

anxiety will promote people to change to the good, and consumers' purchase intention will also affect their anxiety. Therefore, exploring the relationship between it and consumers' purchase intention from the perspective of anxiety psychology will help to improve consumers' anxiety psychology from the perspective of behavior regulation and guide them to consume correctly and rationally.

**Objective:** In order to better explore the internal and external drivers of consumers' purchase intention, help them treat consumption behavior correctly, improve their anxiety psychology, promote the normal intervention of anxiety psychology and consumption psychology, and then improve the level of mental health.

**Research objects and methods:** 1000 consumers of different ages and occupations were randomly selected as the research objects, and the anxiety psychology of consumers was adjusted with the help of a self-rating anxiety scale. Then the research objects were randomly divided into groups to arrange different shopping behavior instructions and shopping intentions to guide their rational consumption. Then explore the psychological changes of consumers' anxiety under different shopping intentions.

**Method design:** Firstly, the degree of anxiety and willingness of daily shopping behavior of consumers were collected, and then they were randomly divided into groups according to the characteristics of subjects, and their shopping behavior intervention was carried out. After a period of four weeks, the anxiety psychology and anxiety level of consumers were collected by using the anxiety scale score.

**Methods:** With the help of social statistical analysis tool SPSS23.0, the changes of consumers' anxiety and purchase intention before and after the experimental intervention were statistically compared.

**Results:** Consumption is increasingly related to individual psychological needs, and the emotions generated by individuals will have an impact on subsequent consumption behavior. Some businesses urge consumers to buy self-improvement products by inducing consumers' anxiety. Through the influence mechanism of anxiety psychology on consumers' purchase intention, it is found that when individuals feel anxiety, individuals' self-improvement consumption intention is higher. Table 1 shows the scores of anxiety scale of consumers of different ages before and after the experimental intervention.

**Table 1.** Statistics of anxiety scale scores of consumers of different ages before and after experimental intervention

Before and after the experiment	Young consumers	Middle-aged consumers	Elderly consumers
Before experiment	17.65±1.98	26.37±1.68	15.14±1.72
After experiment	9.24±1.24	8.26±1.47	9.65±1.05

**Conclusions:** Different emotional values will affect people's different consumption tendencies and shopping intentions, and consumers' purchase behavior will be affected by consumption motivation, perception, learning stimulation and behavior attitude. Anxiety individuals often use the methods of emotional activation and psychosocial stress exposure to alleviate anxiety. Through the correct guidance of shopping behavior, they can effectively reduce consumers' psychological pressure and negative emotions, help them improve their anxiety and rational consumption, and then improve their mental health level.

\* \* \* \* \*

## THE EFFECT OF MUSIC TEACHING IN COLLEGES AND UNIVERSITIES ON PSYCHOLOGICAL RELIEF OF PATIENTS WITH ANXIETY DISORDER

Suge Wang

*Academy of Music, Henan Vocational Institute of Arts, Zhengzhou 450000, China*

**Background:** With the increase of social pressure and the limitation of individual tolerance, more and more people suffer from mental anxiety and emotional regulation difficulties, resulting in many psychological problems, such as anxiety disorder, depression, thinking disorder and so on, among which anxiety disorder is more common. Anxiety disorder can be divided into generalized anxiety and acute anxiety, and its etiology is complex and diverse, including genetic factors, stress factors, disease factors, etc. clinically, it is often manifested as motor agitation and sympathetic hyperfunction, accompanied by negative emotions such as anxiety, shame, disappointment, anxiety and fear. Anxiety experience is the main feature. According to the statistics of who, the proportion of patients with anxiety disorder receiving correct treatment in China is less than 10%. At present, the main treatment means of anxiety disorder is drug treatment, but drug treatment has compliance, and most patients with anxiety disorder are difficult to

adhere to it. Under the intervention of external environmental etiology, it is very easy to cause repeated illness. Mild anxiety disorder will not affect patients' normal life and work, and sometimes improve their accuracy and sensitivity in judging and dealing with things. However, the more serious anxiety disorder will cause a wide range of emotional fluctuations, make their mental state worse, and cause adverse effects and losses on their life and work, leading to other adverse symptoms. With the help of the power of music, we can strengthen the close contact between anxiety patients and the outside world, and different types and styles of vocal music works will bring different emotional experience and intervention mechanisms, and convey different emotional resonance and psychological feedback to the audience. Music teaching can effectively change people's mood and emotion with the help of notes and melody, so as to achieve the effect of psychological relief. Therefore, it is of great practical significance and value to explore the psychological relief effect of music teaching in colleges and universities on patients with anxiety disorder, help them improve their negative emotions and improve their mental health level.

**Objective:** As an effective psychotherapy method, music therapy can effectively alleviate people's negative emotions. In order to alleviate the anxiety and discomfort of patients with anxiety disorder and help them better regulate their emotions, study the intervention of patients with anxiety disorder with music teaching therapy, and explore the improvement mechanism of vocal music teaching on their anxiety, in order to relieve their psychological pressure and emotions, improve their mental health

**Research objects and methods:** 300 patients with anxiety disorder were randomly selected as the research object to collect their psychological status and anxiety level information, and then invited them to participate in the process of vocal music teaching in colleges and universities, with the help of vocal music performance, singing interaction the scores of Psychosomatic Tension Relaxation Inventory (PSTRI) and Hamilton Anxiety Scale before and after their participation were tested by means of music appreciation, and the experimental data were collected and sorted out.

**Method design:** Firstly, the correlation between vocal music therapy and anxiety disorder was analyzed by principal component analysis. Then the subjects were randomly divided into individual music therapy group (group A) and college music therapy group (group B), that is, the subjects in group A were distributed MP3 players and equipped with headphones, and the music the patients liked to listen to was stored in MP3 for 2-3 times a day. The subjects in group B were invited to participate in college music teaching activities 1-2 times a week for eight weeks. After the experiment, the treatment effect and the improvement of anxiety and depression of the subjects were statistically analyzed, and the experimental results were obtained.

**Methods:** The correlation between vocal music therapy and anxiety disorder was analyzed by a principal component analysis tool to analyze the experimental data.

**Results:** The intervention of college vocal music teaching on anxiety patients with its collectivity, diversity and richness can effectively alleviate their negative emotions and psychological pressure, help them relieve their emotions in the process of music participation, achieve the effect of emotional regulation, and improve the mental health level of anxiety patients to a certain extent. Table 1 shows the statistics of psychological and emotional scores of anxiety patients under the intervention of vocal music teaching in colleges and universities.

**Table 1.** Statistics of psychological and emotional scores of anxiety patients under the intervention of vocal music teaching in colleges and universities

Scoring dimension	Before intervention	After 4 weeks of intervention	After 8 weeks of intervention
Anxiety	2.45±0.63	1.37±0.45	1.03±0.41
Depression	2.35±0.39	1.24±0.39	1.05±0.46
Paranoid	1.94±0.58	1.27±0.46	1.03±0.59
Psychotic	2.63±0.46	2.34±0.12	1.69±0.43

**Conclusions:** Anxiety disorder is a common neurosis in clinic, and there is no complete treatment for anxiety disorder. Most patients with anxiety disorder are in a state of anxiety, worry and anxiety for a long time, which seriously affects their life and work, and some patients will have depression and other accompanying psychological diseases. Taking music teaching in colleges and universities as a psychological intervention means and exploring its psychological relief effect on patients with anxiety disorder will help to improve their anxiety and improve their mental health level.

\* \* \* \* \*

## APPLICATION OF GARDEN LANDSCAPE VISIT IN THE TREATMENT OF PATIENTS WITH DEPRESSION

Qingfeng Mo & Xixian Liang

*Faculty of Science and Engineering, Guangxi University Xingjian College of Science and Liberal Arts, Nanning 530005, China*

**Background:** Depression refers to the emotional disorder or affective disorder caused by various reasons with depression as the main symptom. In other words, depression is a clinical symptom or state-centered on self-experience of depression. Depression has the characteristics of high prevalence, high recurrence rate and high suicide rate. The domestic epidemiological survey of mental diseases shows that the lifetime prevalence of depression is 5.2%-16.2%. About three-quarters of patients are at risk of lifelong recurrence. It can be seen that the harm of depression is huge, and research is necessary. A clinical feature of patients with depression is that they will pay attention to those disturbing events. Recent cognitive studies try to clarify the essence of this phenomenon. Maybe it is just their emotions that make them experience more negative events. However, this phenomenon may also be caused by deviations in some cognitive processes. Maybe they will selectively focus on these events in life, or maybe they think too much about the details of these negative events, which makes it easier for them to remember negative events and enhance depression. So far, the etiology and mechanism of depression are not clear. Because people's thoughts, reasoning, attitudes, the way they explain things, and the way they recall information will increase the risk of depression, and the core symptoms of depression are emotional and cognitive impairment. The cognitive impairment of patients with depression is mainly the decline of attention and memory. Most patients with depression complain of memory and inattention. Even if the symptoms of depression are significantly reduced, they still can't cope with their daily work. Patients with depression have no impairment in short-term memory and recognition, but there are obstacles in free memory. Although they can encode information, specific recall processes are impaired. In short, depression has a serious impact on people's normal life, which should be paid special attention to.

Relevant studies have pointed out that garden landscape visits have important effects on alleviating the disease symptoms of patients with depression, and there are rehabilitation garden landscapes specially used for the rehabilitation treatment of patients with depression. The so-called rehabilitation garden landscape refers to that designers use the planted garden plants, the set activity places, the overall environment of the garden and other means to give full play to the regulation function of the natural environment, promote the gradual improvement of people with special rehabilitation needs, achieve the purpose of rehabilitation of depression, and make such people obtain good treatment results. In short, psychotherapy function is the main feature of rehabilitation landscape. Therefore, from this point of view, excellent rehabilitation landscape design should not only have good environmental construction, but also skillfully use people's psychology to maximize the people who need rehabilitation to obtain better environmental governance effect. In view of this, this study constructed a treatment plan for depression based on garden landscape visit, so as to promote the development of physical and mental balance of patients with depression, help patients release the pressure they bear, relax the mood of patients with depression, and realize the effective treatment of depression.

**Objective:** Based on the garden landscape visit, the treatment scheme for patients with depression is constructed to improve the psychological development of patients as much as possible, so as to enhance the rehabilitation effect of depression treatment.

**Research objects and methods:** 160 patients with depression were randomly divided into control group and experimental group, with 80 patients in each group. Combined with HAMD depression scale, the depressive symptoms of the two groups were measured. The scale has five factors: blocking factor, cognitive impairment, sleep difficulty, somatic anxiety and significant weight loss. The control group was intervened in the conventional treatment mode, while the experimental group was intervened in the garden landscape visit treatment mode on the basis of the conventional treatment mode. The intervention period was 1 month. The improvement of depressive symptoms of the two groups were compared and analyzed.

**Methods:** Complete the data analysis through SPSS19.0 data statistical analysis software.

**Results:** Table 1 shows the improvement of depressive symptoms in the two groups. Compared with the control group of routine intervention, after the intervention of garden landscape visit treatment mode, the depressive symptoms of patients in the experimental group were improved more significantly, and there was significant difference between the two groups ( $P < 0.05$ ).

**Conclusions:** Depression has a serious impact on people's normal life, and all sectors of society should pay special attention to it. For the treatment of depression, this study constructed a treatment scheme based on garden landscape visits. The results show that compared with the conventional treatment scheme, the garden landscape visit treatment scheme has obvious advantages in improving the symptoms of patients