

**Results:** Through in-depth conversations, researchers can confirm that undergraduates with low self-differentiation often experience anxiety and depression, as well as distress over other emotions or intimate relationships with classmates, lovers, and parents. They are often not highly receptive to themselves, and have extreme thoughts about interpersonal relationships. Extreme dependence or excessive defense are their specific manifestations. The statistical results are shown in Table 1.

**Table 1.** Relationship between self-differentiation and anxiety in ideological and political education of college students

Low self-differentiation	Excessive dependence	Distrust	Narcissism	Emotionally significant
Is there any anxiety	Yes	Yes	Yes	Yes

**Conclusions:** College students' self-differentiation not only directly affects their mental health, but also has some relationship with anxiety and depression. Anxiety plays a part of mediating role between self-differentiation and depression. In order to help college students to develop their personality and improve their self-differentiation, it is of great significance.

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## EFFECT OF PHOTOGRAPHIC ART BEHAVIOR THERAPY ON PATIENTS WITH MILD COGNITIVE IMPAIRMENT

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**Background:** Mild cognitive impairment (MIC) is a transitional stage between normal and dementia. If there is no timely intervention and treatment at this stage, when the cognitive function decreases to a certain extent, it will develop into dementia, and dementia is an irreversible process. Therefore, patients with mild cognitive impairment can still maintain good function and cannot reach the diagnostic criteria of dementia. In addition, patients with mild cognitive impairment have decreased cognitive abilities such as attention, memory and instrumental daily living ability. 35%-85% of patients with mild cognitive impairment will have different mental states to some extent, including depression and anxiety. These negative states will have a serious impact on patients' daily life and condition. Therefore, early and timely intervention can effectively slow down or alleviate the process of mild cognitive impairment patients to dementia, which is of positive significance for the improvement of life ability and quality of life of patients with mild cognitive impairment. Mild cognitive impairment is not only affected by memory, but also closely related to patients' daily life style and mental state. There are many risk factors for mild cognitive impairment, so there is no unified conclusion on its diagnostic criteria at home and abroad. Scholars will study it according to different criteria, but no matter which identification criteria, the most core problem involved in the diagnosis of mild cognitive impairment is still cognitive impairment, its core contents are: (1) Cognitive decline: cognitive impairment reported by the principal complaint or insider, and there is evidence of cognitive impairment through objective examination. (2) The basic daily living ability is normal, but complex daily activities, such as the use of more complex electrical appliances, can have slight damage. (3) No Alzheimer's disease.

**Objective:** Mild cognitive impairment refers to memory impairment and mild other cognitive impairment, but the individual's social, occupational or daily life function is not affected, and cannot be explained by known medical fields or neurological diseases. In recent years, a combination of music therapy, art therapy, group therapy and exercise therapy has emerged. Among them, photography art behavior can improve the cognitive ability of patients with mild cognitive impairment according to their cognitive ability, mental state and lifestyle. Therefore, by exploring the influencing factors and intervention modes of patients with cognitive impairment, establish a social work intervention mechanism of mild cognitive impairment, so as to seek the early prevention and early warning of dementia during mild cognitive impairment. The purpose of this study was to study the effect of photographic art behavior therapy on patients with mild cognitive impairment.

**Subjects and methods:** Fifty patients with mild cognitive impairment were randomly selected as researchers. No age limit, no gender limit, no occupation limit. Fifty patients with mild cognitive impairment were randomly divided into two groups, 25 in the experimental group and 25 in the control group. The survey was conducted by issuing questionnaires. Through the intervention of photographic art behavior, the experimental group took pictures of different objects, such as natural scenery, garden scenery and interior

decoration, 1-2 times a week for 30-90 mins each time. While feeling the grandeur of nature, the experimental group also understood the charm of artificial carving. At the same time, the same scenery was taken more than 2 times. Supplemented by certain psychological intervention. The control group only received psychological intervention. The experimental time was 3 months. After the experiment, the delayed recall, language, abstraction and other indexes of the two groups were tested. The experimental results were statistically analyzed by SPSS 17.0.

**Results:** Several indexes of the two groups before and after the experiment were counted, and the results are shown in Table 1.

It can be seen from Table 1 that there is almost no difference in symptoms between the two groups before the experiment, and after the experiment, the score of the experimental group is lower than that of the control group. At the same time, there were significant differences in delayed recall indexes.

**Conclusions:** The birth of photography is not an accidental scientific invention. it is the inevitable result of people's long historical exploration of reproducing psychology. With the vigorous development of culture and science, the correlation between photographic art creation and psychological research is becoming closer and closer. Photography art behavior is used for the intervention of patients with mild cognitive impairment. Cognitive impairment can be manifested as memory impairment in the early stage. First, there is memory impairment of recent events, often forgetting daily things and commonly used items. With the development of the disease, there can be long-term memory impairment, that is, forgetting long-term events and characters. Secondly, in moderate patients, in addition to the continuous aggravation of memory impairment, the ability to work, learn new knowledge and social contact decreased, especially the obvious decline of the previously mastered knowledge and skills, the decline of logical thinking and comprehensive analysis ability, speech repetition and computational power. The use of low-cost photography art behavior to intervene the symptoms of mild cognitive impairment can provide some reference for avoiding the aggravation of patients' symptoms and improving the symptoms of mild cognitive impairment.

**Table 1.** Comparison / scores of cognitive impairment indexes between the two groups before and after the test

Group	Before and after the experiment	Delayed recall	Language	Abstract
Test group	Before the experiment	7.8	3.6	2.5
	After the experiment	1.8	2.8	1.5
Control group	Before the experiment	7.9	3.7	2.6
	After the experiment	4.9	3.1	1.8

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## APPLICATION AND RESEARCH OF PSYCHOLOGICAL PERCEPTION FACTORS IN MURAL TEACHING

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**Background:** Mural teaching has its own characteristics, laws and theoretical system. Psychology is one of the disciplines most closely related to art (nature also includes painting). The theories and methods of psychology have always been the content of art education. This paper discusses the application of psychological perception theory in painting teaching in order to teach Fang Jia. The world of human life is a rich and colorful world, with vast nature and countless things belonging to the category of social culture. Any objective thing has many attributes, and the individual attributes of things are always closely related to the whole of things. For example, the orange on the tea table has many attributes: orange color, sweet taste and fresh aroma. By touching it with our hands, we can detect its general hardness, temperature and less smooth surface. Feeling is the reflection of people's individual attributes of objective things acting on sensory organs. It is the simplest form of people's understanding of the objective world. On the basis of feeling, people can further have a more complex and in-depth understanding of the whole of things and the relationship between things. There are five kinds of human senses, namely, vision, hearing, smell, taste and body. Of course, the most closely related to murals is vision. In mural teaching, we mainly want to cultivate and improve students' visual sensitivity, that is, what we usually call observation ability. In psychology, vision is divided into two categories: achromatic feeling (all kinds of gray, black and white) and color feeling (all colors except black and white and all kinds of gray). Usually, the sunlight perceived as white is composed