

psychological symptoms is different. Specifically, the average scores of somatizations, obsessive-compulsive disorder, sensitivity, terror, paranoia and psychotic symptoms of the experimental group and the control group are 1.36, 1.44, 1.23, 1.46, 1.47, 1.28 and 1.37, 1.43, 1.23, 1.46, 1.50 and 1.29 respectively, The *P* values of the *t*-test output were 2.953, 2.426, 5.671, 3.749, 0.074 and 3.158, which were all greater than the significance level of 0.05. It was considered that the data difference was not statistically significant. The average scores of depressions, anxiety and hostility in the experimental group and the control group were 1.36, 1.22, 1.47 and 1.60, 1.41 and 1.55 respectively. The *P* values of the *t*-test output were far less than the significance level of 0.05, It is considered that the data difference is statistically significant.

Table 1. Statistical results of questionnaire survey based on the self-rating scale of psychological symptoms after the experiment

Statistical items	Experimental group (<i>n</i> = 100)	Control group (<i>n</i> = 100)	<i>t</i> value	<i>P</i> value
Somatization	1.36±0.62	1.37±0.73	1.012	2.953
Obsession	1.44±0.72	1.43±0.78	2.552	2.426
Susceptibility	1.23±0.58	1.23±0.49	0.641	5.671
Depressed	1.36±0.49	1.60±0.58	0.453	0.000
Anxious	1.22±0.40	1.41±0.52	0.316	0.000
Hostile	1.47±0.43	1.55±0.51	0.785	0.001
Terror	1.46±0.48	1.46±0.54	0.917	3.749
Paranoid	1.47±0.46	1.50±0.65	1.024	0.074
Psychotic	1.28±0.53	1.29±0.47	0.761	3.158

Conclusions: the results of the experiment and questionnaire show that the scientific and reasonable clothing color matching is helpful to improve the psychological symptoms of clothing users and build a more positive psychological state. On the other hand, it should be emphasized that the influence of color on people's emotion and psychology is also limited by many other factors. For example, it has something to do with people's character. Most objective and rational people only pay attention to whether the color is bright or not. They rarely produce various emotions because of it. Such people are less affected by color. People with rich emotions, such as some women with rich imagination, often think of things related to color when they see color, and their emotions are more vulnerable to color.

Acknowledgement: The research is supported by National Social Science Foundation of China (17CSH038); Jiangxi Educational Science the 13th Five-Year plan Planning project (20YB003).

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EFFECT OF NATURAL ENVIRONMENT TOURISM ON PSYCHOLOGICAL REHABILITATION OF PATIENTS WITH ANXIETY DISORDER

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Background: As a way of entertainment in modern society, natural environment tourism can better alleviate people's tension, and also plays an 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. 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. Mental health refers to the development of an individual's state of mind into the best state within the scope of physical, intellectual and emotional non contradiction with the mental health of others. It is an important part of the concept of complete health. 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. The physiological characteristics of anxiety disorder include insomnia, dreaminess, general weakness, dizziness, headache, dry mouth, loss of appetite, frequent urination, etc. Intellectual characteristics include inattention, dizziness, thinking disorder, etc. Emotional characteristics include

irritability, tension, uneasiness, pessimism, etc. The main social characteristics are lack of self-confidence and inferiority. Although moderate anxiety has certain positive significance to life, anxiety is always a negative emotion. Excessive anxiety will bring a series of negative effects to life. Anxiety is not only harmful to physical and mental health, but also accompanied by many bad emotions, such as serious sleep disorders, cognitive disorders, mental disorders and so on.

Objective: The problem of mental health has received great attention in today's society. Natural environment tourism is helpful to improve people's mental health, which has been discussed in the academic circles. The purpose of this study is to explore the impact of natural environment tourism on the psychological rehabilitation of anxiety patients, in order to provide a non-drug treatment for anxiety patients.

Research objects and methods: Tourists from a travel agency within two years were selected for tourism motivation inquiry, and tourists for the purpose of "distraction" were found. 89 tourists with anxiety tendency and 72 tourists with depression tendency were determined in the form of questionnaire, a total of 161 tourists. All subjects signed informed consent.

Research design: This study refers to a large number of domestic and foreign literature, and uses Hamilton Depression Scale (HAMD) and Hamilton Anxiety Scale (HAMA) to investigate and study, so as to judge the impact of natural environment tourism on the psychological rehabilitation of anxiety patients. The HAMD scale was a 17-item version, including 7 factors: anxiety/somatization, weight, cognitive impairment, day and night change, retardation, sleep disorder and despair. It is divided into 24 points, 17 points and 7 points. If the score is lower than 7 points, it means no depression. If the score is between 7 and 17 points, it means mild depression. if the score is between 17 and 24 points, it means moderate depression. if the score is more than 24 points, it means severe depression. HAMA scale can reflect the severity of the disease, including physical anxiety and mental anxiety. If the score is lower than 6, there is no depression. If the score is between 7 and 17, there may be anxiety. if the score is between 14 and 21, there is anxiety. If the score is more than 21, there is significant anxiety.

Methods: The relevant data were calculated and counted by Excel software and spss20.0 software.

Results: The comparison results of anxiety and depression before and after travel are shown in Table 1. The total HAMA score of tourists after the tour was significantly lower than that before the tour ($P < 0.05$), and the factors of mental anxiety and physical anxiety were significantly lower ($P < 0.05$); The total score of HAMD and anxiety/somatization factors decreased significantly ($P < 0.05$).

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

Score	Factor		t	P
	Before tourism	After tourism		
HAMA total score	19.05±4.83	9.57±3.79	2.365	0.02
Mental anxiety	10.88±3.03	5.01±2.70	3.390	0.00
Somatic anxiety	8.16±2.96	4.59±1.97	3.289	0.00
HAMD total score	23.24±5.06	20.45±4.87	0.579	0.78
Anxiety / somatization	7.23±3.85	6.13±2.34	0.692	0.57

Conclusions: Aiming at tourists with mild anxiety and depression, this study discusses whether natural environment tourism can be used as a relaxing psychotherapy method, in order to improve the mental psychology of patients such as anxiety and depression. The early intervention of anxiety and depression is conducive to the recovery of social function and mental health. Based on the psychological scale, this study analyzes the anxiety and depression of tourists in order to find the impact of natural environment tourism on mental health.

Acknowledgement: The research is supported by: Special ideological and political project of scientific research projects in colleges and universities of the autonomous region in 2021, Research on the teaching method of integrating the red tour into the ideological and political course of Tourism Specialty in Higher Vocational Colleges, (NO. NJSZZX2174).

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THE CONSTRUCTION OF UNIVERSITY EVALUATION SYSTEM UNDER THE PSYCHOLOGICAL BACKGROUND OF COMPREHENSIVE EDUCATION REFORM

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