

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.

Factor	Natural landscape experience	Eco-environmental experience	Forest health facility experience	Forest health service experience
People with mental depression	4	4	3	3

**Conclusions:** Ecotourism originated in the West, is a form of tourism to improve physical and mental health, is a kind of health tourism. A convalescent tour of nature away from one's place of residence for the purpose of health. The change of modern people's life style, the change of social structure, the increasing demand for leisure and recreation, and the progress of medical and health care services have promoted the rise of health care services and become popular with the public. Ecotourism is a combination of forest tourism and health tourism, which aims at improving health and relaxing mood. Based on the forest ecological environment and through scientific planning, management and health care knowledge guidance, ecotourism aims to achieve the goal of health care and health preservation. In combination with China's traditional health preservation culture, forest tourism resources and facilities are used to help tourists strengthen their body, prolong their lives and effectively relieve psychological pressure on patients with mental depression.

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## CHANGES AND PROSPECTS OF RURAL TEACHER COMPENSATION POLICY FROM THE PERSPECTIVE OF POSITIVE PSYCHOLOGY

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**Background:** Positive psychology advocates to focus on the virtues and power of human beings and how to help people achieve happiness instead of negative stress coping and problem solving. Psychological resilience, as a positive psychological trait to deal with stress or adversity, maintain physical and mental health and happy life, is closely related to happiness. The study found that psychological resilience of teachers can help to alleviate the negative impact of occupational stress and help teachers to obtain more happiness experience. Another study found that the more social support teachers received, the stronger the individual happiness experience. In view of the correlation between psychological resilience, social support and teachers' happiness, there are few studies combining multiple factors to study teachers' happiness in rural areas. Therefore, to provide good salary and reasonable salary policy for rural teachers can improve their psychological well-being and provide psychological support for rural teachers.

Positive psychology studies the formation of human positive psychology. Rural teachers' salary affects teachers' identification with work, and teachers' professional identity belongs to the field of teachers' positive occupational psychology. Therefore, it is necessary to analyze its theoretical viewpoints and start from the main dimensions of professional identity, namely, professional awareness, professional ability, professional emotion and professional expectation: Positive psychology holds that positive organizational relationship is an important field of individual positive emotional experience, and positive work system is the core content of it, which is helpful to improve individual job satisfaction. Positive psychology advocates the establishment of role models, emphasizing that workers should be clear and understand the roles and tasks and the corresponding responsibilities, goals, rights and related information. Therefore, rural teachers should establish positive and reasonable work orientation. We should not only make a living as a teacher, but also as a lifelong pursuit, realize the importance and prospects of rural education, and at the same time we should have a correct understanding of our role. Teachers should be the participants and guides of students' learning, and clarify the value of their own profession in the teaching process, and become wise.

**Objective:** From the perspective of positive psychology, this study investigates the happiness of rural teachers, and provides reference for the education authorities and school management, and for the change of rural teachers' salary policy.

**Subjects and methods:** Cluster random sampling was used to select 300 rural teachers in a province to carry out a questionnaire survey. 297 valid questionnaires were retrieved, the effective survey rate was