

**Background:** With the rapid development of sports industrialization and market economy. With the improvement of the technical level of competitive sports, the sports competition is becoming more and more intense. Athletes often because of excessive tension, pressure, anxiety, expectations are too high and other reasons, leading to abnormal performance in competition, poor performance. After competition, the psychological performance of athletes is an important factor affecting the development of sports training. Therefore, it is of positive significance to strengthen the research on the healthy development of the psychological state of athletes after competition.

**Objective:** Investigate the positive and negative emotional changes of the athletes after the game and analyze the causes. Suggestions are provided for the mental health development of athletes after the competition, to help and guide the good recovery of athletes' mental state and promote the improvement of sports skills.

**Subjects and methods:** The study looked at the post game psychology of 50 elite athletes from the Huanggang Normal University. After the main use of sports follow-up investigation, through observation, communication form of finishing the athletes after the emotional performance, the coach in charge of interviews, to understand the psychological changes of athletes.

**Research design:** The 50 respondents were divided into two groups according to the self-recognition of the competition performance, and respectively named the successful group and the failure group. The psychological and emotional changes of the two groups during 0-7 days and 8-14 days after the competition were recorded. The different manifestations of the two groups were classified and the causes were analyzed.

**Results and analysis:** The psychological and emotional changes of the winning group and the losing group during 0-7 days and 8-14 days were tracked and recorded. It was found that both the successful group and the losing group had positive and negative psychological manifestations, and the causes were different.

The psychology of success: Success is the goal of every athlete's struggle and struggle. Success is not limited to winning the game, standing on the highest podium, but the realization of the value of everyone's goal. Winners' positive emotional performance: excited, excited, aggressive, full of confidence in the future development; Negative emotions: pride, complacency, satisfaction with reality, indulgence in praise, blind confidence, relaxation training, etc.

Loser psychology: In competitive sports, more people are losers. Failure is an obstacle that athletes must overcome on their way to success. The psychological state produced by failure is expressed as emotional response and rational response. Emotional response refers to the crisis emotions such as anxiety, frustration, loss, frustration, denial, and numbness produced by the athletes after being frustrated by the competition. Reasonable reaction is that after suffering setbacks, athletes show a positive attitude of overcoming disappointment, sticking to their goals, finding shortcomings, and daring to fight.

**Conclusions:** It is found that the mental state of the athletes after the competition is the normal feedback of the competition process and results. Usually because of the performance of the game is good or bad to produce positive or negative emotions, manifested in a variety of forms. Only by paying close attention to the psychological and emotional influence of the athletes, making accurate attribution to their performance, and carrying out targeted psychological counseling, can the coaches help the athletes adjust their training and competition status quickly. Through the analysis of the psychological state of the winners and losers, in order to promote the mental health development after sports, the following suggestions are put forward: Correctly evaluate the results of the competition, and actively guide; eliminate the mental fatigue of competition; self-image repair.

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## UNIVERSITY LIBRARY INTERIOR DESIGN ON STUDENTS' LEARNING PSYCHOLOGY

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**Background:** As the literature and information center of the university, the university library attracts many students with its abundant literature resources, high-quality reader service and pleasant reading environment. While the building environment of the university library satisfies the students' desire for knowledge, the internal design of the library also exerts a subtle influence on the students' learning psychology, changes their reading behavior and transforms their mental state.

In recent years, more and more attention has been paid to the interior design of university library. In the process of studying students' learning psychology, it is found that the internal architectural environment of the library will have a great influence on the readers' psychology, and different internal designs will have different influences on students' learning.

**Objective:** The internal environment and humanistic environment of university library have an important influence on students' reading perception, emotion and thinking. As a kind of cultural phenomenon existing in the form of material culture, the environment truly reflects the achievements and characteristics of material culture created by human beings in their own development process. The internal environment of the library can truly and effectively reflect the learning situation of the students. The quality of the environment of the university library will directly reflect the cultural and spiritual phenomena of the university, and also directly affect the reading emotions of the readers. Therefore, the internal environment of the library will affect students' learning psychology.

**Subjects and methods:** A comfortable library environment can effectively relieve students' learning pressure and psychology, help students practice the correct view of learning and establish knowledge thinking consciousness. The interior design of the library can be planned in terms of light, sound, color, air quality and so on. This paper investigates and analyzes the improvement of students' learning psychology from the internal design of the library. By issuing questionnaires, this paper analyzes the effect of a comfortable library environment on students' learning psychology.

**Study design:** The stratified cluster random sampling method was used to investigate 500 school students in our city. One primary school, junior high school and senior high school in our city were randomly selected, and one class was selected from each grade. A total of 500 copies were distributed to students in 12 classes, 487 copies were recovered, and 466 copies were valid.

**Methods:** The influence of library interior design on the learning psychology of students in our city was analyzed by Excel.

**Results:** Different illumination brings different feelings to readers. Readers are excited and excited under bright light and feel happy. Students like to choose a seat near the window or under direct light during learning. A light environment not only affects students' psychological mood, but also affects their perception ability, reading mood, thinking mode and other aspects, so as to improve their learning ability and influence the reading effect. At the same time, noise, color and air quality also have a certain impact on students' learning psychology.

The survey results, using a scale of 0-4 quantitative value of the influence of specific factors, 0 said irrelevant, 1 said slightly, 2 said influence, 3 said obvious effect, 4 said full effect, in order to reduce the subjective causes bigger error during evaluation, evaluation value and take 500 students take average, calculated results determine rounded way, the specific statistical table is shown in Table 1.

**Table 1.** Influence of library interior design on learning psychology of students in our city.

Factors	Bright	Sound	Color	Air quality
Primary school	4	3	4	2
Junior high school	4	2	3	2
High school	4	2	2	3

**Conclusions:** Create a good internal environment of the university library, optimize the light environment, and provide students with comfortable reading light; to create a quiet and comfortable sound environment, reasonable use of color, to provide students with a comfortable reading space. All these directions are the goals of the decision-makers, designers and workers in the construction of university libraries. Only by constantly optimizing the internal environment of the university library, can students' reading ability be improved, and their perception ability, emotional orientation and thinking mode be greatly improved. Therefore, optimizing the internal design of the university library can effectively relieve students' learning psychology and promote their own academic improvement.

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## APPLICATION OF ENVIRONMENTAL PSYCHOLOGY IN THE PLANNING AND DESIGN OF MODERN GARDEN NURSERY LANDSCAPE

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