

Table 1. Statistical results of students' psychological status before the experiment.

Factor	Observation Group	Control Group	P
Total Average Score	22.37±5.47	21.46±3.98	>0.05
Somatization	2.03±0.23	2.58±1.07	>0.05
Interpersonal Sensitivity	1.98±0.47	2.23±0.89	>0.05
Depression	2.37±0.78	2.02±0.98	>0.05
Anxiety	2.69±0.94	2.73±1.16	>0.05
Hostility	2.04±0.56	2.02±0.89	>0.05
Paranoia	2.54±0.07	2.29±1.04	>0.05

Table 2. Statistical results of students' psychological status after the experiment.

Factor	Observation Group	Control Group	P
Total Average Score	19.37±4.07	22.41±5.31	>0.05
Somatization	1.68±0.37	1.79±0.26	>0.05
Interpersonal Sensitivity	2.34±0.41	2.68±0.57	>0.05
Depression	1.96±0.46	2.02±0.49	>0.05
Anxiety	2.07±0.62	2.59±0.46	>0.05
Hostility	1.38±0.59	1.64±0.27	>0.05
Paranoia	2.27±0.71	2.25±0.98	>0.05

Conclusions: (1) The positive symptom detection rate of mental health of college students is high, which indicates that the mental health problems of college students are prominent. After the exercise intervention, the mental health level of college students improved, which shows that the exercise intervention has a strong pertinence and practicability. (2) With the rapid development of society, the new situation will inevitably bring new contradictions and problems to the mental health education of college students. As the main position of college students' mental health education, colleges and universities must evaluate the students' mental health in the new era, especially the sub-healthy group, and make reasonable sports intervention to the group, and set up students' health files to improve the students' mental health.

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INFLUENCE OF URBAN SUPER HIGH RISE BUILDING PLANNING ON PEOPLE'S MENTAL HEALTH AND COUNTERMEASURES

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Background: Psychology refers to the feelings and feelings in people's minds, is the sum total of psychological phenomena such as perception, memory, thinking, emotion, will, ability, character, etc. The psychological impact of super-high-rise buildings on people varies from person to person. Some people can self-regulation, some people will have some phobias. Agoraphobia is a complex fear, from the fear of being in an open space to the fear of going out of their own doors. The person that has square phobia "often it is the space environment that arrives open the taller the more frightened". Altitude phobia is fear of altitude, a simple type of fear, major symptoms include fear and discomfort, sometimes almost suddenly frightening,

will tremble, sweating, dizziness, breathing difficulties.

Ultra-high-rise buildings also have a profound impact on people's living customs and ways, especially the very rational arrangement of high-rise building space, which not only cuts off the traditional residential environment too close and affectionate, but also makes people living in them become increasingly alienated, the relationship between people loose and indifferent. With the acceleration of urbanization, there are more and more super-high-rise buildings. While the height and span of construction are increasing, their design forms and styles are also developing and changing.

Objective: Ultra-high-rise building design is a complex process. We must be good at design to improve Ultra-high-rise building and the natural environment. Therefore, by analyzing the influence of urban high-rise building planning on people's mental health, we can understand people's inner needs, give appropriate suggestions and countermeasures, and provide some reference to urban high-rise building planning.

Subjects and methods: Architecture provides a place for people, a place that can keep off the wind and rain, heat, cold, but also cultivate people's qualities, inspire people's spirit, achievement of the cause of the place, the impact of people's material and spiritual needs. Because of its special height, high-rise buildings cause many psychological problems, but the meaning of the place has not changed, still serves people, meets the needs of people. Therefore, in the high-rise building design, but also should be people-centered, every idea, every layout, every subtle size of the design should reflect the concern of people. Buildings and environments that focus on humanistic elements can make up for the indifference brought about by high-tech, reflect human longing, and bring about a harmony between man, nature and society. Buildings that focus only on material function and ignore human spiritual needs or do not take human spiritual needs into account at all are unscientific and contrary to human nature, and will ultimately bring irreversible negative effects to society.

Taking the residents of a high-rise residential building and a low-rise residential building as the research object, the questionnaire was distributed to them to count the ground activities of residents in different residential areas.

Study design: Questionnaires were distributed to 400 residents. Among them, 200 residents in high-rise residential buildings and 200 residents in low-rise residential buildings were required to complete the questionnaires at one time. Each person took about 20 to 30 minutes to fill in the questionnaires. A total of 400 issued, 386 recovered, the number of effective copies of 379.

Methods: Using Excel statistical analysis of the ground activities of different residents.

Results: As far as super high-rise buildings are concerned, they are far from the ground, isolating people from the outdoor natural environment such as land, animals and plants. As concrete, glass, metal and other man-made components of the closed environment lack a sense of life, lack of a green environment to give people the feeling of the United States, people will have a feeling of depression. In order to get rid of this feeling, people will put in indoor plants, plants planted on the balcony and other techniques to get close to nature.

High-rise buildings rely mainly on elevators, which change the traditional horizontal traffic on the ground. The use of elevators makes it difficult for people to contact with low-rise and multi-storey buildings. The resulting statistical tables are shown in Table 1.

Table 1. Comparison of Ground Activities between Superhigh-Rise and Low-rise Dwellings.

Project		Talk	Entertainment	Repair	Viewing	Rest	Total
Working Days (persons)	High Level	27	4	2	0	2	35
	Lower Level	78	19	0	1	6	104
Rest Day (person)	High Level	42	6	4	1	9	62
	Lower Level	124	39	0	7	8	178
Average (People)	High Level	34.5	5	3	0.5	5.5	48.5
	Lower Level	101	29	0	4	7	141

High-rise buildings and the environment have many effects on people's behavior and psychology. Besides the basic needs of physiology, people's spiritual needs are more prominent.

Conclusions: The rapid development of super-high-rise buildings is obvious to all. Therefore, we should have payed attention to and improved the quality of high-rise buildings and their environment for a long time. Architects should start with the basic needs of people's behavior and psychology, and study how to improve the boring, monotonous, lonely and alienated influence of high-rise buildings and their environment from the aspects of environmental sociology, environmental psychology and social ecology, so as to create a people-centered, dynamic and charming urban high-rise building environment that can truly

continue the local history, culture and unique landscape, and make high-rise buildings become not only people's "dwelling place", but also people's "spiritual home".

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MECHANISM OF PSYCHOLOGICAL LITERACY CULTIVATION IN THE MAJOR OF EMERGENCY AND SEVERE NURSING

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Background: As an important department in hospital, emergency department plays a key role in dealing with critical patients. The emergency department is an important window of the hospital and an important position for rescuing critical patients. The nursing work in the emergency department is characterized by urgency, busy, multidisciplinary, infectious, law related and violent events. Due to the particularity of its working environment, emergency nurses often have to bear great mental and psychological pressure. The mental health of emergency nurses is closely related to whether they can carry out effective rescue and nursing for emergency patients. So what kind of psychological literacy emergency nurses should have and how to cultivate good psychological literacy of emergency nurses, so as to improve the quality of emergency rescue, are the problems to be solved.

Objective: According to the characteristics of different teaching contents of critical care nursing, this paper explores a variety of teaching forms based on experiential learning theory, and constructs an experiential teaching mode composed of case design method, role-playing method, task driven method, virtual game method, discussion method, edification method, etc., so as to improve the psychological quality of critical care nursing students.

Subjects and methods: Methods 300 students were randomly divided into two groups, 150 in each group. The experimental teaching mode of "independence, cooperation and exploration" was adopted in the observation group. The first-aid medical records were designed by ourselves. The scene and role play were used to complete the comprehensive training of on-site rescue, emergency department rescue, critical care medicine rescue and general ward rescue treatment. The quality-oriented experiential teaching mode of "critical care nursing" was constructed. The control group adopted the "explanation, demonstration, training" type of experimental teaching mode.

Study design: The students' evaluation of experimental teaching mode was investigated by questionnaire, and the satisfaction of the two groups in innovation education, creativity and interest was compared, and the final theoretical and operational examination results were compared.

Methods: Sas8.0 was used for data processing. Chi square test and *t* test were used. The test level $\alpha = 0.05$.

Results: The satisfaction of the two groups of students with different experimental teaching modes is shown in Table 1. Traditional experimental teaching mode of "explanation, demonstration and training" is one-dimensional. It overemphasizes imparting knowledge to students, training them to operate and master skills, and neglects the cultivation of process and method, emotion, attitude and values. Students have no autonomy and initiative, which easily frustrates their feelings for science and technology, and it is difficult to develop their innovative spirit and practical ability. It cannot give full play to the unique educational function of experimental teaching. The experimental teaching mode of "autonomy, cooperation and exploration" is beneficial to mobilize the enthusiasm and initiative of students' learning and exploration, integrate design, cooperation, dialogue and communication into the experiment, make students truly become the main body of teaching, promote the construction of students' scientific knowledge and skills, enhance their emotions, attitudes and values, and cultivate their personality and creativity. The results showed that the scores of theory and operation examination and the evaluation of new teaching methods in the observation group were significantly higher than those in the control group ($P < 0.01$). 92.1% of the students were satisfied with innovation education; 90.0% of the students think that comprehensive training is helpful to cultivate team spirit; 90.0% of the students think that comprehensive training is helpful to cultivate team spirit; 92.9% of the students understood the importance of communication and empathy in emergency work; 75.0% of the students think that the new experimental teaching mode is more attractive, and they can get a sense of achievement by finding and solving problems, and stimulate the enthusiasm of active learning. Through comprehensive training, the first-aid skills and monitoring skills were better combined with the cases, the concept of holistic rescue was strengthened, the idea of holistic rescue was straightened out, the creativity was cultivated, the practical ability of first-aid was improved, the