

thinking awareness. The combination of the new model can be planned in terms of improving the ability of independent learning, stimulating students' interest in learning, and promoting the development of mental health. This article mainly investigates and analyzes the improvement of students' learning psychology from the combination of new models. By distributing questionnaires, statistically analyze the effect of the new model of combining health psychology with ideological and political education guidance on students' learning psychology.

**Study design:** Using stratified cluster random sampling method, 500 students in school were surveyed. Randomly select one junior high school, one high school, and one university school. One class is selected for each grade. A total of 10 classes of students are surveyed. A total of 500 copies are issued and 477 copies are recovered. The effective number is 461 copies.

**Methods:** Use Excel to calculate the impact of the combination of health psychology and ideological and political education on students' learning psychology.

**Results:** Only by doing a good job in students' mental health education and improving their psychological quality can students be mentally positive and healthy, and can they better accept ideological and political education. Clear life goals through psychological counseling and have good psychological quality. Only a student with a good mentality and good psychological quality can better adapt to the society and deal with the various pressures and challenges in life and society, so that he can be invincible under any circumstances. The specific statistical table is shown in Table 1.

**Table 1.** The impact of the combination of health psychology and ideological and political education guidance on students' learning psychology.

Factor	Self-learning ability	Learning interest	Mental health development
Junior high school	3	3	4
High school	4	3	3
University	4	4	3

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 Individual subjective causes large errors. Take 500 students' ratings and take the average, and the results are rounded off to determine the results.

**Conclusions:** Ideological and political education and mental health education are not the relationship of inclusion; the two are mutually infiltrating and supplementing each other. Only a good organic combination of the two can exert the greatest advantage in moral education for students, and enable students who are the proud children of heaven to grow up better, healthier and happier, and enable students to learn to establish themselves correctly. Life ideals and realize their own life value. In the process of realization, this magnificent life goal can be achieved through one's own excellent psychological quality and good adaptability to the society. In this whole process, both ideological and political education and mental health education are indispensable.

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## ANALYZE INTERNET FINANCE FROM THE PERSPECTIVE OF PSYCHOLOGY TO PROMOTE THE DEVELOPMENT OF GREEN ECONOMY

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**Background:** Whether it is Internet finance or green finance, it is a new thing. Internet finance needs to rely on modern technology and information to carry out financial crisis services. Compared with traditional financial models, Internet finance requires less manpower, convenient services, lower operating costs, more personalized products, and higher business processing efficiency. As a brand-new concept of financial development, green finance means that the development of financial services achieves the coordination and synchronization of environmental protection and economic development, that is, the realization of

sustainable financial and economic development. In the specific operation process, financial institutions adjust their business philosophy, business processes or policies based on the perspective of environmental protection, and effectively incorporate potential risks, costs and benefits related to ecological environmental protection in the daily financial business processing process, so as to support green Economic growth has realized the protection of the ecological environment. In the actual operation process, green finance includes Internet finance, and Internet finance has a strong role in promoting the development of green finance. By promoting the development of green finance, a good environment can also be created to promote the orderly development of Internet finance. In the process of implementing green finance, it itself contains the theory of sustainable development, and the financial industry also regards Internet finance as the main trend of future development. In the development process of green finance, it includes a variety of financial forms, and Internet finance is one of the very important contents. In the development process of Internet finance and green finance, not only strong scientific and technical support is required, but the development of the two is also conducive to reducing costs. It can be said that green finance and Internet finance have a strong consistency in development concepts.

Psychology is a science that studies the mental activities and behaviors of humans and animals. Such a branch of science is complex and has many genres. Among the many schools of psychology, it mainly focuses on the three most influential schools of psychology—behavioralist psychology, cognitive psychology, and humanistic psychology.

**Objective:** At present, under the new situation that the green economy has become the mainstream of development, green finance in the financial industry has also appeared in people’s vision, and has been quickly recognized and accepted by everyone. Green finance is a new concept of financial development, and Internet finance is an important part of it. Green finance can make full use of Internet finance to promote its own rapid development. Therefore, guided by certain psychological theories, combined with the actual development of Internet finance, the green economy actively constructs a green economic development path.

**Subjects and methods:** With the rapid development of Internet technology in my country in recent years, a new development path for the financial industry based on Internet technology has gradually spread before us. On the one hand, Internet technology provides opportunities for the further development of the financial industry. This article mainly investigates and analyzes the improvement of the development of small, medium and large enterprises from the perspective of psychology. By issuing questionnaires, statistical analysis of Internet finance’s promotion of green economy development.

**Study design:** The stratified cluster random sampling method is used to analyze the operating status of six small enterprises, medium-sized enterprises and large-scale enterprises, and evaluate the income level and the development of the green economy.

**Methods:** Use Excel to count the development of green economy of enterprises.

**Results:** Small and medium-sized enterprises are a very important form of social and economic development in our country, and are of great significance for improving people’s livelihood and promoting the establishment of a harmonious society. The development of Internet finance can effectively help small and medium-sized enterprises obtain sufficient funds, so that small and medium-sized enterprises can obtain better development opportunities and thus regain their career success. Although Internet finance has many advantages, there are also problems such as high risks and weak management. When choosing financing, SMEs must evaluate their own business methods, judge their own capabilities, and choose appropriate financing methods, so as to provide for the long-term development of SMEs. The development has laid a good foundation, so that small and medium-sized enterprises can burst into new vigor and vitality.

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, and 4 means sufficient influence.

**Table 1.** The development of green economy of enterprises.

Factor	Increase revenue	Upgrade	Technological innovation
Medium-sized enterprise	4	3	4
Large enterprise	3	2	3

**Conclusions:** Recently, Internet technology and modern financial theory have developed rapidly, and each has made great achievements in their fields. And because the high efficiency of Internet technology meets the needs of modern finance, the combination of Internet technology and modern finance has become a general trend. At present, my country has formed a development pattern of Internet finance in which multiple business models such as Internet payment, online crowdfunding and Internet consumer finance coexist. At present, the combination of green finance and Internet technology has made full use of Internet

technology for business development and innovation, and green financial products related to Internet technology have also been fully developed and researched. As an important part of modern finance, green finance has fully adapted to the new social environment, combined with Internet technology, and actively used the advantages brought by Internet technology to make up for its own shortcomings.

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## EFFECT OF ECOTOURISM ON PSYCHOLOGICAL STRESS RELIEF IN PATIENTS WITH MENTAL DEPRESSION

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**Background:** The development of urbanization has led to rapid population agglomeration, great changes in the natural environment, accelerated pace of life, and mental health problems such as anxiety, insomnia and depression. In the process of ecotourism, rich natural landscape and beautiful ecological environment can effectively regulate human nervous activity, relieve tension and emotional exhaustion, reduce stress and anxiety, and restore normal human function. Ecotourism integrates the knowledge of tourism, medicine, ecology and other related subjects, and is an important way to health care and improve physical and mental health. Urbanization has exacerbated modern urban congestion, population density and changes in the natural environment. Human gradually away from the natural environment to urban agglomeration, the pace of life faster, more and more social pressure for competition. A series of problems, such as “house loan”, “car loan”, “the old and the young”, make people’s mental anxiety aggravate, and the health problems related to mental stress emerge one after another. Surveys show that Chinese stress levels have leapt to the top of the world, with the number of people suffering from depression and anxiety disorders soaring as stress problems intensify. With the development of modern health care technology, many epidemics have been effectively controlled in the past, but people’s anxiety, insomnia, mental depression and other mental health problems are worsening. Stress-Related diseases have become a major social problem. Therefore, the effect of environment on human psychological recovery is studied. Based on the theory of attention recovery and stress relieving, this paper probes into the positive effects of recovery experience on human body, and studies its connotation, function, characteristics and theoretical basis.

The burden of work, life and family makes the pressure of modern people keep rising. Many people suffer from anxiety, insomnia and fatigue. In 2017, the number of people suffering from mental illness in China exceeded that of cardiovascular diseases, and the number of people suffering from depression reached 90 million. In addition to mental illness, mental long-term in a high degree of tension, the existence of mental health risks is innumerable. How to effectively improve people’s mental health is an important issue that brooks no delay. The health factors of ecotourism can effectively relieve emotional tension, reduce mental anxiety and improve physical and mental health.

**Subjects and methods:** The analysis of stress relief process of depression patients and the effect of ecotourism health factors on stress can provide reference for alleviating mental stress of modern people and provide suggestions for scientific development of ecotourism.

**Study design:** A total of 1000 depressed patients were invited to participate in ecotourism activities, and a questionnaire on depression was distributed to them. Each participant was asked to complete the questionnaire once for 15 to 20 minutes. A total of 1000 issued, 984 recovered, the number of effective copies of 969.

**Methods of statistical analysis:** Using Excel statistics of ecotourism on mental depression in patients with psychological stress relief effect analysis.

**Results:** Beautiful natural landscape and comfortable ecological environment are important components of ecotourism. Forest ecological environment, recreational facilities, sports and fitness facilities are also important ecotourism resources. Moreover, ecotourism should have professional guides to plan and design the route, guide and explain, comfortable and natural accommodation, healthy food with local characteristics is an important part of ecotourism. Through ecotourism can effectively relieve the psychological stress of patients with depression.

The results of this survey use 0-4 five levels of quantitative specific factors influence value, 0 means nothing, 1 means a slight impact, 2 means a general impact, 3 means a significant impact, 4 means full impact.

**Table 1.** Effect of Ecotourism on Mental Stress Relief of Depressed Patients.