

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.

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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.

Facing the new era students as high-level technical talents in the future, educators should be able to grasp and use the positive role of psychological effects. If we can correctly understand the psychological effect and apply it to the teaching quality monitoring, we can improve the teaching quality.

This paper, starting from the interpretation of psychological effects, points out the necessity of using psychological effect in the teaching process, and provides the educators with the method of using psychological effect in teaching.

Subjects and methods: This paper mainly introduces psychological effect in the process of teaching quality monitoring to improve the monitoring effect. This study is mainly through the questionnaire survey of school teachers and students, which is mainly divided into two parts: teachers and students. The sample size is 300 teachers and 300 students. The teacher questionnaire and the student questionnaire are designed for teachers and students respectively. Before and after the teacher questionnaire is divided into two parts, namely closed question group and open question group. The students' questionnaires are mainly closed questionnaires. A total of 600 questionnaires were collected, 27 of which were randomly answered, indistinct and with obvious defects were excluded. A total of 288 valid questionnaires were collected from teachers and 285 from students. The effective questionnaire rate of teachers was 96%, and that of teachers was 95%.

Study design: In this paper, the positive psychological effect, negative psychological effect, positive psychological effect and negative psychological effect coexist psychological effect, the influence of school teaching quality monitoring effect is analyzed.

Methods of statistical analysis: In this paper, SPSS22.0 is used to analyze the data, independent sample *t*-test and one-way ANOVA are used to analyze the influence of psychological effect on the monitoring effect of school teaching quality.

Results: Analysis of the psychological effects on the quality of school teaching, the results are shown in Table 1.

Table 1. Analysis of psychological effects on school teaching quality.

Variable	Coefficient	Standard deviation	<i>t</i>	<i>P</i>
Positive psychological effect	0.488	1.964	-17.606	0.000
Negative psychological effects	0.427	1.766	0.266	0.010
Psychological effects in which positive psychological effects and negative psychological effects coexist	-0.395	1.578	-2.4176	0.000

It can be seen from Table 1 that the positive psychological effect has a significant effect on the improvement of school teaching quality, and it is believed that the psychological effect has a certain regulatory effect on school teaching quality. The coexistence of positive psychological effects and negative psychological effects has a certain effect on the improvement of teaching quality, but the effect is lower than the positive psychological effects, which indicates that the existence of positive psychological effects can effectively improve the quality of school teaching.

The results of the school's teaching quality monitoring effect analysis after the psychological effect is shown in Table 2.

Table 2. Analysis of the effect of school teaching quality monitoring after psychological effects.

Variable	Coefficient	Standard deviation	<i>t</i>	<i>P</i>
Positive psychological effect	0.354	1.764	-15.910	0.000
Negative psychological effects	0.374	1.479	0.510	0.135
Psychological effects in which positive psychological effects and negative psychological effects coexist	0.397	1.412	-3.120	0.000

It can be seen from Table 2 that after the introduction of positive psychological effects, negative psychological effects, positive psychological effects and negative psychological effects coexisting psychological effects, there is a certain improvement in the monitoring of school teaching quality, especially the corresponding *P* value for positive psychological effects 0.00, less than 0.05. It can be considered that at the significance level of $\alpha=0.05$, the coefficient is significantly greater than zero. The *P* value corresponding to the negative psychological effect is 0.135, which is greater than 0.05. Therefore, it

can be considered that the significant level of $\alpha=0.05$ indicates that the negative psychological effect has a significant impact on the monitoring of school teaching quality.

Through the analysis of the relationship between the positive psychological effect, the negative psychological effect, the coexisting psychological effect of the positive psychological effect and the negative psychological effect, we can know that the use of psychological effect is significant in the monitoring of school teaching quality.

Conclusions: In summary, as a school administrator, it is necessary to study teachers, master their psychological characteristics and psychological needs, apply the laws and effects of psychology to education and teaching management, and realize the “hyperlink” between psychological effects and management work. And in the teaching process, the flexible and accurate use of psychological effects has played a multiplier effect on stimulating students’ learning enthusiasm and effectively improving the quality of teaching.

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CONSTRUCTION AND APPLICATION OF SOCIAL PSYCHOLOGICAL SERVICE SYSTEM FROM THE PERSPECTIVE OF PUBLIC MANAGEMENT

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Background: Social psychological service system is the top-level design of strengthening the construction of social psychological service and cultivating healthy social mentality. It is a social policy to advocate and promote social psychological service from the height of system construction, and to promote the integrated development of society by solving individual and social psychological problems faced by individuals and groups. The construction of the social psychological service system requires the state to stand at the height of the system and system. In addition to the government itself, it also needs to coordinate the forces of all sectors of society, including the service personnel of various social institutions, including communities, hospitals, educational institutions and other third-party institutions, psychological service workers and social workers, As well as online and offline platforms such as social media and network, we should set up corresponding system objectives, system, system evaluation and system guarantee for the construction of social psychological service system from the economic, political and cultural levels by comprehensively using various elements.

Objective: From the perspective of public management, the construction of social psychological service system has two threads, one is based on social mentality, the other is based on mental health. The social psychological service system should be a multi-dimensional structure, which includes not only the psychological consultation for ordinary people in daily life, the popularization of individual psychological knowledge and mental health education, but also the shaping of social mentality and social psychological counseling at a more macro level. Therefore, from the perspective of public management, this study constructs a social psychological service system, applies it in a small scope, and analyzes its effectiveness.

Subjects and methods: Adhere to the principle of focusing on effectiveness, realize the “hierarchical classification and accurate service” of various psychological problems, provide public service products to the public, and brand, precision and customization of public service products of social and psychological services. To explore the working mode of social psychological service and the standardized management measures of crisis intervention, and build a social psychological service mode that is really accepted by the people, meets the needs of the people, and is welcomed by the people, so as to accumulate experience for the construction of the national social psychological service system.

Study design: In a certain region, the social psychological service system is constructed from the perspective of public management, and the satisfaction of the people in the region is discussed. The specific system construction direction is as follows: (1) It is a comprehensive, sound and standardized platform for grassroots psychological service and psychological assistance. Relying on the existing comprehensive service facilities in urban and rural communities, psychological counseling room or