reason. College Students' emotions and emotions are in a strong, easy to be excited and extremely unstable stage. They are easy to be emotional and difficult to control themselves with reason in time. Music is an art that is best at expressing and stimulating feelings. In music appreciation activities, emotional experience is the most common and strongest psychological activity. Classical music, with its characteristics of stability and harmony, can gradually stabilize the excited and irritable mood. Romantic music is rich and has strong personality, which is conducive to people's pouring out their inner feelings and expressing their self-consciousness. Modern music stimulates people's senses with strong rhythm and variable tonality, making modern people's tired spirit active and excited. Facing the increasingly serious situation of college students' psychological obstacles caused by the pressure from society, learning and employment, music appreciation cannot only make college students' emotions healthy and cheerful, but also alleviate and adjust the bad emotions caused by college students' psychological obstacles.

4. Contradiction between locking and releasing. The inner world of college students is rich and colorful, but with the enhancement of self-esteem, the enrichment of social experience and the maturity of personality, it shows a unique psychological stability. On the one hand, psychological locking is the performance of college students' improvement of social adaptability, but it increases difficulties in mutual understanding and communication between people. On the other hand, college students are eager to communicate with others and talk about their thoughts, feelings, wishes and ideals with friends and confidants, so as to get the opportunity of psychological release. Music is one of the best forms to express the feelings of the soul. It has the special function of broadening ideas and cultivating sentiment. Beethoven once said that music "is a higher enlightenment than all wisdom and all philosophy". Music appreciation is also a good form of making music friends and communicating with each other, so as to further understand and communicate with each other.

5. The contradiction between creativity and conservatism. College students have rich imagination, innovation and innovation, which is the basis of creativity. Comrade Li Lanqing pointed out in his speech on promoting symphonic music in colleges and universities: "The aesthetic education function of music is not only to improve the aesthetic ability and Tao and Taiwan sentiment in general, but also to greatly help people's intellectual development, especially to improve people's imagination and creativity, and to exercise their ability to express and solve problems. Music has a far-reaching impact on the progress of social civilization." The experiment of music psychology also fully proves that music appreciation not only brings pleasure and pleasure to people emotionally, but also develops people's ability of image thinking and logical thinking, and helps people produce imaginative and creative thinking.

**Conclusions:** Music appreciation can play a positive guiding and resonant role in the relatively complex psychology of college students in adolescence, promote the improvement of college students' psychological quality and contribute to the healthy growth of College Students' psychology.

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## THE IMPACT OF PSYCHOLOGY COGNITIVE DISORDERS ON SMART LOGISTICS SUPPLY CHAIN IN CHINA

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**Background:** At present, China's logistics industry is in an important period of strategic opportunities. With the adjustment of China's industrial structure and the change of development mode, the logistics industry is playing a more and more important and strategic role in the national economy. Under the background of supply-side structural reform, the traditional development mode of logistics industry is unsustainable, and intelligent logistics is becoming an important source of logistics industry transformation and upgrading. At present, intelligent logistics is a new thing. Although its development still faces many severe challenges, with the continuous improvement of policy environment, gradual formation of logistics Internet, wide application of logistics big data, continuous strengthening of logistics cloud service guarantee, increasing popularization of collaborative sharing mode, and rapid development of artificial intelligence technology, the basic conditions for developing intelligent logistics in China have been met. It is imperative to take the smart logistics supply chain as an important handgrip of the supply-side structural reform of China's logistics industry, give full play to its role as the integrator of social resources, the concentrator of decentralized markets, the person in short supply and artificial replacement, the person who satisfies personality demands, and the creator of green ecology, comprehensively promote the upgrading of the supply chain through connection and upgrading, data upgrading, mode upgrading, experience upgrading, intelligent upgrading, and green upgrading, profoundly transform the mode of social production and circulation, promote the adjustment of industrial structure and the conversion of momentum, promote the supply-side structural reform, and create new opportunities for the development of the logistics industry.

Consumption psychology is an important branch of psychology, which studies the psychological phenomena and behavior laws of consumers in consumption activities. Consumption psychology is a new subject. Its aim is to study the rules of psychological activities and individual psychological characteristics in people's daily purchasing behavior. The study contents of consumer psychology include the process of consumer's psychological activities, consumer's individual psychological characteristics, psychological factors influencing consumer's behavior, psychological activities in the process of consumer's purchase, the influence of social environment on consumer's psychology, consumer's psychology and behavior, consumer's tendency and psychology, commodity factor and consumer's psychology, marketing communication and consumer's psychology, etc.

**Objective:** At present, the world smart logistics supply chain has become lengthy and complex, increasing their risk exposure and vulnerability, and thus causing greater pressure on the supply chain risk management. In the intelligent logistics supply chain, the destructive effect of any part of the entity can directly affect the ability of a logistics supply chain to continuously operate. Therefore, to improve the efficiency of logistics and transportation and ensure stable transportation, the impact of cognitive impairment in consumer psychology is needed.

**Subjects and methods:** Smart logistics is a new ecology based on the logistics Internet and logistics big