

COMPARATIVE ANALYSIS OF THE EFFECTS OF TWO RELAXATION METHODS ON COLLEGE FOOTBALL PLAYERS' PRE-GAME ANXIETY

Yanwu Hou

Zhongnan University of Economics and Law, Wuhan, 430073, China

In sports football, anxiety is a common and inevitable phenomenon in pre competition. With the continuous development of football technology and the continuous improvement of sports training level, the gap between athletes' technical ability and physical quality is becoming smaller and smaller. Therefore, psychological factors play a more and more important role in determining competition results, and sports anxiety has a great impact on athletes. The process of football match is more competitive and has a high impact on people's psychology and physiology. When we are in this state of high intensity, high pressure and high stimulation, it is very easy for people to have anxiety. Therefore, it is very important for athletes to relax. Through the research on the anxiety state of college football players before the game, this paper discusses the effects of two relaxation methods on the anxiety state of college football players before the game. This paper reveals the factors related to the anxiety state of football players, in order to provide some reference for the psychological training and psychological state adjustment of football players before the game.

Key words: relaxation method - pre-competition anxiety - football players - state influence

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THE EFFICACY OF CERAMIC THERAPY IN THE REGULATION OF ADOLESCENT DEPRESSION

Yulan Li

Design college, Shandong Academy of art, Jinan, Shandong, 250000, China

Nowadays, teenagers' psychological anxiety can not be ignored and needs high vigilance and attention. The reason why teenagers have psychological anxiety is that the depressed emotions in their hearts are not eliminated and dredged as soon as possible, and they accumulate more and more, so as to form psychological anxiety. Compared with adults' emotional control, teenagers do not have so many methods and strategies. Teenagers' emotional characteristics can be more extreme and volatile, contrasting and closed, continuous and infectious, impulsive and explosive. Therefore, we should pay attention to the intervention of teenagers' depression. Some ceramic activities can induce and regulate the brain state, help alleviate emotional depression and get psychological relief. The purpose of this paper is to explore the positive efficacy of ceramic therapy in the regulation of adolescents' repressive emotions, and to analyze the specific role of ceramic therapy in psychological regulation. The method is to take teenagers as the research object, take ceramic art therapy as the starting point, and use the experimental method to verify, analyze and demonstrate.

Key words: adolescents - depression - ceramic therapy

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PSYCHOLOGICAL MECHANISM OF HEALTH CARE ART DESIGN UNDER DIGITIZATION

Huajuan Yue

School of Design, Xianyang Normal University, Xianyang, 712000, China

In recent years, with the rapid development of information technology, big data is full of all aspects of human society and has a great impact on people's life. The medical and health field is also gradually moving towards digitization and intelligence. Under the background of social innovation and development, this paper combs the common psychological needs of health care, and studies the application status of

health care art design under digitization. Sort out various contacts generated in the process of mental health medical art design, and put forward solutions based on the feelings of users' perspective and pain points. Further demonstrate the necessity and feasibility of mental health medical art design in life. At the same time, combined with the comprehensive analysis of users' experience, levels and preferences, art design is integrated into health care, so as to provide users with services that more meet their psychological needs. This paper collects user information, understands the potential needs of users through data analysis, and puts forward the psychological impact of health care art design under digitization.

Key words: digitization - health care art design - psychological research

Acknowledgements

The study was supported by the Xianyang Normal University 2017 "Blue Talents" Training Program Funded Project (Project Number: XSYQL201705); The special scientific research fund project of Xianyang Normal University: the construction platform of new media art in visual communication (project number: XSYK17043).

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EFFECT OF PSYCHOLOGICAL INTERVENTION ON APPLIED ART APPRECIATION OF DEPRESSED AND ANXIOUS COLLEGE STUDENTS

Ying Li

School of Design, Xianyang Normal University, Xianyang, 712000, China

With the rapid development of society, people are facing severe pressure of life, incidence rate of various diseases is high. Contemporary college students generally show serious anxiety or depression in environmental adaptation, interpersonal communication, emotional pressure and direction choice, which seriously endangers students' physical and mental health and has a serious impact on life and learning. Psychological problems characterized by anxiety and depression have attracted more and more attention of college educators. Through the survey, it is found that college students' bad emotions show normalization. Art appreciation plays a positive role in alleviating college students' anxiety and depression. In the process of art appreciation, it can alleviate the anxiety and depression of college students and act as a safety valve. Through art appreciation, psychological intervention was carried out on College Students' depression and anxiety. It can make college students resonate, create a space for self meditation and vent their bad emotions. Art appreciation has strong operability and a wide audience, which can alleviate the negative psychological emotions of college students.

Key words: depression - anxiety disorder - art appreciation - psychology

Acknowledgements

The study was supported by the special project of the Shaanxi Provincial Department of Education: Building and communicating the brand image of Xi'an city under the background of the One Belt One Road strategy (project number: 19JK0917); Xianyang Normal University's 2019 "Young Backbone Teachers" Training Program Funded Project (Project Number: XSYGG201903).

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PRELIMINARY APPLICATION OF ART THERAPY IN THE CURRICULUM REFORM OF COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

Ning Zhang

School of Design, Xianyang Normal University, Xianyang, 712000, China

College Students' mental health education curriculum is an important way to popularize mental health knowledge and improve mental health level. Traditional teaching methods can no longer meet the needs of college students, which is very important for the reform of traditional psychology curriculum. Art therapy mainly uses various artistic means as media to provide visitors with a non-verbal expression and communication opportunities, so as to externalize the internal state of the parties. Art therapy can not only provide a new and effective way of counseling for colleges and universities, but also play the function of psychotherapy. The mental health education course for college students integrating art and psychology