

classroom teaching experimental teaching + network-assisted teaching + curriculum design". Students through the classroom multimedia theory of learning, basically the content of the study has a preliminary understanding. Students can also learn more about the assigned course topics in the online class after class.

(3) Diversified teaching methods. In the classroom teaching, we design the discussion questions carefully according to each knowledge point, organize the students to do a good job in class discussion, help students to understand the knowledge points, enhance students' self-confidence and thirst for knowledge, and consolidate the knowledge they have learned. In the teaching process to introduce cases to inspire students to solve the problem commonly used in English thinking ability. In this way, it strengthens students' ability to analyze and solve problems, enhances their sense of achievement and interest in English learning, and further understands the importance of English learning.

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ANALYSIS OF THE INFLUENCE OF ART PSYCHOLOGY ON COLLEGE STUDENTS' ANXIETY DISORDER

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Background: Anxiety disorder is a kind of emotional distress and slow action. Reduce the symptoms of thought delay and speech neurosis. Anxiety disorder seriously affects patients' life and work, and brings a heavy burden to families and society. At present, there are more and more college students suffering from depression due to various reasons and pressure, and art creation is a process of perceiving beauty, understanding beauty, creating beauty and appreciating beauty. Therefore, we can use painting psychology to open students' psychology, and solve students' psychological problems with care and help. With the deepening of educational reform in colleges and universities, building an open and scientific concept of art education is a continuous concern in the development of art colleges and universities. Art psychology is a science that studies art and its laws from the perspective and method of psychology. It starts with feeling, perception, representation, thinking, language, imagination, emotion and will, discusses the interaction between various elements in the process of art creation, explores the interaction between individual body and mind and art creation, and studies social culture. The interaction between human collective emotional spirit and art activities. It makes the ambiguous creative process clear, structured and phased, and provides a clear path for training art workers. Considering the general environment of art education reform in colleges and universities, the opening of art psychology course will help to improve the scientific and feasibility of art education in colleges and universities. Art psychology is a science that studies art and its laws with the views and methods of psychology. It is an interdisciplinary subject combining art, psychology and other related disciplines. As an important part of psychology, art psychology originated in the late 19th century. With the development of modern art education, art psychology has gradually been valued by art educators since the 1950s, and began to be applied to the cultivation of students' intellectual development and psychological state. Since the 1990s, the research of art psychology has gradually been concerned by Chinese academic circles. In 1994, Ding Ning published his book "art psychology", which explained the history, current situation, contemporary development and trend of the discipline, and also launched a psychological discussion on art creation, art form and art acceptance. In the first 10 years of the 21st century, the research of domestic art psychology is developing in a rich, comprehensive and profound direction. The representative is the main research orientation of contemporary art psychology proposed by scholar Zhang Xiaodong. He believes that with the change of the nature of traditional art creation and art form, today's art psychology should not only investigate the art psychological phenomena in human development and national culture, but also systematically study the art psychological phenomena in the fields of industrial design, commercial economy, information communication, art therapy, art education and so on. To form a research system of art psychology with multiple value orientations. With the efforts of many experts and scholars, the research of art psychology in China continues to develop in the direction of science, openness and integration on the basis of the integration and optimization of a variety of traditional psychological views and in combination with the influence of the society, nationality, culture, education and other environment of the times.

Objective: Painting psychology is the product of the influence of painting art on psychology. Painting is a special language that expresses the things people observe and experience by hand in two-dimensional space. When people present some external things by means of painting, their internal psychological characteristics are reflected in painting. Secondly, people's response to external stimuli depends not only on the characteristics of stimuli, but also on the psychological factors such as the relatively stable personality

characteristics of the responders, their psychological status at that time and their expectations for the future.

Subjects and methods: The number of patients with anxiety disorder in college students has increased sharply. Its causes and prevention measures are rarely discussed in daily life, but studied from the aspects of medicine, psychology, sociology and so on. Ordinary people are not easy to understand the behavior of patients with anxiety disorder, and do not find an appropriate way to get along, which may also lead to deterioration and even catalyze the occurrence of suicidal behavior. Therefore, how to treat patients with anxiety disorder is very important when more people need to understand the situation of patients with depression. This paper investigates and analyzes the influence of college students' anxiety disorder based on art psychology.

Study design: 200 college students were randomly selected. A total of 200 questionnaires were distributed, 189 were recovered and 184 were valid.

Methods: The influence of college art psychology on college students' anxiety disorder is counted by Excel.

Results: According to the survey results, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence and 4 means full influence. The specific statistical table is shown in Table 1.

Table 1. Effects of art psychology in colleges and universities on anxiety disorders of college students

Effect	Crossing psychological barriers	Improve self-regulation	Relieve anxiety
Student	4	4	4

After investigation, college art psychology has a positive impact on college students' anxiety disorder.

Conclusions: Painting therapy belongs to art therapy. It is a therapeutic means to use painting language to achieve the effect of psychotherapy. The function mechanism of painting therapy is to present the deep psychological image of the visitor through painting, and make the internal factors in the individual subconscious that affect the harmony of knowledge, emotion and meaning explicit and visual. Because individuals are in a low psychological defense state in the process of painting, the psychological state reflected in painting is more real.

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A STUDY OF THE WOMEN'S LIBERATION MOVEMENT IN THE MAY 4TH PERIOD FROM THE PERSPECTIVE OF HUMANISTIC PSYCHOLOGY

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Background: The humanist is more philosophical than scientific, opposing the view that the character and behavior of a person can be completely attributed to his or her personal experience, especially the psychoanalytic didacticism of childhood experience, and the behaviorist view that a person's behavior is merely a conditioned response to stimuli. Humanistic psychology emphasizes that individuals choose how to act and how to satisfy their rights in their own way. It holds that behavior should not be judged by what is called objective and scientific criteria, but by a person's own frame of reference.

The Women's Liberation Movement in the May 4th Movement is a representative and influential movement in the history of modern Chinese women's movement. In thousands of years of feudal rule, the real conscious women's movement was unveiled in the May 4th Movement. They organized patriotic groups and established women's publications, which promoted the development of the women's liberation movement in action and organization. They fought for equal education for men and women, advocated open social contact, freedom of marriage and economic independence, which promoted the development of the women's liberation movement ideologically and ideologically. After the founding of the Communist Party of China, the participation of proletarian working women in the fighting changed the direction of the women's liberation movement and promoted its development. Especially after the birth of the Communist Party of China, they promoted the women's liberation movement in politics and leadership, making it an important component of the entire Chinese revolutionary struggle. The May 4th Movement ushered in a new era of the Chinese women's liberation movement. The awakening of women and the struggle for liberation have both reached a new level. They lashed out at the feudal ethical code and demanded their own liberation, laying the first solid foundation for the Chinese women's liberation movement and becoming the women's liberation movement with a broad mass foundation in modern Chinese history.