

## THE MITIGATION OF BEHAVIORAL DISORDER BY THE DESIGN OF PUBLIC LEISURE AREAS UNDER THE BACKGROUND OF AGING POPULATION

Zhaojiang Yu

*College of Design, Xianyang Normal University, Xianyang 712000, China*

**Background:** In western developed countries, the design for the elderly research has been a lot of people concerned about the issue. Some countries in Europe and the United States have formulated many guidelines for the design and research of elderly groups, and have done a lot of barrier-free design and practice in cities, environment, roads, buildings and other fields. According to the regulations of UNESCO, the total population of a country or region over 60 years old accounts for 10% or more of the total population of that country or region, or the total population of a country or region over 65 years old accounts for 7% or more of the total population of that country or region, which indicates that the country or region has entered the aging society. According to this standard, as early as 1999, China has officially entered the ranks of aging countries. The coming of aging society is a sign of the development of society, economy, culture and science of a country or a region. Meanwhile, due to the special physical and mental conditions of the elderly, higher requirements are put forward for the general design of public leisure areas. For the elderly, prolonging the time of healthy life is more significant than prolonging the life span. Regular moderate exercise can effectively improve people's physical fitness, regulate people's mental stress and release tension. Therefore, with the aggravation of population aging, it is particularly necessary in the public leisure areas. In recent years, with our country stepping into the aging society, how to meet the needs of the elderly group has become the focus of attention of society.

**Objective:** With the rapid development of economy, the demand of the elderly group is also increasing. The demand of the elderly group and the limited supply capacity of public goods have been imbalance. Therefore, it is necessary to construct a modern social service system for the elderly and design public leisure areas suitable for the aging, which can effectively meet the social needs of the elderly and promote the sustainable development of China's economy and society. Therefore, it is of great significance to study the aging design of public leisure areas under the background of population aging to alleviate behavioral disorders.

**Subjects and methods:** The cultural construction of public facilities for the aged refers to the cultural construction of public facilities that mainly serve the aged. Actively improving the quality and level of life of the elderly can not only respond to the arrival of the elderly society and meet the needs of the elderly, but also help to improve the national cultural literacy and promote the development of urban civilization. Therefore, this paper mainly from the safety of the elderly, functional, and coordination, the three aspects of investigation and analysis.

**Study design:** Using a stratified group random sampling method, 500 questionnaires from 500 elderly retirees of different genders and occupations, with a total of 500 questionnaires, 487 recovered and a valid number of 473.

**Methods:** The effect of behavioral disorder mitigation using an aging-appropriate design in public leisure areas in the context of excel statistical population aging.

**Results:** In the construction system of urban public cultural facilities, we should first consider the safety. People are the users of public facilities, people in public places and public facilities have a direct link, a substandard public facility will bring damage to users, bring irreparable harm, so safety is particularly important, especially for an aging society, safety is even more crucial. The cultural construction of urban public facilities must consider people's physiological and psychological needs, and make sure that it is more convenient for people to move in the street. Public facilities should have material function, aesthetic function and symbolic function. It allows users to have a full range of public facilities in contact with the material and spiritual multiple enjoyment. Especially for the aging society of public facilities should be easier to identify, easy to operate, easy to maintain, to increase the convenience of use, improve the fun of use, reduce the cost of use. The cultural construction of urban public facilities is an important part of a city. It is the basis for the normal function and operation of a city and constitutes a part of the urban environment. It does not exist in isolation from the environment. Therefore, the construction of public facilities documents should be coordinated with the urban environment. For the construction of street facilities, it is not only a useful tool, more importantly, to integrate with the surrounding environment, can alleviate the behavioral disorders of elderly people.

The results of this survey use 0 to 4 levels to quantify the influence values of specific factors. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence, and 4 means full influence. The obtained statistical table is shown in Table 1.

**Table 1.** Behavioral impairment mitigation effects of age-appropriate design in public leisure areas in the

context of population aging

Factor	Safety	Functionality	Harmony
Elder population	4	4	4

**Conclusions:** Under the condition of social transformation, we should actively promote the process of cultural construction of public facilities in aging cities. The present situation of public facilities in our country seldom satisfies the cultural entertainment and spiritual needs of the elderly, and the public facilities in many areas are only able to be used, let alone meet people's spiritual needs. This requires us to systematically study the needs of aging society, urban public facilities, cultural construction guidelines, to better meet social needs, and promote social civilization development.

\* \* \* \* \*

## THE INFLUENCE OF ENHANCING THE ABILITY OF IDEOLOGICAL AND POLITICAL EDUCATION ON THE MENTAL AND EMOTIONAL PRESSURE OF STUDENTS IN HIGHER VOCATIONAL COLLEGES UNDER THE SITUATION OF "GREAT THOUGHT AND POLITICS"

Linyan Ni

*School of Marxism, Changzhou College of Information Technology, Changzhou 213164, China*

**Background:** With the intensification of social competition, higher vocational college students have higher psychological inferiority than college students. Under the influence of traditional examination-oriented education, the employment pressure of higher vocational college students is increasing, which seriously affects the psychological health of students. Under the situation of "Great Thought and Politics", it is of certain research value and significance to carry out correct thought and politics education and to cultivate students' correct values and outlook on life. The system of "Great Thought and Politics" is to strengthen the ideological and political education of higher vocational college students from the overall situation and to improve the ideological and political education of college students fundamentally. It includes two parts: the course system and the working system of DST. Ideological and political courses and ideological and political education work with each other, complement each other, is conducive to better promote the "Great Ideological and political" work as a whole. The curriculum system of Great Thought and Politics includes: ideological and moral cultivation and legal basis, Mao Zedong Thought and the theory of socialism with Chinese characteristics, situation and policy, employment guidance for college students and mental health for college students. Ideological and political work system includes: ideological and political teachers, party and government cadres, counselors and other staff to participate in the ideological and political education of college students, from many aspects to guide students to give full play to their initiative. Ideological and political course teaching is a compulsory course and an important course in every school. It has been carried out for a long time, and its content is from simple to deep. But the higher vocational colleges student spirit mood alleviation ability raise actually quite lacks in the traditional university, even may say is neglects. Then with the help of the existing platform to promote the integration of the two, to carry out the training work, it will be able to achieve twice the result with half the effort. And the key to the integration of the two is to promote the system, in-depth study, to find common ground between the two, and to form a certain tendentiousness in education and teaching activities, to strengthen mental and emotional stress relief education.

**Objective:** Higher vocational education is an important part of higher education in our country, and it has the characteristics of vocational education. By relying on enterprises in the industry, cultivate highly skilled talents with strong practical ability and good professional ethics from their posts. At present, the main problem of higher vocational graduates is that the overall quality is too low to meet the requirements of enterprises, especially in professional literacy, but also lack of good professional literacy. Therefore, higher vocational colleges need to focus on cultivating students' ideological and political quality while strengthening students' professional promotion. Starting from the background of "Great Thought and Politics", this paper probes into the cultivation of students' ideological and political accomplishment and its effect on students' spiritual and emotional pressure.

**Subjects and methods:** A total of 400 students aged between 17 and 21 were selected and 400 questionnaires were distributed. 398 questionnaires were retrieved and 379 valid questionnaires were received. The self-rating scale of mental health was used in the questionnaire. The scale consists of 30