

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

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

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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

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

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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

focuses on the activists and helps them eliminate the negative emotions and psychological conflicts accumulated in their hearts through art. Adjust college students' cognition through artistic means, reorganize their psychological experience, and understand the essence of life and the meaning of self life with a positive, reasonable and constructive attitude. This paper summarizes several art therapies that are widely used at present, and probes into their preliminary application in mental health education in Colleges and universities.

**Key words:** college students' mental health - art therapy - curriculum reform

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## **THE INFLUENCE OF COLLEGE MUSIC EDUCATION ON STUDENTS' EMOTION AND EMOTION**

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With the advent of the era of information explosion, contemporary college students will face a lot of choices and psychological pressure. Due to the poor ability to adapt to the environment, college students show serious anxiety in many aspects. How to alleviate students' bad psychological emotions has also become an important part of psychological education in Colleges and universities. Music is the language that dominates people's mind. Music language is the form of expressing emotion, which makes music an important field of people's emotional activities. The emotional characteristics of music have an important influence and promotion on the emotional development of college students. Music therapy has become a new method of psychotherapy. It is an applied discipline intersecting music pedagogy and psychology, which breaks the traditional consultation mode and is more suitable for application in Colleges and universities. Therefore, for college students, the development of college music education is also conducive to its positive impact, and plays a positive guiding role in students' emotion and emotion. This paper discusses and analyzes the influence of music education on students' emotion and psychological emotion.

**Key words:** music education - emotion of college students - psychology

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## **APPLICATION OF PAINTING ART EXPRESSION IN COLLEGE STUDENTS' MENTAL AND MENTAL HEALTH EDUCATION**

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Painting art expression originates from expressive art therapy. It is through painting as a carrier to guide individuals to self exploration, real expression and deepen experience, so as to promote individual growth and development. At present, the dual pressure of employment and study makes college students face invisible psychological pressure, which is in urgent need of effective psychotherapy. The application of painting art expression in college psychological classroom is conducive to promoting students' self exploration, expressing emotion and deepening experience and feeling. Art and psychology are two different kinds of disciplines. Nowadays, society is becoming more and more diversified, and the intersection and integration of multiple disciplines have attracted more and more attention. Painting art expression can be used in the daily life practice of college students, and plays a very important role in improving and treating college students' psychological problems, which has also become a novel and unique treatment method in psychotherapy. This paper aims to explore the application of painting art