



THE PECULIARITIES OF COLORS IN PAINTING AND ITS EFFECT ON HUMANS.

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Abstract: *this article will talk about the types of colors used in painting, the effect of colors on humans and its proper use.*

Keywords: *color, spectrum, dark, hungry, mood, organism, hot, cold,*

Introduction

The effect of colors on a person is complex and determined by various reasons. All organisms-both plants and animals-are affected differently from Colors. More precisely, light rays of different colors of different colors have a specific effect on the activity of the organism's existence: one color beam contributes to a much faster and more rapid transition of life processes, and the other color Rays slow down the passage of these processes. And the human organism is subjected to such a direct effect of colors. This can be called the physiological effect of light rays on the body, but it is impossible to fully include in this the whole issue of the effect of colors on a person. There is consciousness in a person. Not only do we encounter light rays of different lengths of waves, but we perceive colors and perceive them as one of the qualities of the objective universe that surrounds us. Colors are available to us not in their own way, as features of one or another item. Green-plant color, blue - sky color, orange - red-fire color, etc.k. Therefore, colors are associated in our consciousness with one or another objects, objects, sometimes a whole appearance, phenomena. These associations (associations) may be common to a large number of people, representing the collective experience in themselves (such are the associations of



green with plants, blue with light sky), be individual, representing the memories of one person or another. The psychological effect of this color, on the basis of which lies the same past experience of the entire team, as the individual person is. A large part of those visions, images, thoughts, feelings, moods that connect us with different colors are determined by our social affiliation. The social function of color is clearly bogianized in color symbolism. Colors are often found as political, professional, religious, domestic symbols, i.e. symbols. Sometimes the symbolic importance of color is closely related to its physiological and psychological effects boiadi. By appearing and strengthening in the consciousness of a particular social community, the symbolic significance of color becomes the strongest, which determines the influence of this color on the members of the community. Consequently, having studied the issue of the emotional effect of colors, the effect of colors on our feelings, mood and consciousness, we work with the psychological effect of yorugiic rays and colors of different lengths on the human body, the influence of various associations, the symbolic significance of colors. All these aspects of appearance are in complex interrelationships. The effect of color on the human body. Let's move on to the issue of the influence of colors on the human body. Comparing the different colors of the spectrum from such a point of view, they can be divided into two groups opposite each other in their effect: colors characterized by long waves, red, orange, yellow, saturate the vital activity of the body, cause a rapid and accelerated transition of vital processes (active colors). Colors characterized by short waves-blue, blue, purple-weaken and slow down vital processes, reduce activity (passive colors). Characterized by medium-length waves, green occupies an intermediate position, while much cleaner green tones, especially cold Greens, belong to the group of passive colors. Warm green, yellow green are considered neutral. The separation of colors into active and passive coincides with the division of colors known to us into warm and cold; warm colors enhance the life activity of the body, and cold colors weaken, reduce. The most



thorough study of the vibrant and calming effects of color was conducted by Stefanescu-Goang at the Leipzig Institute of psychology. He showed a large area of very saturated colors to a number of people, and in this he recorded the speed and depth of breathing and stroke with the help of special equipment. In addition, the people involved in the experiments described in detail how each of the colors shown to their mood influenced them. It is known that the colors orange, red, orange and yellow produced changes that were observed in any strong excitation in breathing and stroke. Breathing becomes more frequent and deep, on top of which, due to the duration of breathing, the duration of breathing increases, the stroke increases and increases, such symptoms are especially pronounced under the influence of red. Green, blue, blue and purple had the opposite effect. In this, breathing slowed down and not too deep, the duration of breathing increased, the stroke weakened and decreased. Under the influence of green, all these symptoms were reflected in less tension than under the influence of other colors. The reports of the people being tested also show the peculiarity of the psychological impact of each of the colors in both groups. According to the instructions of those in the test, the colors of the first group give such tones of the invigorating effect. The red color creates a very strong excitement with an active, touching, unnatural character. Under the influence of Orange, a cheerful, pleasant, welcoming mood appears, which has a softer power than that of red. The yellow color gives rise to a refreshing, joyful revival; it can be characterized as a gentle, elegant color with a much more serious and active tone, as opposed to the exposure produced by the red color. The invigorating effect of dark red is much more significant: it has some kind of attractiveness, grandeur and nobility, in which there is some inner rest. The colors of the second group differ from each other in such a way that the green color is lush, clear, relaxing, it is cooler, more serious, even more graceful, even more cheerful than the relief that arises from the blue color, which sometimes has a gloomy tone. Under the influence of blue, this cold and serious tone intensifies, and



the calming effect sometimes turns into a tormenting and crushing effect. This element of torture, crushing is manifested in a more purple effect than everyone else, on top of which some kind of internal unconsciousness, hidden irritation is added to it, a specific combination of sadness and discomfort occurs. Obviously, such a description of the effect of colors, which is a summary of the instructions tested by Stefanescu-Goang, is extremely subjective and conditional. The results of these experiments, which relate to the effect of colors on the life activity of the organism, have been confirmed in the work process and in other studies. Similar information about the effect of colors on blood circulation was also obtained using completely different methods. There is some experimental data on the observation of high excitability, large speed of movement in red. This information is matched by observations made on workers at the Lumer photographic factory in Lyon. In it, most of the work is done on a red light, but the production of some objects is permissible to use a green light. It has been observed that when workers worked all day in the red light, they sang, performed imoishoral actions, remained nervous and irritable. When the green light is used, they remain calm and are less tired until late at night. In conclusion, the opportunity to achieve calming or arousal with the help of Colors is used in the treatment of the mentally ill in medicine. The first to do this was the Italian spiritualist Ponza.

Conclusion

A number of colored rooms were made in the mental hospital under his leadership, each with window sills of a certain color; the walls were also painted that color. The color assessment is influenced by the type of color perception. One of the main conclusions of research on the types of color perception is precisely that the issue of color preference is complex and diverse, since colors can be assessed in different ways. The green leaves of plants are beautiful, but the green teeth of a person are ugly. Color tone, material, color surface - all this affects its price.



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