

## RESEARCH ON THE POSITIVE EFFECT OF MUSIC ON COLLEGE STUDENTS' PSYCHOLOGICAL REGULATION

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Music psychology is a subject that takes the relationship between music and people's psychological activities as the research object and content. It is a new frontier subject studied by musicology and psychology. After more than a century of development and evolution, music psychology has gradually become a useful applied science for human mental and physical health. Since this century, positive psychology has become a new school of psychology. Positive psychology is a science about human happiness and power. Through empirical analysis and theoretical research, this paper explores the positive psychological promotion effect and negative psychological mitigation effect of music on college students. Combined with the psychological connotation of music art, the role of music in psychological regulation and the manifestations of College Students' psychological problems, this paper puts forward the corresponding countermeasures. The purpose is to provide applied parameters and theoretical guidance for college students' mental health education. Therefore, taking music as an aid to students' psychotherapy has strong practical significance.

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## ACCEPTABILITY EVALUATION AND OPTIMIZATION DESIGN STRATEGY OF INTELLIGENT HEALTH CARE PRODUCTS FOR THE ELDERLY: MENTAL HEALTH CHARACTERISTICS AND TECHNICAL ACCEPTANCE OF THE ELDERLY

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China has entered an aging society. With the rapid growth of the elderly population, the pension industry has developed rapidly. Intelligent, humanized and convenient has become the mainstream of pension mode, and intelligent health care products for the elderly have emerged. As important family members, the mental health status of the elderly has been paid much attention to. With the aging of physiological functions, the self-care ability of the elderly has declined. These physiological obstacles have brought some troubles and pressure to themselves and their families. If the operation of intelligent health care products is difficult, the instructions are not clear, and it is easy to cause some damage to the elderly's wrong operation. In addition, if the design of products does not pay attention to the emotional communication between products and users, it will limit the use of monitoring products by the elderly to a certain extent. How to design intelligent health care products to reduce the living obstacles of the elderly and effectively help them to become the focus of social attention according to the physiological and psychological characteristics of the elderly. The concept of barrier-free design is particularly important in the design of intelligent health care products for the elderly. It is a design principle to equip service functions and devices that can respond to and meet these needs.

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## THE APPLICATION OF PSYCHOLOGICAL KNOWLEDGE IN CONTEMPORARY ART CREATION

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Art design is a highly comprehensive design discipline. It has common contents with architectural design, environmental art design, visual communication design, product design and other disciplines. It shows very diverse interdisciplinary characteristics. Art design is the dissemination and exchange of information. Exhibition art design is an art design category with rich content, involving a wide range of fields and constantly enriching its connotation with the development of the times. It is a highly comprehensive design

art. Design psychology is a science that studies the interaction and causality between people and design objects. It is of great practical value to deeply analyze and study the application of design psychology in exhibition art design. This paper discusses the concept of psychological suggestion in artistic psychology and its application in artistic creation, and shows the context and application of psychology in artistic expression, as well as the importance of good application in creation. How to better produce spiritual communication between the author and the audience through psychological function.

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## **CORRELATION BETWEEN JOB BURNOUT AND ANXIETY AND DEPRESSION IN PSYCHIATRISTS**

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Psychiatrists are a special profession with high technical content, strong professionalism and high risk. Job burnout and anxiety and depression caused by occupational stress have attracted much attention from all walks of life. Domestic research on occupational stress started late, and the relationship between occupational stress, job burnout and anxiety and depression tendency of psychiatrists is less studied. In this study, 50 psychiatrists were investigated with the Self-Rating Anxiety and Depression Scale and Maslach Job Burnout Scale. The results showed that the scores of emotional exhaustion dimension (17.22±6.36) and depersonalization dimension (9.01±3.56) of psychiatrists were higher than those of Maslach norm, and the score of low achievement dimension (14.35±7.02) was lower than that of Maslach norm, the differences were statistically significant ( $P<0.01$ ). The scores of self-rating anxiety scale (41.02±7.97) and self-rating depression scale (44.89±8.10) were higher than those of the norm, and the differences were statistically significant ( $P<0.05$ ). The three dimensions of job burnout were positively correlated with anxiety and depression. It is concluded that the mental health of psychiatrists is not optimistic, and there are different degrees of anxiety and depression, and there is a certain correlation between anxiety and depression and job burnout. Hospitals should attach great importance to timely counseling and maintain the physical and mental health of psychiatrists.

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## **RESEARCH ON HYBRID REALITY INTERACTIVE DESIGN BASED ON DESIGN PSYCHOLOGY**

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With the continuous development of the Internet, The concept of "people-oriented" interaction design has gradually entered the public's vision. Interaction design is from "usability" and "user experience" Two aspects are analyzed. Focus on people-oriented user needs. However, there is no specific design principle to evaluate how to meet the needs of users in the design process. The emergence of design psychology provides a direction for the theoretical system of interaction design. Based on the introduction of the concepts of design psychology and interaction design, this paper puts forward that interaction design should pay attention to the needs of users and can not only meet the design requirements of usability. We should also meet the psychological needs of users and put forward the principles and methods of interactive design. Firstly, this paper combs the concepts and main contents of design psychology and product interaction design. Secondly, it summarizes the value of product interaction design based on design psychology. Finally, it summarizes the idea of product interaction design based on design psychology. Through the research of this article, it is expected to help designers make better use of design psychology in product interaction design practice.

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