

## DISCUSSION ON PHYSICAL EDUCATION AND MENTAL HEALTH EDUCATION

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**Background:** The goal of modern physical education is physical education and health. It embodies the basic requirements of the state for college students in sports and health knowledge, physical health, sports skills, mental health, social adaptability and so on. The latest significance of the World Health Organization to health is: health is not only the absence of disease, but also includes physical health, mental health, social adaptability and moral health. Physical education is characterized by the dynamics of teaching activities, the practicality of physical activities, the three-dimensional nature of interpersonal communication, the complexity of psychological operation, the complexity of psychological experience and so on. It plays a special role in helping students improve their psychological state, correcting psychological defects, improving psychological quality and overcoming psychological obstacles, which can not be replaced by other educational methods.

**Subjects and methods:** According to the relevant investigation of the State Education Commission and the current situation of College Students' mental health. According to the psychological problems and social needs of students and the characteristics of physical education, this paper puts forward the measures of mental health education for students in physical education. This paper discusses and discusses the establishment of students' mental health education mechanism, research institution, target series, content series, evaluation system, monitoring mechanism and how to implement mental health education in physical education.

**Results:** This paper holds that the basic common sense of psychology should be introduced into physical education directly or indirectly. Give full play to the special advantages of sports, and let students directly participate in practical activities, so as to experience and understand the truth. And has a strong purpose and pertinence. For example, increasing some movement difficulties in physical education teaching, setting up some difficulties, encouraging students to work hard and find ways to solve them is to cultivate students' spirit of not being discouraged and advancing in the face of difficulties.

**Conclusions:** With the rapid development of science and technology and the continuous improvement of social civilization, after the problem of food and clothing has been solved, the problem of health has been placed in a very important position. Facing the increasingly fierce competition and various pressures in today's era, people should not only have strong physique, but also have good psychological quality, that is to say, they should have healthy psychology and sound personality. This paper aims to explore how to use the characteristics and advantages of physical education to strengthen students' mental health education and cultivate a new generation of qualified talents with strong physique and mental health.

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## ON COLLEGE STUDENTS' HUMANISTIC QUALITY EDUCATION FROM THE PERSPECTIVE OF SCIENTISM AND HUMANISM

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**Background:** Since the 20<sup>th</sup> century, there have been two main paradigms of scientism and humanism in the field of educational research. These two paradigms form opposite poles in the attribute of educational facts, research purpose, research methods, the relationship between researchers and research objects, and the overall and local research perspectives. College career is an inseparable life experience of every college student. Here, whether they like it or not, they should start to face the real life independently and solve their own life problems independently. However, when they face life with great enthusiasm and realize their dreams, they will find that the boat of life is so complex and sometimes even difficult to control. After painful reflection, some people began to adjust their goals, reshape their lives and meet the new life with a positive attitude; Some people choose to escape and abandon themselves and confront life with negative psychology and behavior. Positive acceptance and efforts are the starting point for a better life, while negative confrontation may accomplish nothing. Therefore, in the university stage, establishing a good concept of mental health is related to the growth of each student.

**Subjects and methods:** This study will use the relevant theoretical knowledge of scientism and humanism, comprehensively refer to the relevant theories of psychology, ethics and sociology, and explore according to the following ideas. Firstly, classify and attribute the data results of the network questionnaire, and analyze the current situation of College Students' mental health and the problems

existing in college mental health education. Secondly, from the perspective of the combination of theory and practice, this paper summarizes the reasons that may lead to the poor effect of College Students' mental health education. Finally, based on the purpose of trying to improve the effectiveness and effectiveness of college mental health education, on the basis of correctly grasping the basic ideas that help to improve the level of College Students' mental health education, combined with objective reality, this paper actively puts forward effective countermeasures to improve the current situation of College Students' mental health education from the perspective of scientific and humanistic education research.

**Results:** Combining theory with demonstration, this paper makes a practical analysis on the current situation of College Students' mental health education. This paper expounds the similarities and differences between mental health education and ideological and political education, and probes into the necessity and feasibility of the combination of mental health education with scientism and humanism. Specifically, this paper puts forward new ideas and ways of College Students' mental health education from the perspective of scientism and humanism, hoping to play a certain theoretical reference and practical role. In order to continuously improve the current college students' mental health education and better realize the goal of cultivating the all-round development of contemporary college students.

**Conclusions:** How to improve the mental health level of college students and prevent mental diseases can be summarized in two aspects. First, set up mental health education courses or lectures and establish psychological counseling institutions; Second, it depends on students' self-regulation. The key to self-regulation is to be your own psychologist. Of course, family and society also play an important role in improving college students' mental health.

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## RESEARCH ON THE AESTHETIC PSYCHOLOGICAL PROCESS OF FILM ART BASED ON THE ARTISTIC LEVEL

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**Background:** As a young comprehensive modern art, film, on the basis of fully absorbing the expression methods and means of various arts, makes use of the significant advantages of modern science and technology, and shapes an intuitive audio-visual image in multi-dimensional time and space through the pictures displayed on the screen and the sound matched with the pictures, so as to obtain the enjoyment of beauty. The appreciation of film art is also an aesthetic process. In this process, the subject's aesthetic psychology has experienced several stages step by step and gradually in-depth, and each different aesthetic stage shows obviously different characteristics. Referring to Professor Wang Xuxiao's theory, the subject's aesthetic psychological process roughly goes through four stages: the formation of aesthetic attitude, the acquisition of aesthetic feeling, the expansion of aesthetic experience and the realization of aesthetic transcendence. For film appreciation, we can see that the subject's aesthetic psychology has mainly experienced such a process as aesthetic expectation stage, aesthetic integration stage and aesthetic aftertaste stage.

**Subjects and methods:** Human aesthetic activity is a complex and subtle process. The appreciation of film art is also an aesthetic process. In this process, the subject's aesthetic psychology has experienced several stages step by step and gradually in-depth, and each different aesthetic stage shows obviously different characteristics. The aesthetic psychology of the main body of the film has mainly experienced such a process as aesthetic expectation stage, aesthetic integration stage and aesthetic aftertaste stage. Farewell my concubine is a classic film that can reflect aesthetic activities.

**Results:** This paper holds that the stage of aesthetic integration is the beginning of real aesthetic psychological activities. At this stage, the overall image of the object is constructed through feeling and perception. Through feeling and thinking, we can realize the unity of things and me. Constructing the overall image is the first step, the premise and foundation, and realizing the unity of things and me is the second step, deepening and intoxication. The depth of art exists in works, but it only appears in the layers of people's artistic aesthetics. The depth of human nature is deep in people's hearts, but it can only be revealed in the face of art works and in the stimulation of art works layer by layer.

**Conclusions:** The aesthetic psychological process of the subject is a complex and subtle process. Each stage of film art aesthetics is the result of the interweaving and interaction of various psychological factors, which fully reflects its characteristics of intersection, comprehensiveness and uncertainty. Therefore, the analysis and grasp of the subject's aesthetic psychological process will also be a process that needs to be continuously improved and improved in aesthetic practice.

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