

psychological feelings. In terms of interior decoration, the rational use of materials can make residents close to nature.

In the survey results, five levels from 0 to 4 are used to quantify the impact value of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, 4 means sufficient influence, in order to reduce the impact. The individual subjectively caused a large error. The evaluation value of 1000 residents were taken and the average was taken, and the result was determined by rounding off. The specific statistical table obtained is shown in Table 1.

Table 1. The impact of environmental design on residents' psychology.

Factor	Color	Lights	Decorate
Residents	4	4	4

Conclusions: Environmental design is a subject based on human feelings and nature. In the comprehensive application of environmental design, design psychology should be based on human cognition, consciousness, behavioral tendency and other aspects as the main control means to deal with sensibility. The interaction balance between thinking and rational technology. While emphasizing functionality, it also has psychological needs, endows humanistic care, and optimizes the design, so as to achieve the goal of improving the quality of life in a true sense.

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ANALYSIS OF ANXIETY, DEPRESSION AND ITS INFLUENCING FACTORS OF EMPLOYEES IN CHINESE ENTERPRISES BASED ON LOGISTIC REGRESSION MODEL

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Background: In recent years, with the rapid economic development and the increasing social competition, the mental health of corporate employees cannot be ignored. The suicides of corporate employees have been reported frequently, such as the "Foxconn" incident. Employees are facing increasing pressure, and a series of mental illnesses such as insomnia, depression, and mental disorders have become increasingly prominent. Depression and anxiety are common emotional reactions when people face stressful situations, which are common in the crowd. Social support and coping styles have a significant impact on the psychological and emotional health of employees. The emotional and mental health of employees can be improved by adjusting the ways of coping with stress and difficulties and enhancing social support.

The multiple logistic regression model is when a dependent variable is a binary variable, the multiple logistic regression model is commonly used for analysis. The model method is based on sampling data to generate regression coefficients for the respective variables, and use these coefficients to discuss the relationship between the dependent variable and the relationship of the independent variables. Since the result of the logistic regression model has a great relationship with sample selection, it is necessary to ensure that the number of samples is large enough and to avoid the spatial autocorrelation of the data.

Objective: Logistic regression analysis found that problem solving has a significant predictive effect on anxiety and depression, and can be effectively used for anxiety and depression prediction. Using Logistic regression model can effectively understand the anxiety and depression of Chinese employees and its influencing factors, and do a good job of prevention. Provide early psychological counseling and intervention for employees with mental illness to reduce the occurrence and development of mental illness, improve work efficiency, maintain their own stable development, and promote a harmonious working environment.

Subjects and methods: To understand the anxiety and depression of Chinese employees and its influencing factors, using the stratified cluster sampling method, six large, medium and small enterprises are selected as the research objects. Randomly select company employees and issue questionnaires to them to collect the different psychological and emotional conditions of employees.

Study design: A questionnaire was issued to a total of 600 employees in six companies, and the questionnaire was required to be completed at one time. The time for each person to fill out the questionnaire was about 10-15 minutes. A total of 600 copies were issued, 579 copies were recovered, and 561 copies were valid.

Methods: Use Excel to calculate employee anxiety and depression and its influencing factors.

Results: The results of the mental health survey show that gender, age, education level, marriage,

monthly income, etc. are the main factors that cause employees' psychological problems. In daily work, employees have fewer opportunities for promotion and lower wages, and wages are rising very slowly, with very few rewards, resulting in low enthusiasm for employees. At the same time, employees have no sense of belonging and collective honor, which leads to a decline in the quality of personal life and lack of safety. Therefore, it is necessary to attach great importance to the mental health of employees in daily work.

In the survey results, five levels from 0 to 4 are used to quantify the impact of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, 4 means sufficient influence, in order to reduce the impact Individual subjective causes large errors. Take 600 employees' evaluation values and average them, and the results are determined by rounding off. The specific statistical table is shown in Table 1.

Table 1. Anxiety and depression of employees and their influencing factors.

Factor	Gender	Age	Education	Marriage	Monthly income
Small companies	4	3	4	3	4
Medium-sized enterprise	3	3	3	3	4
Large enterprise	3	4	3	3	4

Conclusions: The overall mental health of employees is relatively high, and the ways to cope with stress are more mature, but the level of social support is moderate. Mental health and emotional state are closely related to employees' performance and work efficiency. Therefore, companies can use some forms of training, salons, consultations, etc. to further improve employees' positive response methods, such as solving problems, asking for help, and reducing negative or mixed response methods. It can also provide support, convey care, or create Relevant atmosphere can improve employees' social support feelings. Individual employees can also improve their social support by expanding their social circle, making a few close friends, and being brave to ask for help. In short, the incidence of anxiety and depression among enterprise employees is relatively high. If they do not adjust their mentality in time and face the reality, serious mental health problems will be caused. Therefore, enterprises are called upon to establish and improve the psychological pressure relief mechanism of employees, establish psychological guidance institutions, strengthen mental health education for employees, carry out diversified corporate cultural activities, broaden the channels for releasing psychological pressure, and strive to create a harmonious corporate humanistic environment.

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THE INTERVENTION EFFECT OF PAINTING ART THERAPY ON JUVENILE MENTAL DEPRESSION

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Background: Modern society has rapid economic development and fast-paced life. People are under great pressure in their studies and life. Both adults and teenagers can easily become victims of depression. Adolescents are more likely to become patients with depression due to factors such as emotional fragility and excessive academic pressure. According to statistics from the World Health Organization, global child mental disorders will increase by 50% by 2020, and the incidence of depressive disorders in adolescents will be as high as 2% to 8%. In recent years, the mental illness of young people has become increasingly prominent, and it is not optimistic.

Art therapy is a method of treatment that helps participants grow through planned and purposeful treatment programs through a variety of artistic expressions such as painting, music, dance, etc. as the medium. Art therapy in a narrow sense refers specifically to painting therapy. Painting therapy can reduce and eliminate the individual's defense mechanism, and encourage the individual to express cognition, emotions and inner thoughts. It can soothe the individual, divert the individual's attention to pain and anxiety, and increase the individual's self-confidence and motivation. The theoretical basis of painting art therapy is based on the theory of mental projection and the theory of human hemisphere division of labor. Art therapy has been used in the treatment of adolescent depression for more than 100 years. At present, painting art therapy has varying degrees of curative effect on improving individual depression and anxiety