

INTERFERENCE AND ADAPTATION OF STUDENTS' NEGATIVE EMOTIONS IN PIANO TEACHING IN COLLEGES AND UNIVERSITIES

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Background: In Piano Teaching in Colleges and universities, teachers find that bad psychological factors will have an impact on students' piano training. After some students with poor psychological quality are affected by this, they will have a negative learning mood, experience the setbacks encountered in learning, and feel discouraged. These bad psychological factors affect the progress of students, sometimes make students completely lose their learning confidence, and then stop learning behavior. Piano training is a kind of art education. Art education is greatly affected by students' talent and environment, which will cause students' psychological problems. When carrying out piano teaching, teachers can not ignore students' psychological problems and despise piano psychological quality education. Teachers must put forward a set of psychological quality training methods for piano teaching, help students overcome the difficulties of learning, and make students willing to continue to learn piano independently and efficiently.

Subjects and methods: Piano performance is a comprehensive music creation activity, which requires players to always maintain a good attitude and form stable psychological quality in long-term learning and training, so as to effectively promote the whole learning process. However, in the current piano teaching in Colleges and universities. However, the training and cultivation of students' psychological quality have not been paid enough attention. Therefore, it is necessary to summarize the existing problems and put forward targeted improvement measures.

Results: There are many factors that affect students' piano training. From the source of factors, they can be divided into internal factors and external environmental factors. When students put too much emphasis on the factors of the external environment and ignore the decisive role of internal factors, they are easy to be affected by external factors. When college students are disturbed by various internal and external environmental factors, maybe they can't find it in time, or they don't deeply realize the significant impact of psychological interference. Therefore, some students will instinctively cover up their psychological changes, so that it will be more difficult for teachers to find their psychological changes.

Conclusions: In piano training, students who can never be disturbed by psychological factors account for a relatively small proportion. Most students will be more or less disturbed by psychological factors during training, which may affect their piano training. Teachers should realize that it is a common phenomenon that psychological factors interfere with piano training. Teachers need to formulate a set of countermeasures to improve students' psychological quality to solve this kind of teaching problem. First of all, teachers should understand what psychological factors students may be disturbed by when practicing piano; Secondly, teachers should know how these psychological factors come into being and what problems students have in learning; Finally, teachers should analyze the controllability and uncontrollability of factors, formulate effective strategies, integrate psychological guidance into piano training and teaching, help students overcome bad learning factors and cultivate students' psychological literacy. As long as such psychological quality education is carried out, students can understand that they will encounter many difficulties when learning piano. Although it is impossible for students to solve all learning difficulties, students can reduce learning difficulties, reduce learning interference caused by adverse psychological factors and improve the efficiency of piano learning by giving full play to their subjective initiative.

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PHOTOGRAPHY SKILLS AND POPULAR EMOTION EXPRESSION IN THE ERA OF PHOTOGRAPHY

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Background: Photography is a kind of culture, not only the display of visual effect, but also the realm and pursuit of spiritual level. This is an era of rapid development, but also an era of anxiety and loneliness. When work, life, marriage and other multi-dimensional interpersonal networks coerce us, and we are physically and mentally tired when we are not careful, how can we make our life easier? Everyone who is anxious, lonely and uneasy can try to heal himself from art. Painting, music, dance and

other expressive art forms have been widely used in psychotherapy. However, not everyone can participate in these artistic creation. The lack of certain artistic skills can easily lead to weak expression. What about the therapeutic effect? In contrast, the art of photography in the era of popular photography has more room to play in psychotherapy.

Subjects and methods: Psychotherapy through photography is a way of expressive art therapy. With the full development of mobile photography technology, photography has become one of the art therapies with the easiest to grasp, the lowest cost and the highest visibility, but it has not attracted the full attention of researchers. Based on the research of predecessors, this paper further discusses the feasibility and inherent advantages of photography as a means of psychotherapy, and preliminarily puts forward the application methods.

Results: Based on all the above contents, the psychological significance of photography to individuals lies in that it provides a visual way to express emotions, mood and thoughts. In this way, people's inner things can not only be expressed, but also people's cognition and attitude towards life will change quietly with the improvement of photography technology and aesthetic consciousness. Photography is undoubtedly the easiest for us to master, and it is also the art therapy with the lowest cost and the highest visibility. The subtraction principle of photographing can help the audience better understand life. Psychological healing starts from looking for color with the photographing lens.

Conclusions: Compared with expressive art therapy such as painting, music and dance, photography, as an art therapy, has its unique advantages. If there is a way to make people's traumatic experiences and negative accumulation be expressed artistically in a short time, so that the spiritual energy of ordinary people can improve Huawei's artistic creativity, photography is the first art treatment method, no matter individual or team. Photography is undoubtedly the easiest for us to master, the lowest cost and the highest visibility.

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ANALYSIS ON THE PHENOMENON OF GROUP EMOTION CONTRAST OF ENTERTAINMENT PROGRAM HOSTS

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Background: In the communication of TV media, the competition of entertainment programs is becoming increasingly fierce. As a TV program form of entertainment and leisure positioning, the hosting characteristics of entertainment programs have an important impact on the communication effect of programs. In the current media market-oriented environment, in order to improve the communication effect and form the competitive advantage of the program, TV entertainment programs are also constantly exploring and improving in the hosting of the program. As the core of entertainment program communication, the host's hosting mode and hosting characteristics play a positive role in improving and enhancing the communication effect of entertainment programs. Especially in the exploration of host hosting mode, a good hosting mode will have a positive significance in stimulating the host's potential and highlighting the host's characteristics.

Subjects and methods: In the current media market environment, the dissemination of entertainment programs is facing fierce competition. From CCTV to local media, entertainment programs are constantly improving and innovating from program communication content to form, so as to meet the needs of the audience and form the competitive advantage of the program. In the dissemination of entertainment programs, the role of the host can not be ignored. In order to meet the needs of the audience, the exploration of the host's hosting mode is also of great significance. Taking the program "every day up" as an example, this paper studies the psychological needs of the audience and the phenomenon of entertainment program hosting group, in order to promote the great improvement of program hosting effect.

Results: In the host group mode, the host's role positioning and resource allocation need to be carried out according to the host's respective personality characteristics. In terms of the communication effect of the host group mode, good resource allocation will play a positive role in giving full play to the host's hosting style in the program. In the current exploration of the host group model of "every day up", we have formed our own model for the role positioning and resource allocation of the host. In the domestic