

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

similar entertainment programs, whether it is to use the host group mode to spread programs or form a new exploration of entertainment programs, it needs to have a more reasonable positioning of program hosting mode. In the program, grasp the personality characteristics of the host and reasonably locate the host role of the host, so that the host characteristics of the host can be stimulated, form the brand characteristics of the program, and realize the satisfaction of entertainment programs to the psychological needs of the audience.

Conclusions: In entertainment programs, the importance of the host role is paid more and more attention by program communicators. It can be said that the host characteristics of entertainment program hosts constitute the brand of the program. While improving the quality of program hosts, we should also constantly explore the host mode of program hosts. The emergence of the hosting group mode constitutes a new feature of the current domestic entertainment program hosting. With this unique entertainment program hosting feature, the program "every day up" has created a personalized entertainment program viewing atmosphere for the audience, and also made the production and development of the program rank in the forefront of similar programs, and the program has been affirmed by the audience.

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ANALYSIS OF THE ROLE OF FILM AND TELEVISION ENGLISH IN STIMULATING LEARNING MOTIVATION AND CULTIVATING LEARNING INTEREST

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Background: The situation of College Public English Teaching in China is not optimistic. Most people attribute the cause of this situation to the object of teaching, that is, teaching content, teaching methods, teaching means and curriculum. Naturally, there are sufficient reasons for this, but from the perspective of learning psychology, students' own factors can not be ignored. Every second language learner has felt and experienced this rigid period to varying degrees. After several years of English learning, I suddenly found that my English level could not be improved for a long time. After entering the University, students generally enter this rigid period in English learning to varying degrees, especially non-English majors. Therefore, College English teaching should first help students get out of this rigid period of English learning as soon as possible. It is an ideal method to introduce film and television English into conventional college classroom teaching content.

Subjects and methods: Based on the theory of learning psychology, this paper makes a tentative demonstration on the psychological basis of film and television English teaching. Film and television English has its unique positive role and significance in arousing students' learning motivation and cultivating and developing students' learning interest, which is conducive to helping students get out of this rigid period of learning quickly. However, film and television English also has its own inherent limitations. Therefore, we should fully understand its positive significance and role, and guard against the negative impact of its limitations on teaching. Film and television English is an important auxiliary means of teaching.

Results: Although film and television English has its unique role and significance in triggering learning motivation and cultivating learning interest, film and television English also has many insurmountable limitations. First, film and television English has insurmountable difficulties in the time arrangement of classroom teaching. Second, the language materials of film and television English are relatively scattered. Third, although film and television English learning also has explicit learning factors, it is still an implicit learning in essence.

Conclusions: Film and television English is the product of social progress and modernization. It is an inevitable trend to introduce it into conventional classroom teaching. The application of film and television English has its solid psychological foundation and insurmountable limitations. Therefore, in teaching practice, while paying full attention to the positive significance of film and television English, we must not ignore the negative impact of its limitations on teaching.

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