

The Study of Art Therapy on College Students' Life Education*

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The university stage is an important stage of life to acquire independent personality and establish three views. Life education is the most effective way to help college students establish correct and healthy three views. However, the theory of "life education" and the way of "strict and rigid" are too weak to carry out life education for college students. Art therapy is a therapeutic mode to understand human subconscious mind, heal mind and develop psychology by using art form. Through the combination of art therapy theory and life education theory, students' participation is high, teaching technology is rich, teaching process is relaxed and pleasant, which is an effective scientific method for college students' life education activities. It has special significance to promote college students to realize the ideal of life.

Keywords: life education, college students, art therapy, life ideal

I. Background

Art therapy refers to the form of art as the communicative mode of life therapy, which aims at promoting the growth of individual life (Yaqing, 2014, pp. 10-25). Art itself has the dual functions of aesthetic and psychological healing. It can also be said from another point of view that most psychological problems, in many cases, lead to the loss of the function of perception of beauty, resulting in the flow of life energy and the solidification of perspective. The university stage is the key period of life course, and the college student group is a broad group. It is a work with special social significance to explore the effective path from "becoming a talent" to "adult" of college students. Using the resources of teaching environment (art education teachers and educational facilities), college students' personal knowledge and aesthetic literacy reserve, better artistic comprehension and other resources, art treatment is widely carried out in college students, which is practical and necessary to promote the growth of college students' body and mind.

The common value orientation of the world is: economy and efficiency, input and output, neglect the appeal of spiritual return, people's inner spiritual nostalgia can not be let go. This kind of living environment most

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vulnerable group is the university student group, because they receive the modern education, passively accepts the time value introduction, the inner life seed.

It is a kind of compromise survival adaptation, because they must follow the social value orientation: the first consideration is what major is easier to obtain employment. For a long time, the phenomenon of mental and intellectual alienation of college students is serious, which can be proved by the suicide events of college students with no clear reasons every year in the country. In fact, most of this phenomenon is due to mental life and physical life cognitive imbalance caused by personal extreme behavior.

College students are the backbone of a country and nation. If they have cognitive bias, the influence will make the individual ideal lose and the study end. The serious influence brings about the belief crisis and the national identity disintegration, the social disturbance. How to carry on the effective life education to the contemporary university student effectively is the school, the teacher, every person engaged in the education enterprise and the organization should think about the question. Life education is a philosophical proposition. This paper studies the integration of life education and art therapy, innovates the theory of life education of college students, and expands the use of art therapy. The research hopes to help contemporary college students establish a correct view of life and ultimately help them give scientific guidance in career development.

II. Present Situation of Life Education for College Students

Contemporary universities take learning professional knowledge as the main purpose of their career, and all countries are similar. Few talk about the meaning of life, which brings a lot of cognitive and emotional problems, interpersonal problems, even the so-called high achiever is also difficult to get rid of the life troubles brought by pragmatism, and more trouble after leaving school to participate in social work quickly exposed, bring lasting impact to society. For example, students' view of money supremacy affects work attitude, organizational development, team building, social order. For China, every school is opening new majors for economic purposes, but most of them do not involve life education. A small number of mental health education instead of life education, and mental health education is also a mere formality, life education courses are rarely set up, domestic colleges and universities are almost a blank for college students' special life education courses. This reality leads to the general mental sub-health of college students, and it is impossible to talk about life health and life creation. Most of the students who have a correct understanding of life exist in humanities, social sciences and art majors, such as philosophy, music, fine arts, dance, literature. Compared with other majors, the overall life health index and creativity are better than other majors.

For the nature of the school, according to the survey, comprehensive universities, especially those with humanities and social sciences, have a life health index of 8-10% higher than that of science and professional schools. Because the comprehensive university in mental health education investment is more specialized and independent colleges, high degree of professionalism. Because of the opening of humanities and social sciences major, it acts directly on the discussion of life meaning and life value in a certain range, and gives better heuristic guidance to start college students to think about the true meaning and health path of life. Another special factor is that the school has produced an influential life mentor. Although the introduction of a school to produce a life tutor is low, as long as it is produced, the effectiveness will be highlighted, which will bring benefits to a college and even the whole school, such as Professor Zheng Qiang of Zhejiang University and Chen Guo of Shanghai

Fudan University, who teach ideological and political courses. Professor Zheng Qiang and teacher Chen Guo's ideological education curriculum is the same as life education. Every classroom view can cause life storm and soul collision, and it is also a game between life theme discussion and values. Finally, the tutor helps you to open the fog, enlighten the students' thoughts, cause the new practice of life, individual students with special feelings like clairvoyant, after learning to reintegrate and define themselves, plan themselves, rewrite the life track, the effect of life education should be so. But today's education system and teaching mode put life education in an optional position, which is a great deficiency for human education. The level of life and health is relatively low, there are certain cognitive problems, independent colleges and higher vocational and technical schools of students.

Compared with foreign and domestic life education, some seminary abroad have taken responsibility for college students' life education, students have thought about life, and are willing to explore the theme and significance of life. The formulation of life education originated first America in the 1960s (Chen, Fan, Liang, et al., 2009, pp. 5-20), Mainly aimed at the high incidence of drug abuse, suicide, sexual harm and so on, At this time life education is similar to psychological stress intervention, Is a complete body-life hazard defense, Not to the purpose of life and the standards of health, There is no research on the creation of life. In the 1960s, American James Donald Watts (James Donald Walters) theory of life education was born, He later opened Ananda school, Taking an active part in life education, He also created a "life education" system for children, And published the monograph "Life Education: Meeting the Challenges of Life with Children", Also created Crystal Clarification Publishing House and the famous bookstore chain "East and West", Also won the Budapest Club "honorary member" title. Walter criticized the traditional American school education, The feasible suggestions for the reform of the whole field of education are given. His theory of life education has a profound influence on the cause of life education in the world. James Donald Watts believes that the body, the emotions, the will power, the mind, The four are always connected, These factors are interdependent, Balanced development, interaction, One of the losers breaks the balance, Life is immature. He doesn't think there's a lasting positive willpower, There are greed, laziness, cowardice, Without clear thinking, Chaos, chaos, Do not recognize their own life experience. Britain released a white paper on life education for the public on January 25, 2007, To promote social harmony, Let people from different backgrounds live in harmony.

The present situation of life education in other parts of China: Taiwan introduced the concept of life education from Japan in 1976, and Hong Kong began to study life education in the late 1990s. Why study life education? Because a healthy life can be creative, because it can bring the individual back to the original state of perception, and only the original empty state of perception is a perfect state of creation.

III. The Role of Art Therapy in Life Education

Art, as the carrier of human emotion, truth, goodness and beauty, has a long history of realizing alien dialogue through art (Xu, 2012, pp. 2-13). Why does art have such a function? Art is a deep spiritual interpretation and a constant desire for the eternal pursuit of beauty. The former is related to Freud's psychoanalysis theory, and the deep spirit is Freud's subconscious mind. The latter is associated with the immutable ideals of people's lives. The relationship between art and beauty is mutually reinforcing, aesthetic literacy can bring us a higher appreciation of art, art can stimulate the soul to pursue beauty. Spiritual perception

of beauty can not be separated from a healthy mind, a healthy mind must have a mental and physical health cognition, and life as a whole. Literature theorist Meng Shi, in his "Psychology of Literature and Art," said: "although art and" real life "has a distance, and" the whole life "is not estranged, therefore, art and life are linked, we hope to have a good life, It is through art to help us achieve our wishes. Art is the display of interest, interest comes from wonderful life, no artistic participation and no life. There are both conditions and necessity for the university to carry out art therapy, because the university has art and aesthetics classes, rich teaching resources, college students have accumulated basic scientific knowledge, thought, theoretical cognition, and good and evil values judgment. Therefore, the opening of art therapy in universities has its unique advantages and special value significance.

As far as art therapy is concerned, all forms of artistic creation can be used as an excellent tool for treating heart and nourishing nature. Adjust interpersonal and mental patterns by changing subjective cognitive patterns. But the reality is, for art schools may be a variety of art majors, but the general undergraduate, higher vocational schools, its art courses are few, basically is the traditional sense of music, dance, art, design and other routine majors. It needs professional life education teachers to develop beneficial art treatment forms to promote students' life education. For college students, although they enter higher education institutions through examinations, new problems also accompany them: freshmen have adaptive problems, sophomores and sophomores have learning pressure, interpersonal pressure, and how to plan future pressure. Big four has the pressure of employment and life choice. And these pressures are related to the understanding of life, that is, to the correct view of life. How to use the school art education resources and the students' knowledge to carry out life education is a particularly pragmatic way of education. Human communication tools are mainly language, but we also need to understand that love, hate, depression, helplessness, loneliness and so on can not all be expressed in language, and these emotions and experiences can be expressed in art very well. Therefore, the art form naturally undertakes the task of catharsis of inner emotion. Hogan believes that art is of great value to the recovery of patients' mental health. Art is not a pastime, a means of gaining self-control, and an important path of spiritual sublimation, which is worth exploring the intrinsic value of the school.

As the first half of the 19th century witnessed advances in psychology-based therapies (Dong, Jin, Chen, & Yang, 2019), music, art, and drama emerged as treatments, the most influential figure of the period, german psychiatrist johan rarier, who in his paper proposed the use, work, exercise, and art therapy for "therapeutic theatres". In fact, the art of art and spiritual communication has a longer history, as early as prehistoric man has expressed his understanding and practice of the world through art. Religious rituals and therapeutic methods also provide extensive insight into examples of art used in therapy. Nowadays, art therapy in major hospitals is gradually applying art therapy to clinical treatment. An art troupe of cancer patients was set up at Huashan Hospital in Shanghai, China, to keep cancer patients alive for decades. A large number of rehabilitation hospitals and psychiatric hospitals have also opened art treatment departments. At present, there are many psychologists in China to study the effect of art therapy on body and mind. The author of this paper has long worked in the field of art therapy on students, families and enterprises. A variety of art treatment techniques have been developed: the course of "the Art of harmonious growth of body and mind" for the growth of college students' life: the whole process of college students from cognition to self-adjustment, and finally to the recovery of health is helped by art treatment. In addition, the author of this paper develops the enterprise dance which helps the enterprise to

improve the management execution ability, is the art treatment to use in the enterprise management form. Art therapy is useful for many other people and institutions, and studies have shown that art therapy has a positive effect on the physical and mental health of elderly groups, patients and autism, left-behind children, and segregated groups.

IV. Exploration of the Model of Art Therapy for College Students' Life Education

For college students, life education can be carried out through various forms and channels. At present, there are mainly the following ways.

(i) General Education Model

This model is to introduce art therapy into the general course of life education of college students. Life education is indispensable to everyone. Universities should open such general courses, which is also the lowest subject infrastructure for college life education. This model will bring together all college students, through a certain period of time to learn and knowledge reserves, college students' life awareness has improved. Through examination, it can be considered that the learning object has the primary level of life education (Niu, Wang, Zhou, Chen, Su, & Pan, 2014). The content of the relevant education should be:

1. philosophical theory and speculative method involved in the three views.
2. Aesthetics
3. Art Psychology
4. developmental psychology
5. art therapy techniques.

(ii) The Embedded Model of Psychological Education

This way is generally a small-scale school, considering the input cost and the school's development strategy tendency, generally does not choose the specialized life education specialty and the curriculum, also does not have the sufficient basic cost and the teacher carries out the specialized art treatment and so on factor. This form combines life education with psychological education, and life education and art therapy in the teaching process.

(iii) Professional Model

This model is a separate art therapy or life education philosophy in schools. Because of the heterogeneity of the future employment direction of the two majors, it is necessary to set up a separate major, but it is necessary for the two majors to set up cross courses together. Art therapy needs life education philosophy curriculum to do general education, life philosophy major needs art therapy to do professional support curriculum. The influence of life education on personal accomplishment is very important. Art therapy itself is a major to regulate physical and mental health, but also very important, without good literacy and healthy body and mind, technical college graduation is only the airbag of knowledge, there is no way to transform knowledge into wisdom, Therefore, students can not grow up even if they become talented. More and more schools will adopt this model.

(IV) Education Model for Characteristic Projects

In view of the combination of individual needs and art therapy, special courses can be offered to special groups of students, such as minor professional courses, participation in some medium and long-term life practice

project experience, etc. To promote the students "talent" and "adult" two aspects of progress. This approach is suitable for some professional schools and groups of students with professional needs.

V. Conclusions

Through the dialogue between art and mind, art therapy enables individuals to enter the heart, understand themselves, vent their emotions, develop their emotions, promote aesthetics and correctly recognize life. College students are the backbone of an era, an indispensable and important human resources of a nation, must achieve "adult" and "talent" two purposes. Life education gives path guidance in the process of becoming a talent, theoretical support and practical method teaching in the process of becoming an adult. The art therapy of life education is the most effective and convenient method in the process of "becoming a talent" and "adult" implementation. Art therapy has the same function of positive psychology and psychoanalytic school to promote the health of human body, heart and spirit. Life education is essential, art treatment is indispensable, two aspects are the important passage of human spirit. Art therapy and life education complement each other and work together, both of which should be paid more attention to by university education, and carried out simultaneously and widely.

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