

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

music.

Subjects and methods: Class leaders and music literacy teachers conduct a personality questionnaire survey on students at the same time, and then divide students into three categories: A, B and C. Students with prominent problems are classified as class A, students with little problems are classified as class B, and students without problems are classified as class C. A. 20 students of class B and C were randomly selected and a total of 60 students were investigated. Then, 10 students of class A, B and C were randomly assigned to form an experimental group of 30 students and a control group of 30 students. A music literacy teacher with rich experience in music teaching was selected to teach music courses to the two groups of students. The experimental group increased music literacy teaching on the basis of the control group. The experiment lasted for one month. Through the personality questionnaire survey to the students again, the mental health of the two groups of students before and after the experiment was counted. Use SPSS 20.0 software to make statistics.

Results: This study analyzes the changes of several psychological states of college students in the teaching of music literacy course. First, the influence of personality integrity. Second, whether there are obvious changes in emotion, which affect the effect of positive emotion. Third, the change of attitude towards learning music. Fourth, the influence on students' normal behavior in the teaching of music quality course.

In this survey, the influence values of specific factors are quantified in five grades from 1 to 5. 1 means irrelevant, 2 means slight influence, 3 means general influence, 4 means obvious influence and 5 means full influence. In order to reduce the large error caused by personal subjectivity in the evaluation, 60 students are used to evaluate the values and take the average to obtain the results, which are rounded, the specific statistical table is shown in Table 1.

Table 1. Impact of music literacy course teaching on students' mental health in colleges and universities

Factor	Good character	Emotional appropriateness	Positive attitude	Normal behavior
Experience group	4	5	5	4
Control group	3	3	4	3

Conclusions: In fact, there is no obvious boundary between college students' mental health and unhealthy, but a continuous process. For example, if normal is compared to white and abnormal is compared to black, there is a huge buffer area between white and black - gray area, in which most people in the world are scattered. This shows that for most college students, it is normal to face psychological problems in the process of life development. There is no need to make a fuss and should be actively corrected. At the same time, individual gray areas also exist. College students should improve their awareness of self-care and adjust themselves in time. The activity of people's health state is a development problem. When a person has a certain psychological disorder, it does not mean to maintain or aggravate it forever.

College music literacy course can not only improve college students' cognition, but also play a positive role in college students' mental health. At the same time, the teaching of music literacy is also an important subject to cultivate and improve the overall music quality of musicians.

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ON THE SIGNIFICANCE OF THE STUDY OF AUDIENCE PSYCHOLOGY IN NEWS COMMUNICATION

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Background: News communication is a concept adopted by domestic scholars in recent years. It is a new concept with the introduction of communication. The study of news communication as a subsystem of human communication activities greatly improves the position of the objective regularity of news communication activities in the discipline system, and avoids the lack of systematic Ness, theory and scientific research methods in the previous journalism research, which is mainly descriptive research and experience summary research. The research on the psychology of news communication audience is an important part of exploring the objective law of news communication activities. The investigation and research of audience psychology in communication science is a scientific research and objective analysis of audience psychology with the