

recovery rate was 100%.

Methods: Use Excel to analyze the impact of behavior barrier factors on folk sports teaching and development, as shown in Table 1.

Results: Students have different perceptual sensitivity to the action taught by PE teachers in class, their understanding of the action essentials explained by teachers is also different, and their perception of the password given by teachers is also poor and cannot keep up with the rhythm. In addition, everyone's physical coordination ability makes students have individual differences in learning, and individual differences also directly affect the learning effect of students. The physical education curriculum itself in colleges and universities does not set up too many educational courses for students to have an in-depth understanding of college physical education. After students come to the University, they begin to have classes and contact with physical education practice classes. On the basis of learning various sports skills, they gradually understand college physical education. Some schools only introduce one or two classes in the theoretical class, and some schools do not arrange at all, resulting in poor teaching effect of folk sports. The influence of the external environment will deepen the situation of students with behavior disorders learning folk sports courses, resulting in students becoming more self-centered and not contacting their classmates.

Use 1-5 to represent the actual impact effect degree, 1 means no impact, 2 means slight impact degree, 3 means impact effect, 4 means strong impact effect, and 5 means profound impact effect.

Table 1. Influence of behavior barrier factors on folk sports teaching and development

Factor	Personal factors	Curriculum system	External environment
School A	5	4	4
School B	4	4	5
School C	5	5	4

Conclusions: As a group with higher social and cultural levels in China, college students have always been regarded as one of the most active and healthy groups. However, in the face of the increasingly fierce competition and too many and too fast changes in modern society, many college students begin to feel overwhelmed, resulting in many aspects, including physical and psychological maladjustment. Therefore, it has become a consensus to improve college students' physical quality and pursue physical and mental health through the folk custom system. In folk physical education, help students eliminate behavior barriers, make students understand their behavior barriers in other courses, and improve students' behavior barriers through the efforts of physical education teachers and students themselves, so as to better complete physical education teaching tasks and promote students' good personality development.

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EFFECTS OF TOURISM ACTIVITIES ON TOURISTS' MENTAL HEALTH BASED ON SURVEY DATA

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Background: Mental health, namely mental health, refers to the development of an individual's state of mind into the best state within a fan Si who is not inconsistent with the mental health of others physically, intellectually and emotionally. It is an important part of the concept of complete health (the Third International Conference on mental health, 1946). In modern society, with fierce competition, frequent stress and fast pace, people are overwhelmed by unprecedented psychological pressure, and mental health problems are becoming more and more prominent. According to the estimation of the World Health Organization, more than 10 million people fail to commit suicide every year in the world. Five of the top ten diseases causing the most functional disability belong to mental disorders. In China, the prevalence of anxiety disorder in the epidemiological survey of mental diseases in 12 areas is 1.48 %, of which about 4.1%-6.6% of the urban population will suffer from anxiety disorder. The prevalence of depression is 29%-35%. At present, the number of people has exceeded 89 million. Fortunately, the techniques and means of psychotherapy are increasingly diversified, including cognitive therapy, suggestion, hypnosis, psychoanalysis, behavior correction, family therapy, group therapy, biofeedback, qigong, yoga, etc. academic circles and medical institutions are also constantly exploring and studying more effective treatment methods. As a new way of life in modern society, tourism can alleviate people's tension and play a more and more important role in the treatment of psychological diseases. In the process of tourism, people enjoy the soul and

integrate with nature through the aesthetics of natural landscape, so as to reduce and transform the social psychological pressure to a great extent. Through the appreciation of cultural landscape, improve the cultural level and spiritual realm, so as to return to society and face life with a more positive attitude. People can make a conventional empirical judgment on the benefits of tourism to mental health. However, there is little research on the impact of various elements of tourism activities, such as tourism time and tourism landscape types, on the treatment of mental diseases.

Objective: There are many traditional methods to treat anxiety and depression, including drug therapy, physical therapy, psychotherapy and so on. However, people with this disease generally have a certain sense of shame, feel that mental illness is directly related to morality, character, personality and even family, or think that long-term use of anti-anxiety and antidepressant drugs will damage some internal organs. Many people tend to hide and hide as much as possible when they have mental problems, and will not seek help. However, the early intervention of anxiety and depression is conducive to the recovery of patients' social function after recovery. Therefore, this study mainly aims at tourists with mild anxiety and depression to explore whether tourism can be used as a relaxing psychotherapy method to improve the mental status of anxiety and depression.

Subjects and methods: The total scores of HAMA and HAMD of 100 anxiety prone tourists and 100 depression prone tourists before and after travel were randomly selected for single sample *t*-test to obtain the impact of tourism on tourists' mental health such as anxiety and depression. Excel was used to compare the anxiety and depression of tourists before and after travel.

Results: The test results (see Table 1) show that the total HAMA score of the anxiety group after the tour is significantly lower than that before the tour ($P < 0.05$), and the mental anxiety factors and somatic anxiety factors under the HAMA scale are significantly lower ($P < 0.05$). The total score of HAMD in the depression group had no significant change compared with that before the tour ($P > 0.05$), and the anxiety / somatization factors in HAMD had no significant decrease ($P > 0.05$). Although there was a downward trend, there was no significant difference.

Table 1. Comparison of anxiety and depression of tourists before and after travel

	Before factor partition	After factor partition	<i>T</i> value	<i>P</i> value
HAMA total score	19.2±4.67	9.46±3.69	2.312	0.02
Mental anxiety	10.69±2.98	4.87±2.6	3.169	0.00
Somatic anxiety	8.23±2.65	4.62±1.82	3.265	0.00
HAMD total score	23.54±5.21	20.36±4.74	0.513	0.74
Anxiety / somatization	7.16±3.64	6.01±2.17	0.632	0.56

Conclusions: There are differences in the improvement effect of scenic spot type selection on tourists' anxiety. Compared with cultural landscape, natural landscape can better improve the anxiety level of tourists. There may be two reasons: First, the natural landscape can more directly relieve people's tension, delight the mind through the presentation of natural external beauty, and temporarily forget the depression and dissatisfaction in work and life. Second, the aesthetics of cultural landscape is related to the personal support of tourists. In order to make tourists understand the truth of life in the appreciation of cultural landscape, so as to adjust their mentality and release pressure, they must have a certain accumulation of humanistic knowledge and culture before they can have a dialogue with the ancients and point out the maze. In addition, the study also found that the length of travel time was significantly negatively correlated with the level of anxiety. The longer the travel time, the more obvious the improvement of tourists' anxiety, which is directly related to the continuous positive stimulation brought by tourism.

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INFLUENCE OF HUIZHOU INTANGIBLE CULTURAL HERITAGE TOURISM PRODUCT DESIGN RESEARCH ON AFFECTIVE DISORDER

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