

health of scientific research personnel, scholars agree that the current scientific research personnel whether physical or psychological problems, most scientific research personnel can realize the importance of physical exercise on their own, but the exercise behavior lags behind. Many researchers have excessive long-term mental pressure, so it can be said that most researchers in China are in a sub-health state. Studies have shown that physical exercise has a positive impact on the mental health of people with high mental stress.

* * * * *

ORGANIC COMBINATION OF PHYSICAL EDUCATION AND MENTAL HEALTH EDUCATION

Jian Ping Guo

Department of Physical Education, Southeast University, Nanjing, 211189, China

Health is defined as health is not only no disease and no harm, but also includes physical, psychological and social integrity. In this era of peace, people's living standards are also rising. In recent years, people have gradually paid attention to the improvement of mental health while paying attention to physical health. Due to the improvement of people's living standards, many people are no longer worried about food shortage, and the pace of life is gradually accelerating. People are under increasing pressure. In this context, a series of mental health problems are presented, such as anxiety, depression, schizophrenia, suicide and so on. Through the transformation of students' understanding of sports and the reform and practice of classroom teaching, sports teachers reveal the methods of cultivating students' exercise habits in physical education teaching. Teachers should not only exercise students' physical quality and make them have a strong body, but also can not ignore the exercise of students' psychological quality, guide them to shape a sound personality and achieve comprehensive quality. This is an effective way to educate students to engage in lifelong sports. In this paper, through the investigation found that the use of physical exercise this way, to explore the influence of physical exercise on college students' mental health, realize the status of physical education in college students' heart, through the field investigation of college students, design experiments to explore, more comprehensive to elaborate the influence of physical exercise on college students' mental health.

* * * * *

THE IMPACT OF THE USE OF COLOR IN CLOTHING ON VISUAL PSYCHOLOGY AND SENSORY EXPERIENCE

Junyang Tian, Dengdeng Li & Shengjie Shui

Department of Fashion Design, Tongmyong University, 428 Sinseon-ro, Nam-gu, Busan, 48520, South Korea

The overall development trend of color psychology in China tends to be practical application, which has the adaptability of China's unique culture, such as the study of traditional art in China, the study of the unique emotions of certain colors, and the application of color psychology to clothing design or architectural design in large quantities. In recent years, with the popularity of computers and smartphones, there have also been many research literature related to the psychology of color in network design, most of which are simple applications of color preference theory. This paper starts from the physical psychology of color, the physiological mechanism of color psychology, color psychology and its artistic design, etc., collects a wealth of information, and also conducts field investigation and research, more comprehensive, in-depth, overall research and analysis of color physical causes, color physiological mechanisms and color perception, association, symbolism and other color cognitive processes, color emotions and preferences and other color personality psychology and other content, the color psychology theory is closely combined with visual communication design, clothing design and environmental design and other artistic design. From ancient times to the present, people's exploration and pursuit of color have been continuous, expanding the visual space and bringing a different visual and sensory experience.

* * * * *

A STUDY OF THE RELATIONSHIP BETWEEN THE PSYCHOLOGICAL SENSORY EFFECTS OF COLOR AND CLOTHING DESIGN

Baozhi Jiang, Dengdeng Li & Shengjie Shui

Department of Fashion Design, Tongmyong University, 428 Sinseon-ro, Nam-gu, Busan, 48520, South Korea

Color psychology is a subjective reflection of the objective world, when different wavelengths of light act on people's visual organs and produce color sense, it will inevitably lead to people with some kind of emotional psychological activity. In fact, color physiology and color psychological processes are intersected at the same time, and they are both interrelated and mutually restrictive. When there are certain physiological changes, certain psychological activities will occur; When there is a certain amount of mental activity, certain physiological changes will also occur. Examples of colors interlinked with emotion are red, orange, yellow and brown colors such as "warm colors", blue, green, gray are "cool colors". Blue, green symbolizes safety, calm and peace; Brown, gray and black have moods of sadness, depression and melancholy. This paper adopts the method of practical questionnaire and literature verification, and systematically sorts out the sensory value of color psychological expression, and finds that color can not only enrich the external form of clothing, but also express the special psychological emotions of the wearer. This not only enriches the treasure house of knowledge in color psychology, but also helps people to have a new understanding and thinking about color in clothing design. From ancient times to the present, people's exploration and pursuit of color have been continuous, expanding the visual space and bringing a different sensory experience.

* * * * *

THE EMBODIMENT OF TRADITIONAL AESTHETIC PSYCHOLOGY IN THE IMAGERY OF CHINESE PAINTING

Zhenpu Zhou

Academy of Fine Arts, Shaanxi Normal University, Xi'an, 710062, China

In the current expression of Chinese oil painting landscape, the painting method increasingly shows the tendency to borrow the modeling spirit of traditional landscape painting, a kind of freehand humanistic spiritual character. In the creation of art, it is free to express one's mind and emphasize a humanistic feeling of art. This kind of painting modeling method is different from the Western emphasis on intuitive simulation of natural objects, deliberately seeking similarity, seeking perfection and refinement, but focusing on the use of simple and subtle Chinese painting language forms to express as much meaning as possible. This article mainly analyzes how the aesthetic psychology of Chinese is reflected in the imagery of Chinese painting. Starting from the psychological point of view, study what the aesthetic psychology of Chinese is, which painter schools affect its production, and finally, what is the role of this psychology in the production and performance of Chinese painting image modeling, and in the concept of image modeling, which expression techniques are the externalized embodiment of this aesthetic psychology. Through the analysis of the discovery of image oil painting emphasizes the humanistic feelings of art, in the artistic creation of advocating changshen freehand, this kind of painting modeling method compared to the West focus on intuitive reproduction of natural objects, deliberately seeking perfection, seeking detail, seeking similarity, but also in the use of simple and subtle traditional Chinese painting language form to express the freehand of oil painting, so that more can express the meaning. Analyzing the psychological elements in image painting is not only of great significance to the interpretation of painting style genres, but also has a certain enlightening effect on the creation of image painting.

* * * * *