

aged backbone teachers in Colleges and universities of Guangxi” in 2020 Projects of Humanities and Social Sciences “Research on the social unrest and governance in Guangxi during the Qing Dynasty and the early Republic of China” (NO. 2020QGRW018).

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## THE EFFECT OF BUILDING GREENING LAYOUT ON ALLEVIATING NEUROSI OF THE ELDERLY

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**Background:** With the development of society and the advancement of science and technology, the aging of the population is becoming more and more serious. The elderly and even the elderly are increasing year by year, which has become a new topic that cannot be ignored in various clinical disciplines. With the increase of the average life expectancy of the population, the incidence of senile diseases is also increasing, such as cardiovascular diseases, diabetes, cancer and various mental diseases. The elderly is different from young people because of their neuroanatomy, neurophysiological and mental state. Therefore, when the elderly suffers from neurological diseases, their clinical manifestations and therapeutic effects are different from those of young patients. Nervous system diseases are the most common cause of inability in the elderly, accounting for almost 50% of them. Age-related neurological diseases, such as Alzheimer’s disease, stroke and Parkinson’s disease, account for a large proportion of the medical expenses of the elderly. In many cases, neurological diseases of the elderly often manifest as clinical dysfunction that overlaps with normal aging.

With the development of social aging, the incidence of senile psychosis is getting higher and higher. The onset of the disease is slow, the course of the disease is long, the stable phase and the exacerbated phase alternately occur, mainly as symptoms such as broken thoughts, emotional disorders, hallucinations and delusions, which will suddenly lead to changes in the behavior of the elderly. Experts pointed out that the main point of the treatment of senile psychosis is not taking drugs, but more importantly, life conditioning. Green plants in the city can cool down and increase humidity, and greening can effectively improve the urban living environment, improve the living standards of the elderly, and effectively alleviate neurosis in the elderly. The green layout of the city can enhance the landscape around the building, improve the mentality of life, and improve the quality of life.

**Objective:** The cause of senile psychosis is cerebral arteriosclerosis, cerebral ischemia, hypoxia, and metabolic disorders, which cause brain tissue atrophy, loss of intelligence, personality changes, and mental disorders. In senile psychosis, the more common ones are senile dementia and arteriosclerotic mental disorder. Therefore, the green layout of the building can reshape the urban environment while purifying the air. It has very important practical significance to alleviate the elderly neuropathy.

**Subjects and methods:** Urban greening have improved the quality of the living environment of urban residents, and effectively alleviated the psychological, physical and behavioral aspects of elderly patients with mental illness. 500 patients with senile psychosis were selected as the research objects, from June 1st to July 30th, 2021, for a period of 8 weeks. Divide them into the experimental group and the control group. The survey results use five levels from 0 to 4 to quantify the influence of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, and 4 indicates full impact.

**Study design:** (1) Before the experiment, conduct psychological questionnaire surveys on the experimental group and the control group respectively;

(2) To start the experiment, the experimental group lived in a city with architectural greening, and the control group lived in a city without any urban greening;

(3) Eight weeks after the implementation of the experiment, conduct a second psychological questionnaire survey to find out again about the neuropathy of the elderly in the experimental group and the control group;

(4) Compare the data before and after the experiment, and analyze the differences between the subjects before and after the experiment.

**Methods of statistical analysis:** The SPSS software was used to count and analyze the original data of the two questionnaires to test the changes in neuropathy of the elderly in the experimental group and the control group before and after the experiment.

**Results:** Comparing the mental differences between the experimental group and the control group before and after the experiment, the average score is obtained. The experimental results are shown in Table 1.

**Table 1.** Comparison of the mental status of the two groups before and after the experiment.

Group	Before and after the experiment	Emotional situation	Healthy body	Interpersonal communication
Test group	Before the experiment	2	2	2
	After the experiment	4	3	4
Control group	Before the experiment	2	2	2
	After the experiment	2	2	2

The mental condition of the experimental group changed significantly before and after the experiment. According to the change of the mean value, the mental illness of the elderly was relieved. Observing the green plants can relieve the mood, encourage the elderly to go outdoors to increase the number of exercises, and effectively obtain interpersonal communication.

**Conclusions:** The etiology of senile mental disorders is more complicated, with both physical and external reasons. With age, the brain gradually ages and loses weight, slows down in response speed, and memory loss. In severe cases, Alzheimer’s disease is triggered. At the same time, the elderly is prone to chronic diseases. In addition, some elderly people have poor mental and ideological capacity, and are more agitated and restless when encountering things, which increase the incidence of neurological disorders. Therefore, through the architectural greening layout, green plants of the same or similar shape, color, texture, and size are selected to emphasize a consistent sense of rhythm; the point-shaped plants are used as the key points in the indoor and outdoor environment of the building to highlight the greening effect. Effectively alleviate the onset of senile neuropathy.

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## THE INFLUENCE OF IDEOLOGICAL AND POLITICAL COURSES ON ADOLESCENTS’ ANXIETY

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**Background:** Adolescents are a very sensitive group and have weak psychological tolerance to external pressures and changes, so these factors often make them fall into depression and anxiety. The anxiety of young people has become more prominent at present. The weakening of family structure, rapid urbanization, and the changes caused by new technologies have disproportionately had a huge impact on young people’s psychology. Anxiety is mainly caused by excessive stress. Patients themselves can cheer themselves on, relax, and take deep breaths when they are nervous. Parents should also guide and encourage their children to promote the recovery of patients’ diseases. When the condition is more serious, patients who are unable to heal on their own should use medication or psychotherapy as directed by their doctor. Adolescents’ anxiety has always been a hot spot and focus of attention from all walks of life.

Adolescents with anxiety disorders mostly show mild anxiety, which is less difficult to treat, but they are prone to repetition, which seriously damages the physical and mental health of adolescents with anxiety, and affects their academic achievements, social skills, and social development. Relevant studies have pointed out that timely psychological intervention and health education for adolescents with mild anxiety disorder can effectively reduce their anxiety and depression, maintain a healthy and optimistic positive attitude, and help improve their quality of life, and prevent their daily life from being affected by the aggravation of the disease.

**Objective:** The mental health education of adolescents often comes from school education, family education and social education. If adolescents lack mental health education, it may cause mental health problems, generate anxiety, and trigger a variety of wrong behaviors. Therefore, evaluating the current state of adolescent anxiety from the perspective of college ideological and political courses and analyzing its influencing factors is conducive to exploring more effective mental health intervention methods and providing a reference for the construction of a mental health evaluation mechanism for middle school students.

**Subjects and methods:** Ideological and political courses in colleges and universities have a positive