

floor by carleport, the outstretched arms of the semi naked craftsmen form a strong radial composition from inside to outside with the floor lines in the same direction, highlighting the three main characters, giving the picture a strong sense of integrity and showing the hard work of the workers.

Conclusions: The combing and summary of composition form and psychological characteristics is to better serve the painter and viewer and make them more effectively control and recognize the works. Composition is the primary idea and important strategy of organizing the form before the painter creates the image. We need to master and understand the formal language for better use. All composition forms and psychological displays are to express the content, highlight the content, and achieve the harmonious unity of form and content. However, the development of art needs continuous innovation. The composition of painting also needs to constantly explore and find in the summary of practice, dare to try, break the Convention, and seek a suitable composition form and perceptual harmony.

Key words: psychology- painting art - composition

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RELATIONSHIP BETWEEN STUDENTS' POSITIVE AND HEALTHY PSYCHOLOGY AND PHYSICAL EDUCATION FROM THE PERSPECTIVE OF HEALTHY CHINA

Chao Ma

Kaifeng University, physical education teaching and research department, Kaifeng, 475000, China

Background: How to seize the opportunity and strengthen college students' health education under the background of healthy China strategy is a new challenge and requirement for colleges and universities. Colleges and universities should actively carry out and strengthen health education for college students, vigorously promote the health concept of trinity of physical health, mental health and environmental adaptation, establish the grand health concept of "everyone is health and health is everyone", maintain and improve the comprehensive health level of college students, avoid or reduce the infection of various diseases, and prevent the emergence or spread of infectious diseases on campus, This is of far-reaching significance to the realization of disease prevention and control. Mental health is an important dimension of human health. The World Health Organization clearly put forward in its charter in 1948 that health is not only the absence of disease or weakness, but also the intact state of physical, mental and social adaptation. College students are in the period of psychological transformation, and their body and mind are not yet fully mature. Due to academic tension and various negative effects such as uncertainty, the probability of mental health problems of students is greatly increased, resulting in some students' psychological obstacles or abnormalities of varying degrees, such as worry, fear, anxiety, lack of sense of security, divine depression and so on. In this regard, it is necessary to conduct psychological counseling for the huge special group of college students, strengthen students' mental health education and prevention and control awareness, and urge students to scientifically and correctly understand the relationship between their psychological state, behavior and health. It is the top priority for colleges and universities to establish a mental health education strategy with certain characteristics in line with college students' cognition.

Objective: The outline of the "healthy China 2030" plan is a major measure to protect people's health. The term "healthy China 2030" has been mentioned in many places. It pays attention to actively publicizing and carrying forward the concept of healthy China with health as the core, which shows that China attaches great importance to health construction. By attaching importance to physical education and health courses in Colleges and universities, we can help college students cultivate good sports motivation and participation interest, establish lifelong sports awareness and sports habits, and expand educational vision and thinking; It is beneficial to improve the quality of physical education teaching in the university stage; It is beneficial to improve the physical quality of college students; It is conducive to cultivating college students' positive and healthy psychology; It is conducive to ensuring the comprehensive psychological and physical health of college students. Therefore, college physical education and health curriculum is of great significance to the development of College Students' psychological and physical health. The National Health Assembly stressed that without the protection of

national health, there would be no realization of the first Centennial goal of a well-off society in an all-round way. We will continue to focus on people's physical and mental health, improve the health system and education system, improve the level of medical and health care and education, build a comprehensive health ecosystem, vigorously develop health and education, accelerate the comprehensive construction and implementation of the healthy China strategy, and lay a solid foundation for realizing the goals of the "two centenaries" and the Chinese dream. The outline of "healthy China 2030" plan released in 2016 emphasizes the popularization of healthy life, the optimization of health services, the improvement of health and safety level, the creation of a healthy environment and the development of health undertakings. Take health as the top priority of the development strategy, and integrate the health concept into the policy, so as to lay a solid and healthy foundation for the realization of the Chinese dream. It also advocates strengthening the development of health education in Colleges and universities, bringing health education into China's education system, making health education an important part of universal education, establishing and perfecting the promotion mechanism of health education in Colleges and universities, and establishing a health education model combining education and teaching. College Physical Education and health curriculum is an important link in building a healthy China. Focusing on the development of college students, adhering to the concept of health first, stimulating college students' interest in sports, cultivating college students' good physical exercise habits and lifelong sports awareness, so as to improve college students' physical and mental health, Finally, promote the healthy growth of College Students' physical and mental health. The healthy development of college students includes physical health and mental health. At present, we should do a good job in Physical Education in Colleges and universities, bring college physical education into the strategic positioning of building a healthy China, attach great importance to college students' physical and mental health, and truly integrate the teaching goal of jointly improving physical and mental health into the teaching goal of physical education and health courses in Colleges and universities, To achieve a new model of thinking and reform and the combination of education and health has become the primary goal of China's health strategy in the new era.

Subjects and methods: On the basis of establishing psychological counseling institutions, colleges and universities should add students' mental health supervisors in classes or dormitories, have a close understanding of students' psychological dynamics in an all-round way, focus on prevention, and gradually form an effective prevention mechanism for psychological problems, so as to provide timely help and multi-channel psychological counseling for college students with mental health problems, and take care of the hearts of college students. At the same time, we should take various infectious disease crises that may occur on campus as an opportunity for mental health education, improve the mental health education system in combination with the daily education and teaching work of the school, actively carry out mental health training, organize mental health education activities, and increase the publicity and education of the prevention knowledge of various common infectious diseases. Formulate effective psychological counseling programs and effectively carry out diversified psychological support methods. Starting from reality, we should strengthen college students' mental health education, emotional education and personality education by combining individual counseling with group counseling and combining online and offline, so as to continuously develop college students' sound personality. We should enhance college students' cognition of mental health problems, adjust college students' psychological adaptability, enhance self-cultivation, cultivate healthy mentality, cultivate college students' good interpersonal relations, improve students' self-awareness and self-regulation level, and then enhance their psychological quality, make psychological activities harmonious and unified with the external environment, and maintain and promote individual mental health. Class teachers and counselors should patiently do students' ideological work, help students correctly screen scientific and objective disease and epidemic prevention information from the network, improve their mental health awareness, and enable students to face diseases and epidemic situations with positive and effective psychological activities and normal and stable mentality. In order to make students actively adapt to the current social environment, colleges and universities should create a positive psychological education atmosphere and a healthy learning environment, so as to promote the healthy development of college students.

Result: Colleges and universities should shoulder the important responsibility of College Students' health education, and strive to create and create a campus environment for the healthy development of college students from the perspective of College Students' physical and mental health and adaptability to the social environment [5]. Colleges and universities should take the healthy China strategy as an opportunity for college students' health education, pay attention to college students' mental health, establish health concept, balance diet, maintain healthy behavior, strengthen physical exercise, prevent diseases and improve students' overall health level.

Conclusion: College age is an important stage to establish health concepts and develop healthy behaviors. Therefore, colleges and universities should set up health education and health promotion and other health general courses for college students according to the characteristics and needs of students, take health promotion as the main way to improve college students' health level, help students learn necessary health knowledge and skills, and establish a correct outlook on health, Change unhealthy living habits and ways, develop healthy behaviors, and enhance students' ability to improve and deal with their own health problems. Colleges and universities should raise health education to a strategic height, focus on the education of College Students' self prevention and control awareness, do a good job in public health and epidemic prevention in an all-round way, establish the concept of health and create a healthy campus atmosphere. At the same time, cultivate college students' ability to think independently, control and distinguish health knowledge, listen to rumors and don't believe rumors, and prevent the occurrence of various diseases by improving their own health literacy. Chronic non communicable diseases related to diet are increasing year by year. Therefore, colleges and universities should vigorously promote reasonable nutrition and healthy diet according to the current dietary situation of college students, and change the bad dietary behaviors and unreasonable dietary structure such as indulgent eating, blind diet, high protein, high fat and partial eclipse. Pay attention to the reasonable combination of animals and plants and coarse and fine grains in the diet to ensure the supply of high-quality protein and the daily intake of vegetables and fruits. Achieve a reasonable daily total calorie intake, avoid high calorie foods, prevent the occurrence of malnutrition and obesity, and eliminate bad eating habits. College student canteens should ensure a reasonable dietary supply of nutrients, provide diversified and nutritionally balanced food, ensure a good sanitary environment, provide material guarantee for the health of college students, and promote the healthy growth of students. The core purpose of College Students' health education is to help students form healthy behaviors and lifestyles, practice the healthy China strategy, prevent diseases and promote college students' physical health through education. Therefore, colleges and universities should make use of the guidance of public opinion to comprehensively strengthen the popular science education on College Students' health behavior and lifestyle, so as to make students clearly realize the impact of behavior on their own health, correct their wrong health cognition and behavior, and cultivate healthy, civilized and scientific behavior. In view of College Students' behaviors such as smoking, irregular work and rest time, often staying up late, not eating breakfast, unrestrained entertainment and leisure, we should carry out educational activities among college students, eliminate bad behaviors affecting their health and development such as staying up late on the Internet and playing games, organize students to participate in rich and colorful community activities, cultivate their sentiment and promote the development of physical and mental health. Colleges and universities should make use of the communication channels of traditional media and new media to enable students to obtain scientific knowledge such as response to public health emergencies, prevention of infectious diseases and prevention and control of common and frequently occurring diseases, expand the influence scope and radiation of health information communication, transform health communication into practical behavior change, and encourage and guide college students to develop good health habits, Consciously choose healthy behavior and healthy lifestyle, strengthen self-protection awareness, and effectively predict and control their own behavior. Scientific participation in sports has a positive impact on the body's cardiovascular, respiratory, endocrine and nervous systems, and can effectively enhance the physique of college students. Therefore, in view of the problems of poor physical quality, overweight and poor eyesight of college students, colleges and universities should follow the principles of step-by-step, persistence, comprehensiveness and safety, reasonably develop and make use of sports facilities, strengthen college students' physical exercise, set up physical health education courses, and establish various sports organizations and associations to attract students to participate in sports activities. At the same time, through various media, give relevant guidance to students' participation in physical exercise, carry out lectures on scientific physical exercise, make them develop good fitness habits, and adhere to the organic combination of exercise and fitness. Physical education teachers should guide students to choose appropriate exercise items according to students' physical conditions, so as to promote health and enhance physique. In the process of physical exercise, we should strengthen science, reduce blindness, strengthen students' awareness of physical exercise, enhance their disease resistance and improve their health level.

Key words: mental health - physical Education - students

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PSYCHOLOGICAL ADJUSTMENT OF PIANO PLAYERS UNDER THE INFLUENCE OF DIFFERENT ENVIRONMENTAL FACTORS

Wensheng Ruan

Hubei Polytechnic University art academy, Huangshi, 435003, China

Background: In the process of piano performance, players are vulnerable to many external and internal factors such as external environment and their own mental quality, and their own mental quality is the most influential and key for players. With a good attitude, players can play their real level, even super level. Therefore, we should learn to adjust our own mental and mental state to the best, so as to make the piano performance full of expressiveness and appeal.

Objective: Piano performance is closely related to people's mental activities, and the performer's mental quality has a great impact on the performance effect. Piano performance is the same as other performing arts, that is, the performer needs to perfectly present the results of his usual practice on the stage. In a short time, it contains a series of mental activities, such as performance motivation, performance desire, emotional expression and memory, imagination and control. The player's mental state and mental quality directly affect the performance effect.

Subjects and methods: 1. Research on the mental problems of piano players. One is to analyze the mental in the process of performance practice. The practice of piano performance is not only a purely technical practice, but also has complex mental changes in the process of performance. For students who are beginning to learn piano, there will be narrow scope of attention, busy and uncoordinated movements due to the influence of tension in the process of daily practice; After a period of study, students' performance skills have reached a more coordinated stage. To a certain extent, they can adjust and control nervous emotions. Although a few actions are not coordinated enough, the mutual interference between actions is much reduced, and the whole performance process is relatively coordinated; In the skill familiarity stage, the decomposition action will be more and more coordinated, so as to make the whole performance process more unified and complete performance works; Finally, at the mature stage of skills, the piano performance learning has formed a very complete system. In the process of performance, it is more controlled and adjusted by the player's hearing and kinesthetic, and there is no need to control through the player's vision. It can play on the piano in a chain reaction only by each coordinated action, At this time, the player's consciousness control is reduced, and his skillful skills make his attention distribution more extensive, his memory more clear, his actions accurate and highly coordinated, and his playing process smooth and complete. The second is the concrete manifestation of mental reaction. Because the piano itself has the characteristics of complexity, the study of piano is destined to be a long and arduous process. Every learner will have ups and downs in various states in long-term learning, which also causes some mental reactions that are not conducive to learning. The first is inferiority complex and fear. This feeling is especially strong for students who start late in piano learning. On the contrary, they think that there is a big gap between themselves and others, and they want to improve their level as soon as possible. This kind of eager for success violates the objective law, and haste is less than speed.

2. Research on bad mental problems of piano players. First, the player is nervous and stage fright. Nervous mental problem is a special mental state caused by many complex reasons. It usually refers to an imagination that affects human normal mental activities and brain's loss of control over the body. There are mainly four types of reasons for players' nervous mental in piano performance: the first is the players' technical tension. They adopt wrong technical requirements and wrong training methods in their daily practice, and do not understand the basic law of the formation of skills used in performance. The second is the mental tension caused by the different personality types of piano players. Introverted people are more likely to have stage fright, because they value their personal image, resist external influence, show reluctance to communicate their inner experience with others, and are more sensitive to possible setbacks. A person of such character. Extroverts generally have less stage fright, cheerful and lively temperament, because they like to communicate with the outside world, have a strong desire to play, and are good at dealing with and confident in any situation. For the vast majority of people, it is the middle type with both. The third is the mental tension in the face of different environments. Some first-time performers pay too much attention to their on-the-spot play due to their limited playing ability and lack of confidence, resulting in the transfer of attention, resulting in the failure of performance. The fourth is the player's physiological reasons. When the physical condition is in the best state, it is not easy to have stage fright. On the contrary, it is easy to have tension and stage fright. The second is the players' inferiority and anxiety. Often feel that they are inferior to others, and exaggerating the gap between themselves and others also belongs to inferiority complex. They are used to comparing their shortcomings with the advantages of others, so they cause various unnecessary mental obstacles to themselves. The