

Table 2. Comprehensive results.

	Single character reading/%	Passage recognition/%	Dictation/%	Picture dictation/%
Group A	92.67	80.83	58.33	69.44
Group B	92.17	60.33	49.17	55.83

Results: It can be seen from the chart of test results that group A's performance in both reading and writing is significantly higher than that of group B, especially in dictation and picture reading writing. Moreover, the performance of short passage reading is higher than that of single character reading, and the performance of picture reading dictation is higher than that of single dictation. These data once again prove that in terms of difficulty, the "recognition" of Chinese characters is easier than "writing", Dictation with pictures is easier than dictation without pictures. In the task of Chinese character recognition, the incomplete information of some Chinese characters may be a stroke and an overall structural feature, which is enough to awaken the complete information about that Chinese character stored in learners' memory. At the same time, the above data also proves that the opening of Chinese character course is conducive to the common improvement of students' recognition and writing, because only by expanding students' cognitive range can more be output.

Conclusions: This paper studies the teaching efficacy of Chinese as a foreign language teacher from the perspective of cognitive psychology. In the process of human cognition, "recognition" and "writing" belong to two different cognitive levels respectively. "Recognition" is the recognition of information, and "writing" is the reproduction of information. Then there is the same relationship between Chinese character recognition and writing. The two represent two different aspects of Chinese character cognition, which are neither completely equal nor completely separated. In the specific process of Chinese character teaching, the two promote and complement each other. After predecessors put forward the method of "separating recognition from writing, recognizing more and writing less", it is further affirmed from the aspects of teaching effect and student evaluation. It further combines the cognitive characteristics of Chinese characters with the two aspects of "recognition and writing", and explains the application of iconicity and motivation of Chinese characters in teaching.

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APPLICATION OF COGNITIVE PSYCHOLOGY IN THE TEACHING REFORM OF ENVIRONMENTAL ART DESIGN AND THE CULTIVATION OF CREATIVE THINKING ABILITY

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Background: Design is inseparable from innovation. The so-called innovation means putting aside the old and creating new ones; Creative and innovative (Modern Chinese Dictionary). Some scholars define it as "creating valuable and unprecedented new material or spiritual products for the civilization and progress of human society"; "The practical ability to transform innovative ideas, theories and designs into valuable and unprecedented spiritual or material products is the innovative ability." while "environmental art design is a kind of creative object activity combining art and production technology", its essence is the practical process of transforming innovative ideas into physical objects. It can be seen that innovation and design are closely linked, and even innovation is the core and soul of design. Therefore, the cultivation of innovation ability should also be the core issue in environmental art design education.

From the perspective of cognitive psychology, this paper discusses how to cultivate students' innovative ability in the creative thinking ability of environmental art design education reform. Through the discussion of the discipline attribute of environmental art design, this paper obtains the characteristics of creative thinking in the process of environmental art design activities, analyzes the processing mode and psychological operation model of nonrandom creative thinking activities, puts forward that art and culture should pay attention to the promotion of design innovative thinking in environmental art design education, and points out the importance of cultivating rational thinking.

Subjects and methods: From the perspective of thinking and psychology, innovation ability mainly refers

to creative thinking and the ability to apply the results of creative thinking to practice, and its core is creative thinking. Creative thinking in environmental art design is different from that in pure art creation. It is more purposeful. It is a process of thinking processing such as a series of analysis, synthesis, abstraction, generalization and association according to the purpose of thinking, which involves the decomposition, extraction, integration, transformation and reconstruction of problem representation and the connection, integration and reconstruction with the original knowledge structure. Some scholars have put forward the thinking processing mode and psychological operation model of non-random creative thinking (creative thinking with clear purpose), in which the completion and Realization of creative thinking is through several cycles.

Study design: This paper studies the application of cognitive psychology in the cultivation of creative thinking ability in the teaching reform of environmental art design by constructing the thinking processing mode and psychological operation model, mainly by analyzing the creative thinking objectives, so as to determine the relevant, and then enter the topic table, and finally realize the problems that need to be solved, Be able to achieve goal problem solving through logical thinking analysis.

Methods of statistical analysis: The methods of thinking processing and psychological operation model designed in this paper realize the cultivation of thinking ability.

Results: As shown in Figure 1.

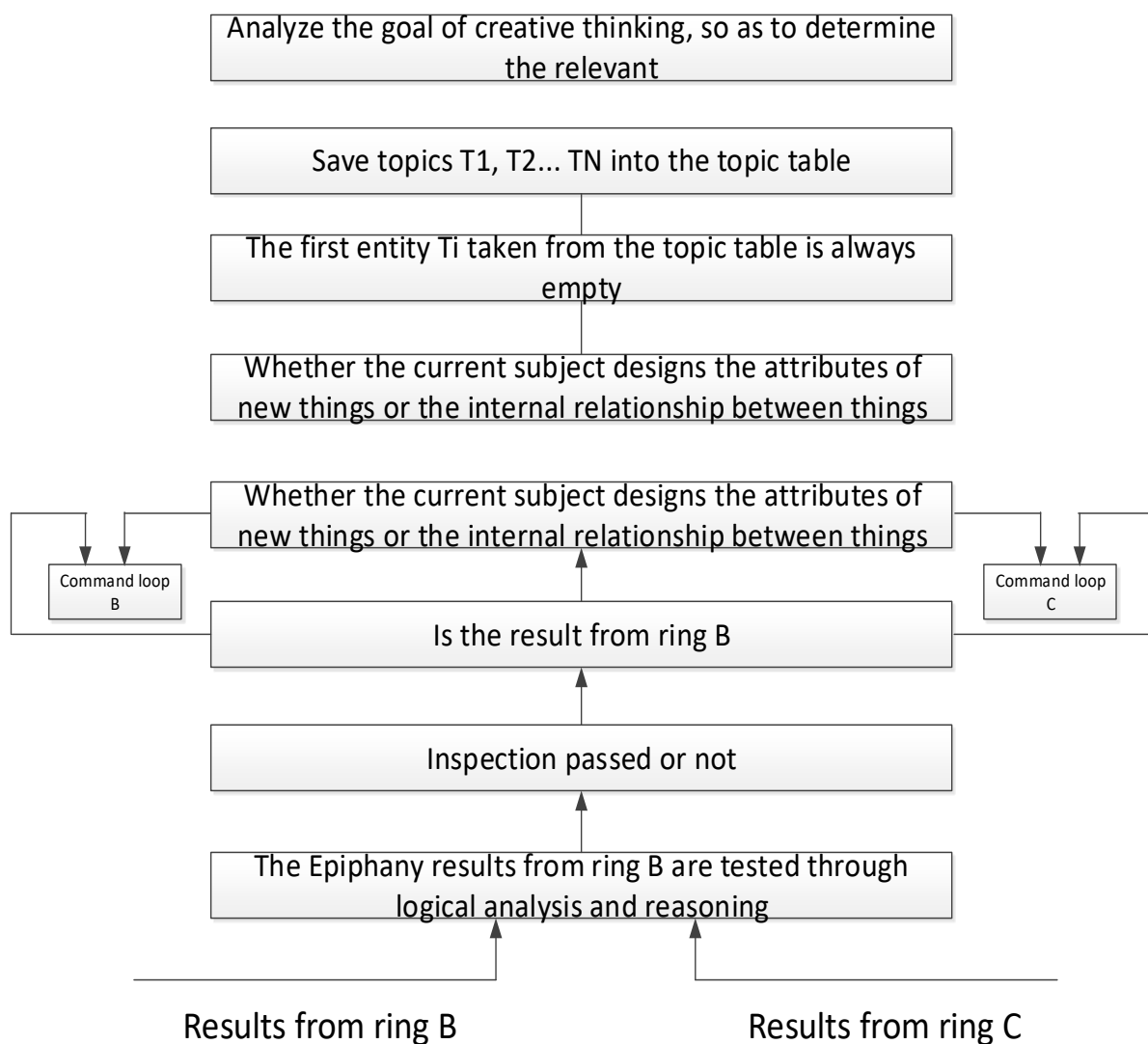


Figure 1. Thinking processing mode and psychological operation model.

When encountering problems to be solved, first analyze the purpose and the key problems related to the goal, namely the theme, through logical thinking, and decompose the theme into the brain in turn. When the subject is sent to the next level, ring B or ring C as a processing instruction, if it is related to the attributes of new things, it enters ring B for processing; If it is related to the relationship between things, enter ring C. In ring B, creative imagination is used to analyze, synthesize, summarize, associate and

reconstruct the appearance of things. In ring C, the thinking results of ring B interact with the original knowledge, and complex intuitive thinking is used to sort out and judge the relationship between things. This judgment is considered from the overall situation. It only pays attention to the connection between things rather than the specific details of things. When the thinking results of ring B and ring C return to ring a, they are demonstrated and tested through logical analysis and reasoning. If the topic is completed, the thinking system will put the results into the memory area, and then enter the thinking process of the next topic. Generally speaking, the process of creative thinking is not achieved overnight. Often, a theme needs to go back and forth between rings A, B and C several times.

The so-called inspiration and epiphany are not mysterious things, but when the thinking cannot associate the appropriate representation or the associated representation is too far from the requirements, the imagination processing of “transformation and reconstruction” cannot be completed. However, with the increase of exploration times, divergent thinking provides more and more ideas. Finally, through the transformation and reconstruction of the original representation, a thinking development phenomenon of “new representation” that meets the requirements of the current theme is created. Therefore, inspiration and insight are the process of continuous development of creative thinking.

Conclusions: Environmental art design is a high integration of science and aesthetics, technology and art, industry and culture under the background of post-industrial civilization. Therefore, environmental art design is no longer a simple artistic creation, it needs the support from science and technology. Moreover, after breaking away from the category of pure art, the thinking of social and psychological problems starting from the purpose of environmental art design has rational characteristics. Therefore, some science and engineering or natural science disciplines should be accommodated in design education to enrich students’ rational thinking and knowledge framework, such as ergonomics, computer-aided design technology and so on. More importantly, in liberal arts education, we should pay attention to the exercise of students’ rational thinking. For example, when paying attention to cultural psychological phenomena, we should not only let students speculate and exercise pure logical thinking, but should intervene in more empirical research methods to let students draw conclusions through their own investigation, experiment and other empirical methods according to the problems they need to solve. In this process, students need to analyze, compare and synthesize the complex factors through various forms of thinking, and finally draw a conclusion, which is more scientific and more in line with the objective reality. This will not only help students to think rationally and have scientific ideas, but also enhance students’ practical creative behavior, which is of great significance to cultivate innovative ability.

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ANALYSIS ON THE PSYCHOLOGICAL HEALING EFFECT OF CLASSICAL MUSIC ON COLLEGE STUDENTS

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Background: In the progressive stage of social development and new changes, the mental pressure faced by the class is becoming more and more serious. The problems of Chinese people’s theory and pressure are increasing. This pressure is not caused by natural disasters or disasters, but just common things in daily life. These trivial things pile up in the, gradually damaging their health, and even fatal to them. Excessive pressure will form physical diseases and gradually cause physical diseases. As the main force of the new generation of social construction, the mental health education of contemporary college students is directly related to the development and progress of the whole society. In recent years, the trend of globalization, diversification and modernization, as a double-edged sword, has virtually had some impact on the body and mind of contemporary college students. In particular, the great discussion of world outlook, values and outlook on life brought about by the cultural differences between China and the West has made contemporary college students, a new group, at a loss and become the “most confused generation”.

Contemporary college students have frequent psychological problems such as anxiety and depression, addiction dependence and social fear. It is particularly important to guide students to release pressure, produce positive emotions, pay attention to the present, adjust their inner order and recognize their true self. Among them, the use of music to cure mental health problems is a psychological intervention method without side effects. Therefore, all sectors of society have launched research, trying to find solutions through some ways and methods, and use the universal applicability and strong appeal of music to improve students’ mental health, which has a good application prospect.