

creation and psychology, find inspiration and emotion in the process of people's music creation, and study people's psychological activities in this process, so as to clarify the sensibility and music emotion of music teaching assisted by psychological education.

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RESEARCH ON MODERN ART DESIGN FROM THE PERSPECTIVE OF COLOR PSYCHOLOGY

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Background: With the increasingly close relationship between color and various disciplines, people have more and more research on the relationship between color and human psychological activities, and the concept of "color psychology" has emerged. Although this concept has not been defined by the field of professional psychology, it cannot be denied that its impact on human psychology exists objectively, and has been spontaneously applied to real life to solve various psychological problems. In different times, different national boundaries and different fields, people have different preferences for color, but the impact of color on people is similar. Therefore, it has become an important dimension of color psychology to observe people's different stress reactions after being affected by color and solve some practical problems on this basis. There are more and more studies on the relationship between color and human psychology, the concept of "color psychology" came into being. Although color psychology has not been officially accepted by the psychological family, the influence of color on human psychological existence is objective, and this knowledge has been used to solve psychological problems in real life. In different times, different ideologies and different fields, people may have different color preferences. However, the common human physiological mechanism and similar external stimuli make the psychological role of color similar. This also provides a breakthrough for understanding a person's heart, so that we can understand others through color. The color observed in daily life is largely affected by psychological factors, that is, the formation of psychological color visual sense. In colorimetry, the name of color is tristimulus value (x, y, z). (R,G,B). Hue, lightness, purity, dominant frequency, etc. However, in production, it is customary to use peach red, golden yellow, emerald green, sky blue, bright or not, thick or light, fresh or not to express color. These popular expression methods are not as accurate as the naming of colorimetry, and the names are not unified. According to the common features of these names, they can be roughly divided into three groups. The expressions of hue, color light and color are summarized into a group. Lightness, brightness, depth, shade and hierarchy are summarized into a group. Saturation, freshness, purity, chroma and color correctness are summarized into a group. Such grouping is just a feeling, there is no strict definition, and the meaning of each other is not exactly the same. The influence of color on human psychology is also of enlightening significance to modern art design. "Modern art" is the dominant art form in the West since the 20th century. Since the beginning of the 20th century, with the western society entering the modern period, modern art with different features from classical art and modern art has emerged. Its prominent feature is that the artistic form is no longer dominated by realistic style, but the concept and formal language reflecting the artist's personality, and many art schools have been formed, dominated by a certain art school in one period. For example, we are familiar with cubism, futurism, surrealism, abstractionism, pop art, photographic realism, and so on. Based on the actual needs of people's daily life, modern art design reflects the aesthetic value and cultural connotation of the nation and the times. We can learn from the color implication, pattern modeling, shape and color matching in color psychology, integrate our own understanding and creation, design a schema language with self-personality, reflect the character's character in an inch, and summarize the world, constitute its rich cultural design concept.

Objective: In fact, in daily life, each of us is a "master" of color psychology. This seemingly broad and profound discipline has a strong affinity with the people. In the past, the walls of the classroom were painted light green, the exercise books were light yellow, which can effectively protect students' eyes, and the blue and white school uniforms can make students quiet and study. The flowers planted at home are colorful, which makes people feel happy. Cars of various colors on the road also reflect the personality characteristics of the owner to a certain extent. These examples are very simple, but they actually happen around us, reflecting the significance of the impact of color on people's psychology. In the field of art, the use of color is more diverse.

Subjects and methods: No matter what hue modern art design uses to highlight the design concept, or even if there is only one hue from beginning to end, we can actually feel the charm of color and remember

the color pictures. In fact, this is to hint the audience through different color symbols to achieve the purpose of unforgettable. This study mainly analyzes and discusses the return to naturalization, nationalization and personalization of design, and studies the influence of modern art design from the perspective of color psychology.

Study design: In the form of interview survey, 100 audiences were randomly selected for interview. Time limit: 15-20 mins. The content of the interview mainly focuses on the impact of modern art design from the perspective of color psychology.

Methods: The influence of modern art design research based on color psychology is counted by Excel.

Results: According to the survey results, five grades of 0-4 are used to quantify the influence values of specific factors. 0 means no symptoms, 1 means slight symptoms, 2 means general symptoms, 3 means obvious symptoms and 4 means intense reaction. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation values of 500 university students are taken and averaged. The specific statistical table is shown in Table 1.

Table 1. Research influence of modern art design from the perspective of color psychology

Factor	Return to naturalization	Nationalization	Individualization
Audience	2	3	2

Conclusions: What modern art design shows is not only aesthetic feeling, but also the overall artistic conception and pattern conception. Of course, no matter what kind of art form, it reflects and expresses the social and psychological characteristics brought by the changes of modern society, and it is the artist's exploration of the form of artistic expression. The positive achievements enrich people's aesthetic experience and expand the visual expression space of art.

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THE ROLE OF SPORTS GAME TEACHING METHOD IN ALLEVIATING STUDENTS' PSYCHOLOGICAL ANXIETY IN HIGHER VOCATIONAL COLLEGES

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Background: Psychological anxiety is a common problem of higher vocational college students. With the rapid development of China's economy, social reform, educational reform, academic, emotional and interpersonal complexity, it has brought intangible pressure to the psychology and spirit of contemporary college students. Under these pressures, some students have different degrees of psychological barriers, which seriously affect the physical and mental health of college students. When higher vocational education accounts for a large proportion of higher education, a series of psychological problems such as anxiety and depression exposed by higher vocational college students in their daily college life have become common problems in higher vocational colleges. Mental health refers to the normal and positive state of individual psychology and the ability to maintain good psychological adaptation to the environment, it reflects the high standard pursuit of human psychological system. Higher vocational college students are a group with high cultural quality and the backbone to promote social development. The mental health of higher vocational college students is related to the future and destiny of the country and society. The rapid development of modern society, the acceleration of the pace of life and the increasing competition have had a great negative impact on the mental health of higher vocational college students. It also causes a series of problems in students' mental health, and the prospect is not optimistic. Sports game teaching method is a teaching method in sports teaching. In recent years, sports game teaching method has been widely used in various technologically complex sports, and its role has been paid more and more attention. This paper aims to study the application of sports game teaching method in basketball technology teaching, find and explore the advantages and disadvantages of sports game teaching method by comparing with traditional sports teaching method, and explore the role of sports game teaching method in alleviating students' psychological anxiety in higher vocational colleges.

Objective: As a psychological state, mental health refers to that when individuals interact with the social environment, they can keep their mentality and behavior in harmony with the social environment. From the main signs and basic contents of mental health, physical education teaching will more naturally and effectively promote the all-round development of students' physical and mental health than any other