

are becoming increasingly prominent. The international health organization claims that the number of athletes with anxiety and depression is increasing and the incidence rate is becoming younger.

In most clinical studies, in clinical research, sports competition anxiety scale and sports cognitive trait anxiety scale are the most common anxiety evaluation scales. Sports competition anxiety scale is a tool to measure athletes' trait anxiety. It has good discriminant validity, aggregate validity and test-retest reliability. The sports cognitive trait anxiety scale includes cognitive anxiety and physical anxiety. Cognitive anxiety refers to athletes' cognitive concerns about their own ability, performance and competition results, excluding physiological reactions caused by autonomic nervous system. The research points out that if athletes are in a state of anxiety for a long time, it will have a negative impact on their mood and reduce the training efficiency. Teachers should pay close attention to the mental health of athletes. If teachers have a certain level of self-confidence and regulation, athletes will not have a high level of anxiety. Some scholars also believe that there is a close relationship between psychological state and competition anxiety, and anxiety can damage sports training to a certain extent. It is worth noting that whether badminton players can play a normal level in the process of competition is of great significance to the athletes themselves and coaches. However, at present, there are relatively few studies on psychological anxiety and stability in the process of competition, and the research results have not been analyzed quantitatively and deeply.

**Objective:** This paper analyzes the correlation between the psychological anxiety of badminton players and the stability of competition results, in order to provide a scientific basis for the normal play of badminton players' competition level.

**Research objects and methods:** 30 badminton players in a city were selected as the research object, and the correlation between the psychological anxiety of badminton players and the stability of competition results was analyzed by Pearson product-moment correlation coefficient. Badminton players' psychological anxiety is obtained by sports competition anxiety scale and sports cognitive trait anxiety scale. The stability of the competition results is obtained through the scores of two coaches, ranging from 1 to 100 points. The higher the score, the better the athletes' competition. In order to avoid the influence of subjective factors on the research results, the average score of the two coaches is taken as the result.

**Methods:** Through SPSS23.0 statistical analysis software is used to analyze the correlation data between badminton players' psychological anxiety and the stability of competition results. The measurement data in line with normal distribution is expressed by mean  $\pm$  standard deviation.  $P < 0.05$  indicates that the gap has a significant statistical difference, and  $P < 0.01$  indicates that the gap has a very significant statistical difference.

**Results:** Table 1 refers to the correlation between badminton players' psychological anxiety and the stability of competition results. It can be seen from Table 1 that the correlation between the sports competition anxiety scale and competition stability is -0.856, and the significance value is lower than 0.05. The correlation between sports cognitive trait anxiety scale and competition stability was -0.878, and the significance value was lower than 0.01. This shows that the psychological anxiety of badminton players is negatively correlated with the stability of competition results.

**Table 1.** Correlation between psychological anxiety of badminton players and stability of competition results

Gauge	Relevance	Significance
Sports competition anxiety scale	-0.856	<0.05
Motor cognitive trait anxiety scale	-0.878	<0.01

**Conclusions:** The correlation between badminton players' psychological anxiety and the stability of competition results is negative. Subsequent research can alleviate athletes' anxiety before competition through psychological intervention measures, so that badminton players can play a normal level in the process of competition and increase the possibility of winning the game.

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## RELATED SOCIAL PSYCHOLOGICAL FACTORS OF COLLEGE STUDENTS' NETWORK INTERPERSONAL RELATIONSHIP

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**Background:** Network is a very important communication platform. At present, most college students are easy to fall into network interpersonal communication, which will have a serious impact on individual psychological and social functions. Internet addiction is a psychological abnormal symptom caused by individuals' high dependence on the Internet, and it will appear physiological abnormalities. Internet relationship addiction is a type of Internet addiction, which specifically means that individuals overuse the communication function of chat rooms, Internet forums and other Internet platforms, resulting in them indulging in the establishment, development and maintenance of intimate relationships on the Internet, without considering whether there is the development and maintenance of interpersonal relationships in the real world. According to the data of China Internet Network Center, the number of Internet teenagers in China has reached 300 million, accounting for about 85% of the proportion of teenagers in China. Most educators point out that more than 60% of Internet addiction groups are Internet relationship addiction and online game addiction. Most studies at home and abroad analyze the correlation between Internet addiction and external variables and personal trait variables, and pay little attention to the correlation between the types and influencing factors of Internet addiction. Among them, most researchers believe that college students' online interpersonal relationship is closely related to psychological factors such as self-orientation, social self-esteem and social anxiety.

Anxiety is an abnormal psychological bad emotion produced by the human body. Most patients are disappointed and sad. Medical psychologists believe that anxiety usually refers to people's adverse feelings such as risk, pressure and pain that exceed their acceptable range. At the same time, it is difficult for individuals to face and solve these problems. The state of anxiety and depression is the result of disharmony with the outside in the process of growth. Anxiety plays a media role in depression and self-differentiation, and the degree of depression is often affected by self-differentiation and anxiety. Self-orientation refers to obtaining a more stable social attribute, psychological characteristics, physiological status and so on through the individual's observation of society, external activities and so on. Self-orientation determines an individual's understanding of experience and expectations. The higher the corresponding score of self-positioning, the higher the corresponding level of mental health. As an important part of individual self-esteem structure, social self-esteem is an individual's evaluation of his communication status and social communication ability. If individuals have a high evaluation of their social self-esteem, they are likely to gain positive emotional experience, help them accept and like themselves, and then maintain a better psychological state. The research shows that college students' self-positioning, social self-esteem and social anxiety of Internet addiction have certain characteristics. Individual self-positioning such as being friendly to themselves may be closely related to Internet addiction.

**Objective:** This paper analyzes the related social and psychological factors of college students' Internet addiction, in order to provide scientific suggestions for the benign communication of college students' Internet interpersonal relationships.

**Research objects and methods:** Students from five schools were selected for a single factor comparative analysis of social and psychological factors related to college students' Internet interpersonal relationship, and the addiction tendency of college students' Internet interpersonal relationship was set as the dependent variable. The risk factors with statistical significance were obtained by logistic regression analysis. The relative risk was determined by Odds Ratio (OR), and the 95% confidence interval was determined, or a value greater than 1 indicates that the influencing factor is a risk factor.  $P < 0.05$  showed significant difference.

**Methods:** NOSA statistical analysis software was used to analyze the influencing factors of network interpersonal relationship in colleges and universities, and to judge the independent risk factors of network interpersonal relationship in colleges and universities.

**Table 1.** Logistic regression analysis of multiple psychosocial factors on college students' Internet addiction

Independent variable	Regression coefficient	Standard error	Chi-square value	OR	Lower limit of 95% confidence interval	Lower limit of 95% confidence interval	<i>P</i>
Ambition	0.958	0.085	13.241	1.705	0.606	0.826	0.019
Communication	-1.569	0.894	3.885	0.812	-2.004	3.654	0.001
Friendly	-2.326	1.210	3.785	1.239	-3.036	4.231	0.004
Studies	-0.113	0.068	0.278	1.987	-2.041	2.011	0.032
Self-acceptance	-1.284	1.268	9.865	1.365	-4.261	8.236	0.005
Social self-esteem	-1.131	0.695	0.832	11.032	-1.365	4.028	0.003
Social anxiety	2.312	1.023	2.921	7.562	3.856	7.361	0.002

**Results:** Table 1 refers to the results of logistic regression analysis of various social and psychological factors on college students' Internet addiction. The results of regression analysis showed that the more serious the students' social anxiety, the higher the tendency of Internet addiction. The independent risk factors of Internet addiction are communication, friendliness, self-acceptance, social self-esteem and social anxiety.

**Conclusions:** The independent risk factors of Internet addiction are communication, friendliness, self-acceptance, social self-esteem and social anxiety. Therefore, teachers, parents and other supervisors should pay attention to these risk factors in college students' online interpersonal relationships to avoid students falling into the vortex of the Internet to the greatest extent.

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## INFLUENCE OF INDOOR SPACE ENVIRONMENT DESIGN OF PREFABRICATED BUILDINGS ON IMPROVING PATIENTS WITH COGNITIVE IMPAIRMENT

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**Background:** Cognitive impairment refers to the abnormal knowledge processing in the process of thinking judgment and learning. In most cases, machine experience is manifested as memory function and learning dysfunction, and even serious psychological abnormal behaviors such as loss of line, recognition, and use. The causes of cognitive impairment are chronic brain injury, chronic systemic diseases, mental and psychological abnormalities, among which mental and psychological abnormalities are the main causes. Cognitive impairment can be divided into thinking impairment, memory impairment and perception impairment according to different types of impairment. The clinical manifestations of thinking disorder include delusion, thinking logic disorder, association process disorder, abstract generalization stage disorder and so on; In clinical practice, memory impairment mainly includes memory error, memory fragment loss, memory enhancement and so on. Perceptual disorder can be manifested as perceptual comprehensive disorder, sensory sensitivity, sensory retardation and so on. The treatment of patients with cognitive impairment has become a topic of great concern to clinical scholars. The common treatment methods are behavior therapy, music therapy, environmental therapy and so on. Psychological journals point out that the design of indoor space and environment in prefabricated buildings can help alleviate the symptoms of patients with cognitive impairment.

The research of space environment design on alleviating cognitive impairment is mainly reflected in improving the cognitive ability of the elderly, taking space environment design as an auxiliary means, and promoting public communication. Under the requirements of alleviating cognitive impairment of the elderly, the strategies of indoor space and environment design of prefabricated buildings are as follows. First, the design of lighting environment. The visual characteristics of elderly patients with cognitive impairment were significantly lower than those of young people or healthy groups of the same age. With the increase of age, the ability of pupil to adapt to light changes decreases. In terms of lighting environment design, it is necessary to promote public communication behavior, including selecting electric light source with good display performance, illumination, and color temperature, and preventing glare. Second, the design of color environment. According to the cognitive impairment of the elderly, the perceptual characteristics of the color environment should be designed accordingly. It is necessary to activate the space atmosphere through the decorative colors in the space, pay attention to the primary and secondary colors, and avoid the use of large areas of green, blue and white. With the help of the characteristics of color, it can help association, alertness and identification. In addition, you need to adjust your mood through color. Third, the rational use of decorative materials. The interior decoration space of wooden materials can make people get a more positive emotional experience. Designers should pay attention to the matching use of materials in the design process, and give full play to the emotional and physical characteristics of different materials in touch and vision. Special attention should be paid to the selection of flexible finishing materials, the use of integrated material matching, the use of thermal insulation materials, and the use of regular and delicate texture materials as far as possible. Fourth, pay attention to home display, including the way and location of furniture layout, the aging and comfort of furniture, and the color matching of furniture. Fifth, other indoor environmental elements, including form characteristics, spatial scale, climate environment, sound, etc.

**Objective:** To analyze the improvement effect of indoor space environment design of prefabricated