Physical and mental health of groups. Theme and methods: through the questionnaire survey on the relationship between group early art education and mental health, this paper discusses the relationship between group art learning years and mental health.

Participants and Methods: The adolescent daily Emotion Regulation Questionnaire (aderq) was used to measure the frequency of adolescents' use of cognitive reappraisal, cognitive immersion, expression inhibition and expression catharsis in their daily life. Among them, cognitive reappraisal refers to the individual giving emotional stimulation a different meaning from the past; Cognitive immersion refers to individuals repeatedly thinking about the emotion itself and the causes and possible consequences of emotion; Expression inhibition refers to an individual hiding his internal emotional experience in his external behavior; Expression and catharsis refers to an individual's internal emotional experience in external behavior. There are 35 items in the questionnaire. Likert's 5-point score is adopted, ranging from 1 (completely unqualified) to 5 (fully qualified). All items are scored positively. The questionnaire is divided into two sub questionnaires: positive emotion regulation and negative emotion regulation, and includes four dimensions: cognitive reappraisal, cognitive immersion, expression inhibition and expression catharsis. The scores of the questionnaire and each dimension are the average of the corresponding items. The larger the score, the more individuals use the strategy. In this study, Cronbach's α Is. 80, Cronbach's of each dimension α Between. 70 and. 85.

Results: The study found that the mental health status of students who received early art education was significantly better than that of students who did not receive art education in childhood. The longer the art learning time, the better the students' life meaning experience and the higher their life satisfaction. The longer you study art, the higher your love for art and the higher the meaning of life. In short, the years of art learning can directly or indirectly affect life satisfaction and life meaning experience.

Conclusion: The years of art study are positively correlated with the level of group mental health. The limitation of this study is that the number of years of art study has no direct impact on the group's positive and negative emotions, but it has an intermediary effect on the group's mental health. This study adopts the method of empirical research to explore the relationship between early art education and group mental health, which has certain significance and value for a more comprehensive grasp of group mental health. In short, we should fully consider the impact of art learning on students' emotions, actively pay attention to the changes of students' psychological emotions and behaviors and their impact on active behavior, actively and flexibly organize rich activities according to students' psychological characteristics, strive to create a relaxed and harmonious teaching atmosphere, create a friendly and mutual assistance relationship, encourage and guide students to adjust their psychology to the best state, promote their good cognition and healthy development of life.

EFFECTS OF HEAD DOWN TILT TRAINING ON CAROTID BLOOD FLOW, PSYCHOLOGICAL STRESS AND ANXIETY SENSITIVITY IN THE ELDERLY
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Background: At present, population aging has become an important social problem in the world, which is closely related to the economic development of various countries. For the elderly, exercise is an important means of disease prevention and rehabilitation. “Head down tilt training” has attracted a lot of interest. From the perspective of preventive medicine, there is still a lack of systematic research on the impact of head down training on human function. The purpose of this study was to investigate the changes of carotid blood flow and the characteristics of psychological stress in the elderly after HDDT. We hypothesized that HDDT can increase carotid blood flow and reduce psychological stress. At the same time, whether head down tilt training has an impact on the psychological anxiety of the elderly has also become an important research question.

Participants and Methods: 40 retired teacher volunteers were recruited. Carotid hemodynamics was measured by Phillips color Doppler cv850 color ultrasound. The blood flow characteristics of four different postures were studied. This paper also uses the multi-dimensional health locus of control scale wallston, & dwells, 1978 (multi-dimensional health locus of control scales). MHLC scale to evaluate the views on health from the perspective of psychological control locus of control in three areas: Levenson's internality, the influence of powerful others and the role of opportunities. MHLC has two parallel versions, each of which is divided into three parts with six entries in each part, all of which are self-rated scales. The scores of each subscale range from 6 to 36. The sample sources of MHLC include healthy people such as students, secretaries, nurses, doctors, etc., as well as people with health problems such as diabetes, hypertension and patients undergoing hemodialysis or chemotherapy. The norm data are in IHLC m-26 (SD = 5), CHLC M = 15 (SD-6), PHLC M = 20 (SD = 5.5). Internal consistency study showed that IHLC Cronbach a = 0.61-0.80, CHLC (0.55-0.83, phle 0.83 56-0.75, the correlation of each component between the two parallel versions is ihlc0.75 respectively 48-0.77, CHLC0. 38-0.65, PHLC0. 46-0.53. The three subscales of test-retest reliability after an interval of 4 to 6 months were ihlc0.73, CHLC0. 73, PHLC0. 71.

Results: There was no significant difference in gender in the same part (P > 0.05), and there was no significant difference in blood flow in different parts of the same artery (P > 0.05). In both men and women, the blood flow of left common carotid artery, right common carotid artery, right internal carotid artery and right vertebral artery showed head downward tilt of - 90 ° < head downward tilt of - 30 ° < < supine tilt < supine position. For the blood flow of the left internal carotid artery, it is head downward tilt - 90 ° < head upward tilt < supine < head downward tilt N-30 °. This study communicated with the subjects before and after the experiment. The subjects generally responded that after hdtt, the psychological pressure in life slowed down and the sleep quality improved. At the same time, in the influence of head down tilt training on anxiety, directional emotional response plays an intermediary role and psychological elasticity plays a regulatory role. Head down tilt training mediates anxiety through directional emotional response, which is regulated by psychological elasticity. The more head down tilt training, the less influence of adjusting life events and coping styles on anxiety; On the contrary, the less head down tilt training, the greater the impact of adjusting life events through coping style on anxiety.

Conclusion: The total blood flow of the carotid artery decreases in the same position as that in the supine and supine position. The changes of carotid blood flow were related to body position, but not to gender. The change of body position has a certain effect on cerebral blood flow, but the overall change is small in the
normal range. HDHT is safer as a way of fitness. This study also found that the psychological pressure in the life of the elderly slowed down and the sleep quality improved. Finally, strengthen the cognitive education of the elderly on head down tilt training, carry out targeted education for elderly nursing professionals, and guide them to carry out corresponding head down tilt training according to their own situation. Regularly hold professional training sharing, experience introduction and other activities, establish a successful model of positive emotion, clarify the specific objectives of the activities, form strong psychological motivation, stimulate internal potential and help realize positive behavior. Strengthen professional guidance and make the motivation of winning the bid behavioral. The concentration of nursing staff is high and the degree of nursing specialization is high. Organize experts and scholars to form a professional nursing guidance team, give full play to the professional project role of experts and scholars in their respective fields, and more effectively solve the key problems of the project.

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EXPLORATION OF LANDSCAPE PAINTING IN THE TREATMENT OF ANXIETY DISORDER IN ART EDUCATION
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Background: Under the epidemic situation, people in trouble are constrained by various conditions, and their spiritual needs are gradually increasing. Art plays an increasingly important role in nurturing the resilience and creativity of life through spiritual transcendence. This paper discusses the viewer’s appreciation of landscape painting from the perspective of art education, and uses different schools or representative personal landscape paintings to explore the different psychological reactions produced by the visual communication between the viewer and the works.

Subjects and Methods: Art therapy is a comprehensive discipline, spanning two disciplines: Art and psychology. It involves spiritual science, anthropology and sociology, so as to nourish human emotion, wisdom and imagination, and bring other psychotherapy effects. As the spiritual messenger of mankind, art cultivates our cultural ideal, exercises our toughness and stores energy for us to deal with difficult situations. Art appreciation can improve people's psychological quality and make people have the ability to stabilize their emotions and have a strong will. In this way, art appreciation can play a good role in psychological healing. At the same time, in the process of painting, we studied the regulating effect of this painting style on the mood of college students. We selected 60 students, including 30 males and 30 females. We used the anxiety scale designed by Kim as the measurement scale, and used Likert scoring method to evaluate the scale. Pearson correlation, standard deviation and statistical significance are combined to illustrate the correlation. T-test of independent samples was used to verify the difference between high anxiety group and low anxiety group. According to the statistical value of anxiety, participants were divided into three groups: low, medium and high anxiety groups. The questionnaire includes two kinds of anxiety, namely debilitating anxiety and promoting anxiety. Through t-test, univariate and multivariate analysis of variance and regression analysis, we investigated the relationship between anxiety and self-efficacy of students of different majors and genders.

Results: The author believes that promoting the study of landscape painting in art education is conducive to regulating people's body and mind. On the one hand, human beings have a natural intimate relationship with nature. On the other hand, the viewer can feel the difference between landscape painting, landscape painting and landscape documentary, because the painter integrates subjective and objective treatment in the picture and conveys different emotions to the viewer. This paper discusses from the following aspects: convey a quiet and peaceful atmosphere, recall the fleeting time, yearn for the mysterious and ethereal scene, stimulate a sense of excitement and pleasure, reflect on life, and trigger a noble and magnificent psychological response.

Conclusion: On the basis of exploration, through the analysis of landscape painting, the author finds that landscape painting plays an important role in the psychological rehabilitation of the viewer. Landscape painting combines the function of painting psychology and art, which has a certain impact on mankind, regulates the psychological state of the viewer and eliminates obstacles. The application of painting psychology in art education can help viewers appreciate landscape painting from more angles, explore the expression methods and methods used, as well as the emotion and connotation contained therein. It is relatively easy to enter the viewer's inner world with landscape painting as the theme, which can give people great spiritual comfort. In short, teachers should be fully aware of the important position of students' emotional elements in painting, actively improve the role of teachers in teaching activities, pay special attention to their classroom language and behavior, and change from a single knowledge imparter to a classroom manager, coordinator and collaborator. In the teaching process, we should actively organize teaching activities flexibly according to the psychological characteristics of students, strive to build a relaxed and harmonious classroom atmosphere, create a friendly and mutual aid emotional teacher-student relationship, encourage and guide students, and truly be student-centered. In this way, we can reduce students' anxiety, adjust students' psychology to the best state, and promote the all-round development of students' cognition and psychology.

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