

media art creation reference resources.

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INFLUENCE OF KANYANG CULTURE AND TOURISM ON THE ADJUSTMENT OF PSYCHOLOGICAL TENSION

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Background: In daily life, everyone will feel the existence of psychological pressure in varying degrees. Moderate psychological stress can promote people's physical and mental health and functional activities, while long-term stress beyond the individual's ability to adapt is harmful. It will not only cause a variety of uncomfortable psychosomatic symptoms, but also make people vulnerable to many diseases, and may make people suffer from diseases under the joint action of other factors.

According to the prediction of the World Health Organization, by 2020, health care related services will become the largest industry in the world, while leisure tourism related services will rank second, accounting for 22% of global GDP. The integration of health care + culture, tourism and leisure has given birth to a series of market hot spots, such as high-end medical care, specialized medical care, rehabilitation and elderly care services, which has become a new demand for mass tourism and health consumption.

The integrated development of health care and culture, tourism and leisure has ushered in many favorable policies and markets. The outline of "healthy China 2030" plan and the guiding opinions on the construction of healthy villages and towns in healthy cities put forward: Based on the whole population and the whole life cycle, we should do a good job in the big health industry, and actively promote the integration of health and pension, tourism, fitness and leisure, and food to develop new industries. It has promoted culture, tourism and health care to a huge market level.

Subjects and methods: Double blind experiment was used. The experiment was divided into pre-test and post test. The subjects in the experimental group were filled in by the scale issued by the fixed tester at the same time and place. The pre-test time is 15 minutes before the welcome party, and the post test time is 15 minutes after the party. The test place is the conference room. The experimental intervention time is days. Leisure sports tourism refers to the whole five-day tourism process in Yangzhou, including scenic spot tourism, hot spring spa, fitness and entertainment, sports, party and so on.

Results: According to people's psychology, the use of garden elements to create a positive and healthy space, guide people's attention, so that people have a positive mood. Through the natural landscape created by plants, it can attract people's attention, stay away from the noisy, polluted and hard environment of the city, stimulate people's sense of happiness, make people full of mood, relax and relieve pressure.

Ditan traditional Chinese medicine health culture park, with the theme of traditional Chinese medicine health culture, is the first park with the theme of health culture in China. Chinese medicine culture is expressed in the form of plants, sculptures, water systems, roads and words, and integrated into the landscape environment. According to people's five internal organs, it is divided into five different functional areas, and each area is designed according to different health functions.



Figure 1. "Lung" gold area mark and "spleen" soil area mark.

Table 1. Survey results of mood changes after visiting (n=52).

Mood changes	Percentage/%
More relaxed, less stress, more satisfaction	54
Energy recovery, stronger	12
Happy and positive	12
The mood has not changed	10
Be able to think and find solutions to problems	5
A change in belief or spirit	5

The survey shows that more than 80% of the people are more relaxed, the pressure is relieved, and the mood becomes more pleasant and positive after playing. The landscape elements that make people feel better are the fresh air, sunshine, breeze, sound of running water, gorgeous colors, flowers and trees, art sketches and the space enclosed by plants and walls in the natural environment. Through the analysis of the theory of environmental health preservation and the landscape of natural health preservation environment, it is concluded that the landscape of natural health preservation environment can play the role of sensory regulation, psychological regulation, physiological regulation and landscape treatment through the natural environment itself and people’s sensory stimulation, so as to play the role of health preservation for people.

Conclusions: People’s needs vary with time and place. The demand of tourists in health tourism mainly includes the demand of physical and mental health; the demand of fresh stimulation; the demand of spiritual pursuit. In landscape design, we should start from people’s psychology to understand people’s rich emotions, and use the knowledge of psychology to guide the design of humanized space.

Some psychologists and medical experts have proved that the natural environment has an important impact on the spirit, emotion and psychology of the human body. The natural environment landscape can produce psychological effect on people, make people edify their sentiment, broaden their mind, eliminate worries, and turn negative emotions into optimistic, happy and positive states. Garden products, rockery flower beds, tree shade paths and so on can give people a beautiful enjoyment, pleasing to the eyes, give people a comfortable, relaxed, happy feeling. Modern medicine has proved that beautiful natural landscape can be beneficial to people’s advanced nervous activities, especially the regulation of cerebral cortex function, and plays an important role in regulating and health care of people’s mental mood and mental state. On this basis, it can cause the functional changes of autonomic nervous system and endocrine system, and then improve the functions of other organs and the whole body, improve the metabolic function, immune function and environmental adaptability of the body, so as to eliminate tension and fatigue, enhance physique and improve work efficiency. Beautiful landscape can make the cerebral cortex to establish a new, benign excitation focus, in order to transfer and eliminate mental tension and psychological contradictions, make the mood comfortable, mental balance, etc., to achieve the purpose of health.

Acknowledgement: The research is supported by: Heilongjiang Province philosophy and social science research planning project: Research on the new mode of “ice and snow + health care” all season tourism in Heilongjiang Province; Harbin University of Commerce 2020 Graduate Innovative Research Funding Project: Research on operation and coordination mechanism of ordering agricultural products supply chain considering personalized demand—Taking Heilongjiang high quality agricultural products as an example (No.YJSCX2020-629HSD).

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APPLICATION OF PSYCHOLOGICAL EFFECT IN THE MONITORING OF SCHOOL TEACHING QUALITY

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Background: Psychological effect refers to the phenomenon that people will produce the same or similar emotional or psychological reaction in the process of understanding who and reforming the society under the social psychological phenomenon and the law. As a kind of social psychological law, it can feel the powerful forces from psychology, and it can also dominate our actions and influence our thinking. It is a common psychological phenomenon, which exists in the teaching process of colleges and universities.