

## 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

it. This shows the importance of film soundtrack. This paper focuses on the role of film soundtrack on the physiology and psychology of the audience, in order to better understand the diversified art form of film.

**Results:** For the audience, the stimulation of multiple sensory nerves brought by the film soundtrack, especially the stimulation of advanced senses such as vision and hearing, will be transmitted to the central nervous system of the human brain in the fastest way when they receive the stimulation from the information such as the film soundtrack. In the face of films with the integration of sound and painting, especially the film soundtrack with high cooperation with the picture, the audience will collect color and other information, receive more complex and comprehensive neural perception such as language and music, transmit it to the nervous system through multiple different channels, reflect it to various organs and cells of the body, and finally gather in the center of the heart. The heart produces complex reactions such as different emotions and emotions, forming different psychological feelings.

**Conclusions:** In short, the film soundtrack realizes the integration of audio-visual and the unity of sound and painting. It not only effectively conveys the theme feelings of the film, but also enriches the audience's audio-visual feelings and realizes the organic integration of picture, sound and other arts. For the comprehensive audio-visual system of film, it is a work formed by the multiple cooperation of composer and performer, singer and recorder. When combined with the film picture, it realizes the mutual infection and strengthening of the picture and the soundtrack. While appreciating the film soundtrack, it not only realizes the pleasure of physical and mental senses, but also reflects the life value of the film.

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## ENGLISH TEACHING IN HIGHER VOCATIONAL COLLEGES AND THE CULTIVATION OF STUDENTS' MENTAL HEALTH QUALITY

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**Background:** English is an indispensable course in the curriculum of higher vocational colleges. With the rapid development of China's economy, more and more foreigners and cultures come to China, and the exchanges between all walks of life and the world are becoming more and more frequent. As our first foreign language, English is particularly important. As a higher vocational college responsible for transporting talents to the society, it should pay more attention to English teaching and application. At the same time, higher vocational college students are in a psychological sensitive period, and their mental health is also worthy of attention. A college student with good psychological quality can better adapt to the changes of the external environment, go out of the campus and deal with it freely at work. Therefore, the cultivation of College Students' mental health is also an indispensable link in higher vocational education. Then, from the perspective of Cultivating College Students' mental health factors, it is worth studying to improve the English level of college students in higher vocational colleges.

**Subjects and methods:** In the process of English Teaching in higher vocational colleges, students' performance is partly determined by intellectual factors, while the other is determined by non intellectual factors. Non intelligence factors mainly include motivation, interest, emotion, emotion and will. They are the dynamic system of cognitive activities, and affect the whole process of students' learning with their overall mutual penetration. This paper focuses on English Teaching in Higher Vocational Colleges and the cultivation of students' mental health factors.

**Results:** Since English is a language, learning is to apply it. According to this characteristic, we should provide more opportunities for students to practice application in teaching, and then create successful teaching examples through correct evaluation. For example, create opportunities for students to read and practice more, find excellent individuals, evaluate and praise them, and demonstrate - lead reading. Enable students to obtain a sense of achievement in learning, produce successful experience, form achievement motivation, and cultivate students' English motivation. It also makes other students have learning motivation to catch up with others. This paper proposes to arouse students' interest, improve teaching effect and stimulate students' interest through novel teaching methods.

**Conclusions:** College Students' mental health education is a long-term task. In English subject education, it is especially necessary to educate and cultivate according to the teaching characteristics, teaching contents and students' actual situation. English teaching should be free and relaxed, so we should break the theory centered teaching system and change it into not only strengthening practical teaching and improving students' English practical application level, but also improving the non