

students' psychological characteristics and state from the perspective of psychology, and teach with the strategy of listening and equality. In the time of ideological health education, open teaching can be carried out for all students, which can not only improve students' ability to resist pressure and frustration, but also reflect the characteristics of educational humanistic care.

The integration carrier of Ideological and political education and mental health education should be positioned in daily learning and life. Most of the time of college students is dominated by themselves. Therefore, in the process of educational integration, we need to choose an appropriate carrier and place this carrier in students' life and learning, so as to gradually enhance their moral and psychological quality. Education is to better guide students' behavior, and theoretical teaching will not only make students feel boring and empty, but also cannot achieve the due teaching effect. Therefore, educators need to implement their theory into students' learning and life, so as to better guide students' behavior.

Results: Both belong to ideological education in nature. Ideological and political education and mental health education have a common subject, that is, the content of ideology. Consciousness is a unique ability of human beings. It is determined by objective existence. The dialectical relationship between thinking and existence is the most basic problem of Marxist philosophy. Consciousness contains a wide range of contents. It is a macro existence, including what we often call rational cognition and perceptual cognition. The ideological and political education of college students is the rational stage of cognition, mental health education belongs to the perceptual stage of cognition. For example, the case of Tian Shiguo, an ordinary lawyer in moving China in 2004, was taught to students as a classroom case. A son gave back part of his life to his dying mother in 2004. Although his mother was weak in the warm lie, his sincerity as a filial son was enough to comfort his mother, this example closely connects theory with reality, thus educating and infecting students. Its guiding and persuasive role is self-evident.

Cultivating the comprehensive quality of college students is the common goal of both. College students' political consciousness, their future goals and political positions are inseparable from college students' Ideological and political education. Its main teaching contents are ideal will and moral belief, leading college students' communist belief, cultivating students' beliefs such as high ambition, virtue and abiding by laws and regulations, so as to realize their own life value. The primary purpose of college students' mental health education is to enable college students to self-regulate their physical and mental health. Mental health education enables college students to live in harmony with others, quickly adapt to the environment at any time, and learn to control their bad emotions. Nowadays, the pace of social life is fast. Such a pace is easy to make people impetuous. In the long run, the social binding force becomes very small. For teachers and students in school, it is important to strengthen psychological quality education in this aspect, find clues in time, help and correct them in time, and maintain a good mentality and emotion. Both the ideological and moral education of college students and the education of college students' mental health lay the foundation for building a socialist ideal society, so that college students' emotion, righteousness, courtesy and intelligence can be developed in an all-round way, and help college students realize their life ideals and social values.

Conclusions: The combination of college students' mental health education and ideological and political education is to promote the better development of college students, which is of great significance to the development of today's colleges and universities. Ideological and political education is to change students' ideological outlook, standardize students' behavior and cultivate students to become a high-quality talent. Mental health education corrects and standardizes students' development from the aspect of students' invisible mental health, promotes students' mental health and enhances students' social adaptability. The integration of mental health education and ideological and political education is to cultivate college students with sound birth heart and complete personality.

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THE DEVELOPMENT AND TRANSFORMATION OF WATERCOLOR PAINTING STYLE FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: The creation of watercolor painting is a kind of psychological activity from the perspective of psychology. In the whole watercolor creation process, a series of complex psychological factors are acting implicitly or explicitly and interactively. Therefore, the exploration of problems such as psychological

elements, emotional activities and inspiration in the watercolor creation process, the study of the personality characteristics of watercolor creation subjects and some other more complex psychological phenomena, can help the creative subject to complete the creation better.

Objective: Mastering and using any specific technique of expression to create watercolor painting must be based on all the characteristics of the creative subject's personality psychology. In the process of creation, try to conform to your own psychology and grasp its different development stages for creation. In this way, more excellent works will emerge in the watercolor industry and get better prosperity and development.

Subjects and methods: Self evolution and extension of watercolor painting techniques. With the continuous emergence of new techniques of Chinese contemporary watercolor painting, it has also had a serious impact on some traditional watercolor painting techniques. Among them, we often use the traditional watercolor painting techniques, such as flat painting. In the pursuit of some painters, many painting colors are changed evenly or gradually, so as to better give the viewer a very smooth aesthetic experience. However, with the continuous innovation of Chinese contemporary watercolor painting techniques, a new painting technique has been formed in the gradually changed techniques such as traditional flat painting. Like British Watercolor Painters, they gradually change some monochrome and thin painting methods to gradually turn them into various thin color layers. In this way, when watercolor painting is created, its own pictures are more colorful and fuller of vitality. This multi-color flat painting law continues the monochrome flat painting technique in traditional watercolor painting, and uses different painting colors to create flat painting, to truly highlight the rich and diverse visual effects of watercolor painting.

The evolution and integration of watercolor painting techniques and other painting techniques. In the development of watercolor painting, many painters are oil painters or printmakers. In this way, they can skillfully apply some painting skills to watercolor painting, resulting in new painting techniques. Some painters borrow the painting skills of oil painting and boldly use the white pigment in watercolor painting, which can enrich the picture of watercolor painting and have a certain sense of hierarchy. For the traditional watercolor creation, the use of some opaque colors makes great changes in painting. Change some opaque watercolor painting methods to truly create the expression space of watercolor painting, so as to provide the possibility for new watercolor painting.

Start paying attention to the viewpoint of the viewer. In the development of contemporary Chinese watercolor painting, in addition to seeking a breakthrough in the painting's own state such as the painting's own materials, we also need to pay more attention to the audience's own visual performance, which is an important problem. Therefore, we need to fully consider the viewer's own visual factors in the specific watercolor picture layout. In different scale works of painting, we need to pay special attention to the limitation of subject matter, and we must pay attention to the breakthrough of the content of painting pictures.

Results: Thinking type corresponds to the performance of realism. Before creating a watercolor painting, the creative subject of this type has carefully considered, rigorously expressed the object, and adopted an objective and accurate observation attitude. The creative subject is always attached to the object, that is, the object dominates the psychological activities of the creative subject. The main energy is focused on the composition and color treatment of the picture, and adopts the attitude of copying the external world, it focuses on the reproduction and imitation of the external objective world, and expresses the internal subjective world through the external objective world.

The emotional type corresponds to the surrealist creation type. Before painting, the creative subject first thinks of expressing his emotions in his works, such as the creation of a watercolor figure. This type of creator does not tend to completely imitate the character images. Different from the realists, they only use these character images as the medium of painting and project their own natural spirit into the object, this kind of expression form, which is arranged accidentally by the object, releases the artist's restrained emotion and mainly fully displays the spirit of the noumenon.

The sensory type corresponds to the type of expressionist painting. This type of creative subject focuses on the expression of the internal subjective world, and expresses the external objective world indirectly or tortuously through the internal subjective world. Expressionism pays attention not to the appearance of the object, but to the feeling of a certain nature, and pays attention to the feeling experienced by the sensory contact with the object, that is, to express the pain or happiness felt. The Expressionists who tend to be subjective take the feelings of the creative subject as the performance material. Expressive creators attach importance to feelings, subject consciousness, creative personality, subjective expression and meaningful forms. They strongly express their feelings in the picture.

The intuitive type corresponds to the type of constructivist painting. The constitutive school does not attach importance to the imitation of nature, but expresses its pure spirit and feelings through the selection of shape, color and line, which is a manifestation of intuitive ideas. They have keen intuition about things and firmly grasp new objects and methods. They are often the shapers of perceptual images. They are only

satisfied with intuition. The creative subject itself is constructed and determined by intuition. The creators of a compositional watercolor are best at using techniques in color that are conducive to expressing the sense of quantity and tone to form a picture. They pay great attention to the harmonious proportion of the picture. The temperament characteristics of the creative subject are not absolute. There are few creators who can represent various pure types. The performance of all creators is not only mixed, but also may be changing alternately.

Conclusions: In short, mastering and using any specific means of expression to create must be based on the individual psychological temperament characteristics of the creative subject. A means of expression is not valuable to anyone at any time. Therefore, in the process of creation, the creative subject should develop in a way consistent with his own psychological temperament characteristics as far as possible, in this way, more excellent works will emerge in the watercolor industry and get better prosperity and development.

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THE INFLUENCE OF MUSIC LITERACY COURSE TEACHING ON STUDENTS' MENTAL HEALTH IN COLLEGES AND UNIVERSITIES

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Background: College students, a seemingly relaxed group, actually bear great pressure. Under the oppression of multiple mountains of study, life, emotion and employment, the mental health of college students has been in urgent need. Bloody facts constantly warn us to pay attention to the mental health of college students. College students' mental health has gradually become the focus of social attention. As more and more college students suspend or drop out of school due to psychological problems, and even some abnormal or malignant events such as suicide and murder appear in the newspapers from time to time. At present, Chinese college students look happy and worried. Fortunately, they have strong independence and the ability of self-management, learning and development. The worry is that their psychological status is closely related to the mental health of Chinese people under the background of the whole society. All kinds of ethos in the society continue to affect the original pure university campus. The campus is no longer a pure land, and the psychological problems of college students have been very concentrated and prominent. Therefore, we must study effective treatment methods to solve the mental health problems of college students. Mental health means that all aspects of psychology and activity process are in a good or normal state. The ideal state of mental health is to keep a good character, normal intelligence, correct cognition, appropriate emotion, reasonable will, positive attitude, appropriate behavior and good adaptation. Mental health is an important aspect of modern people's health. So, what is people's mental health? There are standards for people's physical health and mental health. However, people's mental health standards are less specific and objective than people's physical health standards. Understanding and mastering the definition of mental health is of great significance to enhance and maintain people's health. When people master the standard of measuring people's mental health, they can make self-diagnosis of mental health according to themselves. If you find that one or several aspects of your psychological status are at a certain distance from the mental health standard, you can strengthen psychological exercise in order to achieve the level of mental health. If you find that your mental state seriously deviates from the standard of mental health, you should seek medical treatment in time for early diagnosis and treatment. Music therapy is a new frontier discipline integrating music, medicine and psychology. It takes music activities as a treatment medium to improve individual physical and mental health.

Objective: Music literacy is a comprehensive quality education for learning music. It is an independent professional subject, a basic course of music and a required course. It includes the comprehensive theoretical basis of spectrum reading, sight singing, listening, rhythm, harmony, writing, music appreciation and music history. A person who studies music without learning music literacy is a robot who plays and sings mechanically. He can't understand music, understand music and express music. Therefore, learning music literacy is to comprehensively improve the students' comprehensive music quality, so as to promote the students' learning of professional subjects and enhance their perception, understanding and creativity of