

and combine the understanding of cultural structure and history obtained through "deep description" with people's attitude, interest, temperament, empathy and other psychological factors to form an overall understanding of the relationship between culture and communication behavior.

Results: The research of cross-cultural communication psychology directly comes from anthropology and national psychology in the 19th century. However, the early research in these fields also follows the concept of racial hierarchy and is used to exploring the process of changing the cultural characteristics of a primitive cultural group due to its contact with developed cultural groups, with the stale smell of colonialism.

Conclusions: The vision of anthropology has been greatly expanded. It can better help people understand the communication activities in the cultural and social context. Let people feel that cross-cultural communication is always a process related to a specific culture and will be affected by various social factors. At the same time, it is also a continuous process of meaning production, which will undoubtedly help us to break the psychological research limitations of rationalism and universalism. Of course, we should not forget that after the 1930s, the new psychoanalytic school revised and abandoned Freud's instinct theory and pan sexism, and put the factors such as culture, social conditions and interpersonal relations in the first place of the personality theory and treatment principle of psychoanalysis, thus promoting the development of cross-cultural psychology and interpersonal relationship psychology. Nowadays, psychology, which is integrated into the realistic context of cross-cultural communication activities, can better illuminate the landscape of cultural spiritual expression.

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APPLICATION OF DESIGN PSYCHOLOGY FROM THE PERSPECTIVE OF VISUAL AESTHETICS IN INFORMATION INTERACTION DESIGN

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Background: Under the background of global informatization, the concept of user-centered in information and interaction design is becoming more and more popular, and the role of design psychology in interaction design is becoming more and more obvious. Based on the introduction of the concepts of design psychology and information interaction design, this paper puts forward some principles and methods to realize the interaction design of design psychology. A comfortable and beautiful interactive design can not only improve the user experience, establish a good brand impression, increase the enterprise income, but also affect the design style in other fields.

Subjects and methods: As a discipline closely related to design, design psychology is playing an increasingly important role in contemporary design, especially in interactive design. Based on the concepts of design psychology and information interaction design, this paper further analyzes interaction design and psychology, and summarizes the principles and methods of interaction design in design psychology. In the design, we should pay attention to the needs of users. Taking users as the center, we should not only meet the design requirements of usability, but also pay attention to the psychological needs of users in the process of use.

Results: This paper holds that in information interaction design, we should timely and accurately understand the real needs of users and constantly explore the innovation of design. Understand the similarities and differences of history and culture and the habits of social life, and design more efficient, convenient, comfortable and interesting products. Explore the internal needs of different types of users, and design an interaction mode suitable for users, so that users have a user-friendly, easy-to-use and friendly experience.

Conclusions: In the era of mobile Internet, design is increasingly affecting people's life. In addition to paying attention to the practical durability of the product design itself, the current design considers people's spiritual psychological needs more. An excellent art design work must be the result of a certain understanding and Research on people's psychological needs. Designers should not only have a mature theoretical support for interface design from the visual aesthetics of the surface, but also have a more in-depth study on interface design from the aspects of visual thinking, information communication, psychology and human-computer interaction.

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APPLICATION OF PSYCHOLOGICAL CATHARSIS BASED ON VIRTUAL REALITY TECHNOLOGY AND VR EQUIPMENT

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Background: With the improvement of computer performance and the development of computer applications, virtual reality technology has achieved great success in the field of entertainment games, including Google, Sony and other companies. Virtual reality, especially VR, has come out of the laboratory and plays a role in people's daily life, especially in the entertainment industry such as film and television, video games and even education. The development of the Internet has eliminated geographical restrictions. Virtual reality technology can use three-dimensional virtual environment to break the boundary of time and space, which will become a new cognitive tool. These technologies are more and more applied in many fields. In the field of health care, it also plays a role: when evaluating health care services, it virtually creates different scenes, allowing participants to immerse themselves in this virtual environment using VR goggles, so that they can evaluate more objectively.

Subjects and methods: With the rapid development of computer and Internet industry, virtual reality technology based on computer technology has also entered an era of rapid development. In the past decades, the slow development of computer has seriously restricted the role of virtual reality technology in human society. In recent years, with the attention of major companies and groups to virtual reality technology, this gradually mature technology is hot again. Virtual reality technology has a greater and greater impact on human life. In the constructed virtual reality, we use virtual reality technology and psychological knowledge to induce users to passively release their inner emotions through similar game tasks, or build virtual characters or even real people to tell and vent in words and deeds. Whether from the perspective of medical and health, or from the perspective of business prospects, this is a very meaningful thing.

Results: The application of psychological catharsis based on virtual reality technology and mental health system is mainly an application that takes virtual technology as the core, relies on the Internet and major virtual reality platforms, and takes psychological knowledge as a means to dredge users' psychology and promote physical and mental health. Through virtual reality technology, it creates a virtual environment and gives users more privacy and strange experience. And by hitting the virtual object, the user or the mutual talk between the user and the virtual object to alleviate the inner emotion and release the pressure. Users can also enter different interactive spaces, or even non-existent worlds, and secretly vent by diverting users' attention.

Conclusions: Virtual reality psychological catharsis will break the traditional way of catharsis. It is no longer affected by environmental conditions. It can be catharsis at home through different methods suitable for most people.

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ANALYSIS OF EMOTIONAL RESONANCE OF FILM SOUNDTRACK BASED ON AUDIO-VISUAL FEELING

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Background: As we all know, music generates sound waves of different wavelengths with the help of the vibration of musical instruments, and then makes it produce corresponding psychological reactions through people's auditory organs and nerves. For film soundtrack, it mainly involves basic elements such as pitch, timbre, melody, rhythm and so on. Film soundtrack is a unique auditory art, which can not only bring sensory and other physiological stimuli to the audience. It can also bring complex and diversified feelings to the audience, trigger physiological and psychological fluctuations, and then induce emotional and emotional resonance.

Subjects and methods: When the world's first film was born, there was no soundtrack or even sound. It relied on the accompaniment and soundtrack of a live band. Since the appearance of the film "Jazz king" in the late 1920s, the film finally crossed the threshold of silence and no soundtrack, realized the unity of audio-visual, audio-visual and painting, and began to attract more and more audiences to enjoy