

Conclusions: Relaxation is an important basis for piano performance. Learning to relax correctly is the primary condition for playing the piano well. In playing, not only all parts of the body should be properly relaxed, but also have good psychological quality, so as to adapt to different playing environments, show a positive and relaxed playing state, and make the music sound beautiful, vivid and infectious. With the continuous improvement of playing skills, new tensions will appear and run through the whole process of piano learning. Therefore, the process of learning knowledge is also a process of overcoming difficulties. Only by doing it step by step can we go better on the road of piano learning.

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EXPLORATION AND PRACTICE OF AESTHETIC COGNITIVE FACTORS IN VISUAL COMMUNICATION

Hongwei Cui

Academy of fine arts, Henan University, Kaifeng, Henan, 475000, China

Background: With the development of new media technology and the improvement and popularization of hardware, network and other infrastructure, the traditional communication mode is facing iteration at a very fast speed. However, although the development of technology will bring subversion to the mode of communication, it can not really change the core of communication - creativity. Among many ways of communication, visual communication has become the most extensive and far-reaching way of communication because of its short, gentle and fast characteristics. Whether it's traditional TV media, print ads on the streets, cloud network platforms and popular VR communication devices, visual communication is the best. Effective, far-reaching and successful visual communication is often accompanied by a steady stream of creativity. Effectively analyze the psychology of the audience, and adopt different aesthetic cognitive elements to hint and guide for different groups and different occasions. It can effectively deepen the memory stickiness of the audience. It can be said that in the process of visual communication, the effective separation and utilization of psychological elements is the stepping stone for scientific guidance of visual communication, rather than the core magic weapon of "creativity".

Subjects and methods: Although the development of technology and hardware will subvert the traditional visual communication in the way of presentation and communication, the help to the core content of visual communication is only a drop in the bucket. Creativity is the core of visual communication content. Effective aesthetic cognitive factor analysis and adoption practice will help to seek advantages and avoid disadvantages for different audiences and environments, so as to achieve twice the result with half the effort. This paper focuses on the specific application of psychology in visual communication design, analyzes the relationship between aesthetics and psychological cognition, expounds the aesthetic theories and skills that designers need to have, and focuses on the application of aesthetic cognition in visual communication design.

Results: Visual communication is undergoing the subversion of technological renewal and iteration, and cognitive science has become a mature discipline. The ultimate audience of visual communication is human, and human is the research object of psychology. Psychological factors do not use psychological factors to firmly target different audiences, but resist the influence of new technologies and new media means and continue to occupy the core content of visual communication. The development of visual communication is inseparable from the solid core content, which comes from life, and life has its own tension. The analysis of psychological factors will scientifically guide the creation of visual communication content, which is not only necessary, but also the only way to maximize the effect of visual communication.

Conclusions: Aesthetic factors can effectively affect the content and carrier of visual communication, which is closely related to the bold practice of analyzing and studying different factors. With the development of new media communication technology, several carriers and fields of visual communication have more or less the shadow of aesthetic cognitive factors. Whether it is advertising communication, film and television drama communication, or other front-end popular communication methods, the fixed-point target of high-quality aesthetic cognition to "hit" the audience has become a self-evident industry consensus without written explanation.

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

Yuan Cui

Academy of fine arts, Henan University, Kaifeng, Henan, 450000, China

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

Yun Ding

Department of Arts and sports, Huanghe S & T University, Zhengzhou, Henan, 450000, China

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