



**Figure 1.** Trends in MAAS scores of students in 4 classes

**Acknowledgement:** The research is supported by: Ideological and Political Special Project of Philosophy and Social Science Research of Jiangsu Universities. Developing Cultural Confidence through Popularizing Musical Intangible Cultural Heritage in Classrooms—A Case Study of Haizhou Wu Da Gong Diao. Project Number: 2021SJB0920.

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## RESEARCH ON THE INFLUENCE OF FOLK ARTS AND CRAFTS INTEGRATED INTO MODERN PRODUCT DESIGN ON ALLEVIATING AUDIENCE PSYCHOLOGY

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**Background:** Art therapy is a kind of psychotherapy. It uses art materials as a treatment tool, including painting and sculpture. It allows patients to talk and release their inner pressure by appreciating art and participating in art activities, so as to calm their emotions, enhance their self-awareness and affirmation, and improve their cognitive ability. Relevant theories believe that art therapy has the characteristics of development, pleasure and self-consciousness. Development refers to the positive psychological characteristics of art therapy. In the treatment, attention is paid to the development of individual psychological quality and potential development, and the treatment of psychological problems is viewed from the perspective of development; Pleasure refers to that art therapy has the form of art appreciation and creation. Through this experience, it can stimulate patients' positive emotional experience, increase patients' psychological satisfaction and sense of security, and eliminate negative emotions through this positive experience. Consciousness refers to the interesting and social characteristics of art therapy, which can attract patients to participate consciously and actively, and is conducive to creating a good treatment environment and an atmosphere for doctor-patient communication and cooperation. At present, art therapy has been paid more and more attention in the field of mental health protection and treatment in China. It is in the early stage of development, and the theoretical basis, technical integration and personnel training are gradually improving.

Folk arts and crafts is a mass, daily and folk-art form. It is the dual carrier of economy and culture in the era and region where it was born. In China, the folk traditional arts and crafts have a long and profound history. Its development and inheritance also represent the inheritance of history and culture. Researchers can see the development and changes of an era. With the development of the times, foreign art and modern art have gradually entered people's vision, and the living space of folk arts and crafts has been squeezed. How to integrate traditional art into the modern art system is the concern of many professionals. Integrating folk arts and crafts into modern product design is a feasible scheme. The color, pattern, composition, ideological core and other elements of traditional folk arts and crafts have a unique aesthetic feeling, integrating it into modern

product design can not only increase the personality of modern products, but also enable folk arts and crafts to enter the public's field of vision again. From the perspective of psychology, individual psychological experience and emotional fluctuation will be affected by external stimulation, and the stimulation brought by excellent art works is usually very strong. Therefore, it is also a valuable research direction to integrate art therapy technology into the art design of products to alleviate the psychological problems of the audience.

**Objective:** Draw lessons from art therapy theory to integrate folk arts and crafts into modern product design, and explore through experiments whether this product design has a significant impact on the psychological state of the audience, and whether it can alleviate the psychological problems of the audience in this way.

**Subjects and methods:** There are two kinds of appearance designs for a product without changing its performance and function, one is the ordinary appearance, and the other is to integrate folk arts and crafts into its product design by referring to the art therapy theory. 180 research subjects with similar basic data were found and divided into two groups according to the principle of equal number of people. One group was the observation group, and they were asked to use the products integrated with folk arts and crafts design. The other group was the control group, using ordinary products. Before and after the experiment, the changes in their psychological state and the relief of psychological problems were recorded.

**Results:** Table 1 shows some results of SCL-90 scale test of the two groups of subjects after the experiment. The severity of psychological problems in the observation group was significantly lower than that in the control group ( $P < 0.05$ ), but there was no significant difference between the two groups before the experiment.

**Table 1.** Test results of SCL-90 scale for two groups of subjects after the experiment

Item	Observation group	Control group	P
Paranoid	2.53	2.44	<0.05
Depressed	2.61	2.56	<0.05
Anxious	2.48	2.43	<0.05
Hostile	2.34	2.2	<0.05

**Conclusions:** Folk arts and crafts is an art inherited from the long-standing history and culture. It is of great value in art, culture, history and so on. Under the framework of art therapy theory, the research integrates folk arts and crafts elements into the design of modern products in order to intervene the psychological problems of users through the use of products. The results of the comparative test show that the product design combined with folk arts and crafts has a significant intervention effect on the psychological problems of users in many aspects. The design idea has practical and promotional value.

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## INFLUENCE OF ENGLISH ONLINE TEACHING MODE ON STUDENTS' LEARNING EFFECT UNDER THE BACKGROUND OF EDUCATIONAL PSYCHOLOGY

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**Background:** In English teaching, if teachers want to achieve satisfactory teaching results, they should study students' psychological development and learning ability from all aspects, and make reasonable planning and application in combination with their own teaching experience. The combination of psychological education and English learning is still unfamiliar to some teachers and students. It also needs long-term practice. It is impossible to achieve it overnight. Therefore, in the process of carrying out daily teaching activities, teachers should grasp students' psychological characteristics and have a clear understanding of students' actual needs, so as to make students change their views on English learning from the point of view, make students actively explore and analyze what they have learned, and further improve classroom efficiency. In China, educational psychology originated in the 1970s. After continuous practice and application, educational psychology has become an indispensable part of education and teaching at the current stage. The following is an analysis of the impact of educational psychology on English teaching. The behaviorism faction mainly wants to break and reorganize the links formed by the formed learning habits through stimulation and other reactions. In the process of teaching, teachers can adopt some reward and punishment systems to urge students to make progress and emphasize repeated training. In continuous training, students can open their mouths to speak English and become a habit. In the current English