

Conclusions: Health is particularly important for modern people. Modern people's view of health refers to a person's overall health in good physical, mental and social conditions. Physical health and mental state affect and contact each other. Modern healthy life not only needs a comfortable and harmonious external environment, but also needs self-regulation. Vocal music singing, as a creative music therapy in music therapy, can effectively alleviate students' anxiety and symptoms and improve their mental health level by combining music and practice. This special art form is loved by more and more people because of its direct and simple form, and it also has good therapeutic effect as a way of psychological intervention.

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APPLICATION OF ART TEACHING IN MENTAL HEALTH EDUCATION UNDER THE BACKGROUND OF BIG DATA

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Background: In the context of BD, art education not only teaches students art knowledge, but also pays attention to cultivating their innovative consciousness and practical ability. MHE in colleges and universities pays attention to the development dynamics of college students' ideological and psychological levels, which is of great benefit to the improvement of college students' personality and healthy growth. And art courses are closely related to psychological emotions. For this reason, MHE for students can be carried out from teaching. This article studies the application of AT in MHE from the background of BD is a move worth trying.

Study design: The arrival of big data (BD) has brought new experiences to people, and has also changed our lifestyles, thinking patterns, and behavior habits. Fine arts are an art subject centered on aesthetics. The course can be said to be very related to personal emotions. To this end, this article uses the background of BD to conduct in-depth research on the psychological education of art teaching (AT), which is intended to improve students' ideological awareness and protect their mental health. This article mainly uses questionnaire survey method and statistical method to analyze the application of teachers and students in AT in mental health education (MHE). The survey results show that 50% of people want to use BD for AT. Moreover, 14% more people think that AT has a positive impact on MHE than those who have a negative impact. Therefore, it is a good choice to integrate psychological education into AT.

This article first studies the learning of AT in the context of BD. Secondly, it studies the cognition of college students on AT. Then elaborate the meaning of art education to mental health. Finally, the relationship between AT and MHE is studied through questionnaire surveys, and conclusions are drawn.

Subjects and methods: Application of art teaching in mental health education under the background of big data.

(1) Study of art teaching. The learning process of AT is a stage of gradual progress, gradual deepening and continuous strengthening. In this process, teachers should make full use of the rich, diverse and time-sensitive characteristics of the BD platform to guide students to create independently. The study of art education is mainly through the teachers in the classroom teaching to guide the students, so that they can complete tasks with their classmates and teachers after class. The traditional "cracking duck" teaching method tends to cause tension between many teachers and students.

(2) College students' cognition of art teaching. In the era of BD, great changes have taken place in the teaching content, methods, and methods of art courses. The traditional classroom teaching method combining teacher teaching and students' listening can no longer satisfy college students' interest in art learning. "BD" is a brand-new concept.

Results: Analysis of the results of investigation on the application of art teaching in mental health education.

(1) Attitudes of students and teachers to art teaching methods. According to the questionnaire survey, AT methods are mainly divided into written teaching, Internet teaching, situational teaching and practical teaching. Students and teachers have different attitudes towards these methods. The specific situation is shown in Table 1:

(2) Analysis of the role of art teaching in mental health education

According to the questionnaire survey, the role of AT in MHE is mainly divided into positive influence, negative influence, influence and no influence. Students and teachers agree, disagree, and indifferent to these views. The specific situation is shown in Table 2:

Conclusions: The art course is a new subject combined with traditional teaching. In this process, we should not only pay attention to the students' basic knowledge mastery, space concept and time concept,

etc., but also pay attention to cultivating students' thinking ability and innovative consciousness. In this teaching process, it is a good choice to attach importance to the mental health of students. In this way, the students' psychology can be more corrected, and the students' mental health status can reach the standard. Through the questionnaire survey in this article, it can be found that people are more welcome to teaching methods in a BD environment, and more people believe that art learning has a positive impact on MHE.

Table 1. Students and teachers' attitude towards art teaching methods

	Students	Teachers
Written teaching	10	3
Internet teaching	20	5
Situational teaching	30	7
Practical teaching	20	5

Table 2. Analysis of the role of art teaching in mental health education

	Agree	General	Disagree
Positive impact	16	10	6
Have effect	10	11	8
Negative effect	6	6	7
No effect	3	8	9

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ON THE IMPORTANCE OF CULTIVATING STUDENTS' CULTURAL AND PSYCHOLOGICAL QUALITY IN ART TEACHING IN COLLEGES AND UNIVERSITIES

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Background: With the rapid development of society, the role of art education in the growth of students should not be underestimated, so it has attracted much attention. Many scholars have done related research on higher education. Some scholars believe that promoting the effective development of practical teaching in CUHK is an important part of the comprehensive reform in the field of education at the present stage. Some scholars believe that art education at CUHK is a highly practical discipline, which should not only cultivate students' professional skills, but also cultivate their good moral quality, scientific spirit, aesthetic taste and improve their art appreciation ability. The above research has laid the foundation for the research of this paper.

Study design: Art is an art category for the purpose of aesthetics. It has three characteristics: comprehensiveness, modeling and expressiveness. As one of the important ways to cultivate talents, college education is particularly necessary to carry out comprehensive quality training for students. This is especially true for contemporary college students. When learning professional knowledge, we can't ignore their humanistic quality and psychological characteristics. To achieve "self-cultivation", we should also know how to use the learned theories to solve practical problems, which are inseparable from the cultural connotation and internal charm of art.

Subjects and methods: This paper first expounds the influence of art teaching on students' culture, and then introduces the characteristics of art teaching in colleges and universities. Then it studies the problems existing in the art teaching of China Agricultural University. In order to solve these problems, this paper studies the application of data mining clustering algorithm, and uses the method of questionnaire to investigate the current situation of psychological quality cultivation of art majors in China Agricultural University. The result of the investigation shows that the influence of art teaching on students' psychological quality is mainly manifested in enriching students' inner feelings, improving students' aesthetic ability, cultivating students' innovative thinking ability, broadening students' artistic vision and so on.

Results: Characteristics of Art Teaching in CAU. Art Education in CAU aims to cultivate students'