

of color fusion, collocation and comparison to configure plants according to the color changes of different growing seasons. Psychological experts say that when people judge the quantity, they often unconsciously regard 7 as the boundary. Therefore, in the process of nursery landscape planning and design, the plant color should not exceed 7, generally three colors are the most suitable. Therefore, when designing nursery landscape with plant color, it is necessary to ensure that the color is simple to avoid the feeling of disorder.

**Methods of statistical analysis:** Using web crawler technology to capture the landscape data of modern garden nursery, and using Excel software to sort out the data, and then using the simulation software to carry out the simulation analysis of modern garden nursery landscape planning, get the final simulation results.

**Results:** The landscape planning of modern garden nursery was carried out for unused and using environmental psychology respectively. The specific planning results are shown in Table 1.

**Table 1.** Comparison of landscape planning effect of modern garden nursery.

Comparison project	Not used	Used
Is the layout reasonable	Yes	Yes
Is the landscape composition Diversified	No	Yes
Is it adaptable	Yes	Yes
Planning cycle	Longer	Shorter
Planning cost	Lower than expected cost	Higher than expected cost
Satisfaction	Generally satisfied	Very satisfied

By analyzing the data in Table 1, we can see that compared with before using environmental psychology for modern garden nursery landscape planning, the landscape composition of post-modern garden nursery is more diversified, lower than the expected results, and has a higher degree of satisfaction, which can be further promoted in practice.

**Conclusions:** Environmental psychology is a subject that studies the relationship between people and environment. It explores the optimization between landscape environment and people from the psychological point of view. Studying the application of environmental psychology in landscape planning and design of modern garden nursery and understanding its influence on landscape design can make it more deeply applied in landscape planning and design, and help to design higher quality landscape planning works of modern garden nursery, so as to ensure its healthy and sustainable development and achieve greater economic, social and ecological benefits.

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## REFORM OF PHYSICAL EDUCATION TEACHING CONTENT BASED ON EDUCATIONAL PSYCHOLOGY

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**Background:** The reform of physical education teaching content in China is in the primary stage. In this context, the in-depth study of the reform of physical education teaching content is becoming more and more important. The reform of physical education teaching content has increasingly become the focus of physical education theory workers and practice workers. The significance and focus of constructing teaching mode is to find the way and method of testing and applying theory, promote the transformation of sports theory teaching to teaching practice, provide good guidance for practice, and widely promote practical experience. The significance of comparative analysis is to provide reference for the optimization of physical education teaching content in order to learn from each other.

As the link between psychology and education, educational psychology can not only improve the efficiency of practical teaching, promote the understanding between teachers and students, and lay a solid foundation for the future development of students, but also promote the continuous development of sports theoretical system through the analysis of the problems existing in the teaching process and the summary and analysis of various problems Good. Therefore, in order to give full play to the effectiveness of educational psychology, it is necessary to explore its specific application in the reform of physical education teaching content.

Therefore, in order to improve the effect of the reform of physical education teaching content, this paper studies the reform of physical education teaching content from the perspective of educational psychology, in order to promote the further development of physical education teaching reform.

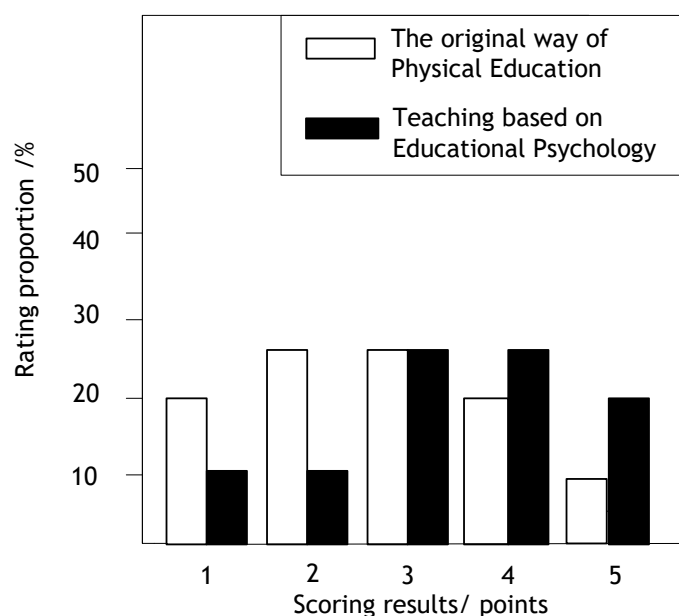
**Subjects and methods:** Taking the practice of physical education teaching content reform as an example, the application of educational psychology in the process of reform of physical education teaching content is explained.

**Study design:** In terms of learning strategies and learning process, a good learning method can achieve twice the result with half the effort. If the learning method is not applicable and scientific, it will waste a lot of time and energy. This phenomenon is common in physical education. Under the application of educational psychology, students' physical education will be greatly inspired in learning methods. The reform of physical education teaching content is divided into two levels: knowledge and skill. Knowledge is the basis and skill is the application. Only by memorizing psychological knowledge on the basis of understanding can we achieve the effect of long-term memory. In addition, memory can be divided into visual memory and tactile memory according to the dominant senses. It is found that the effective rate of visual memory alone is 70%, that of tactile memory alone is 60%, and that of combined memory is 86.5%.

Therefore, according to the physiological and psychological characteristics of students, when carrying out physical education teaching, on the one hand, we should focus on cultivating students' flexible and understanding memory mode. On the basis of full understanding of psychological knowledge, and on the premise of clarifying the relationship between the current knowledge and the previous content, we should memorize the physical education knowledge, instead of blindly rote learning, so as to ensure the correct understanding of what we have learned I have a thorough understanding. On the other hand, in the practical teaching of sports skills training, we should pay attention to the comprehensive use of audio-visual, viewing, reading and other organs. In this way, students' memory function has been fully stimulated, their knowledge and skills have been effectively consolidated, and their practical ability has been effectively improved.

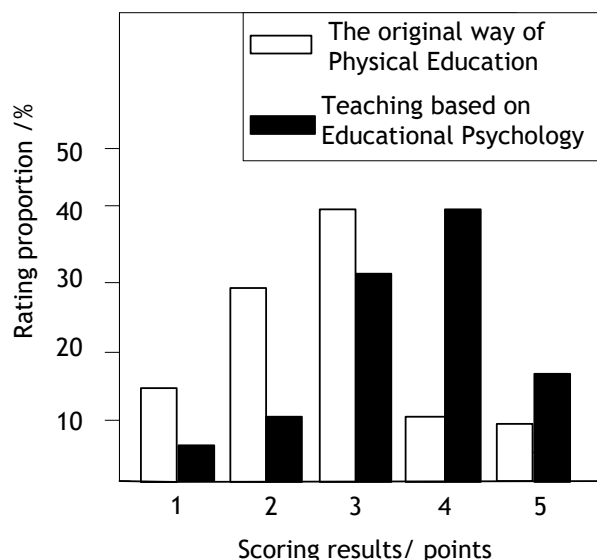
**Methods of statistical analysis:** Using the methods of literature, interview and case analysis, this paper tests the practical effect of the reform of physical education teaching content based on educational psychology, and uses Tableau Software for data analysis and visualization. In this experiment, the experimental population is divided into two parts, the first part is some university students, a total of 2000 people. The questionnaire was distributed to the students, and the participation enthusiasm of the teaching mode based on educational psychology and the original physical education teaching mode was scored. The score was assigned to 1-5 points, corresponding to the range from poor to excellent. The second part is the school physical education workers, a total of 30 people, the feasibility of the reform of physical education teaching content score.

**Results:** The score result of students' enthusiasm for participation is shown in Figure 1. The analysis of the above results shows that the teaching mode based on educational psychology can effectively improve students' enthusiasm and participation in sports learning.



**Figure 1.** Scoring results of students' enthusiasm for participation.

The results of the feasibility of the reform of physical education teaching content are shown in Figure 2. The analysis of the above results shows that teachers think that the teaching mode based on educational psychology is more feasible than the original one. In the long-term physical education process of teachers, due to the limitations of the original teaching methods, it is not conducive to the long-term development of physical education. The physical education teaching mode based on educational psychology designed in this paper is more feasible and suitable for the modern educational environment.



**Figure 2.** Feasibility scoring results.

**Conclusions:** Taking the practical teaching of physical education as an example, this paper analyzes the specific application of educational psychology and the results obtained from many aspects. It is believed that it can help people deepen their understanding of educational psychology to a certain extent, and it will play a positive role and profound reference significance for the reform of physical education teaching content in China.

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## ROLE AND VALUE OF COLLEGE STUDENTS’ PSYCHOLOGICAL ADJUSTMENT IN THE CULTIVATION OF MUSIC ABILITY

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**Background:** Psychological factors such as psychological reaction, feeling, perception, will, memory and emotion play an important role in the cultivation of musical ability. It controls the singer’s physiological skills, influences the expression of students’ emotions, and controls the development of singing behavior to a higher technical level.

Musical ability training is an instrument based on the human body. Any human behavior contains a certain, internal psychological factors, no psychological factors of the behavior is not existing. In the cultivation of musical ability, the teacher’s soft work and the student’s hard work are all for the realization and completion of physiological movements. Therefore, the physiological action of music must be controlled by the mental attention, consciousness and will. For example, teachers often remind students “excited, excited and excited” in classroom teaching, which is because the nerve is not excited enough and the psychological reaction is not strong enough. In addition to talent, a singer’s voice on stage depends on other factors, such as mental state, health, mood, confidence and so on, which all affect a singer’s voice.

The physiological structure of human brain and other skills forms the material basis and physiological mechanism of music psychological regulation function, and also becomes the material carrier of music emotional activity and sound volition behavior. In music ability, on the one hand, the teacher to explain or