

THE EFFECT OF RESIDENTIAL SPACE DESIGN ON ALLEVIATING ANXIETY FROM THE PERSPECTIVE OF HUMANISTIC PSYCHOLOGY

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Background: The development of modern western philosophy breeds the ideological tradition of people-oriented and advocates people's unique nature and unique research methods. This tradition provides the necessary ideological soil for the emergence of humanistic psychological methodology. Common sense psychology, religious psychology and philosophical psychology, which exist and develop in psychology, are the rudiments of humanistic psychology methodology, corresponding to the criticism of scientism and the promotion of human's unique essence and unique research methods in the field of philosophy of science. Humanistic psychology is committed to building a complete image of man and pursuing research methods suitable for man's unique nature, so as to resist the narrowness and hegemonism of scientific psychology. It presents five characteristics of methodology. The research orientation of humanities is the scientific essence of problem centrism, the research path of holism and the subjective research paradigm of intuitionism. It advocates taking the research mode of humanistic psychology as the basic research object of humanities and the research mode of humanistic psychology as the research object of natural science. It can be said that humanistic psychology criticizes the methodological centrism of scientific psychology, and advocates that psychological research should pay attention to problems that are meaningful to people and society, and the methods should adapt to the problems and choose the methods according to the problems. In view of this, humanistic psychology advocates "problem-centered theory", that is, psychological research must start from the research problems and choose methods and means according to the research problems, not the opposite. The proposal of problem-centered theory helps psychology get rid of the shackles of scientific methods and pay attention to real meaningful problems, so that psychology fundamentally constructs a psychological methodology suitable for studying "people" from a broader perspective. In short, humanistic psychology advocates human uniqueness and puts forward some methodological propositions suitable for human nature. This makes the construction of psychological methodology return to the correct starting point, so as to lay the foundation for the construction of more reasonable and perfect psychological methodology.

With the development of psychology from simple design to a comfortable living place, the psychological consciousness begins to rise. The interior design of living space has changed from modernism to postmodernism. The rigid shape makes people feel bored and tired, and they begin to pursue psychological space and psychological beauty. In other words, with the continuous development of informatization, people's thoughts are seriously affected by the media and lose themselves. Living space is a place for self-venting, which needs to be beautified in combination with the content of humanistic psychology in order to alleviate the anxiety of modern people. Relevant studies have pointed out that incorporating humanistic psychology into residential space design can not only effectively improve the problems existing in traditional residential space design, but also greatly improve the anxiety of residents, which is of great positive significance for residential space design. In view of this, from the perspective of humanistic psychology, this paper launches the influence of residential space design on alleviating residents' anxiety, so as to provide a new design idea and design direction for modern residential space design.

Objective: This paper explores the design of residential space based on humanistic psychology, and explores the effect of residential space design based on humanistic psychology on alleviating residents' anxiety. It aims to effectively improve the widespread anxiety problems of modern people in residential space, and provide a psychological perspective for modern residential space design.

Research objects and methods: 200 patients with anxiety were selected as the research object and randomly divided into control group and experimental group, with 100 in each group. The control group was intervened with conventional living space design, while the experimental group was intervened with living space design based on humanistic psychology. The intervention period was 1 month. The changes in the anxiety 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 changes in anxiety psychology of patients in the two groups after the implementation of humanistic psychology residential space design intervention. Compared with the control group of patients with conventional residential space design intervention, after the implementation of humanistic psychology residential space design intervention, the anxiety psychology of patients in the experimental group improved more significantly, and there was a significant difference between the two groups ($P < 0.05$).

Table 1. Changes of anxiety psychology of patients in the two groups after the intervention of humanistic

psychology and residential space design (n=200)

Dimensions of anxiety measurement	Control group (n=100)	Experience group (n=100)	P
Anxious learning	3.47	1.44	<0.05
Communication anxiety	4.34	1.49	<0.05
Loneliness tendency	3.46	2.44	<0.05
Self-reproach tendency	3.35	1.49	<0.05
Sensitive tendency	3.47	1.44	<0.05
Physical symptoms	4.34	2.36	<0.05
Terrorist tendency	3.96	2.01	<0.05
Impulsive tendency	3.35	1.49	<0.05
Total score	50.91	31.47	<0.05

Conclusions: On the one hand, humanistic psychology criticizes the methodological centrism of scientific psychology, and advocates that psychological research should pay attention to the problems that are meaningful to people and society. The methods should point to the problems and choose the methods according to the problems. Therefore, it has important application value in the design of residential spaces. On the other hand, residential space design based on humanistic psychology also has important application value in alleviating anxiety. It can not only provide a new idea for residential space design, but also provide a new strategy for alleviating anxiety.

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ENTERPRISE GRASS-ROOTS MANAGEMENT STRATEGY CONSIDERING ALLEVIATING EMPLOYEES' MENTAL PRESSURE

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Background: As a fixed term, the term “mental stress” developed with the fuzzy edge of various disciplines, and began to enter the fields of anthropology, sociology and medicine, and further refined and extended from these fields to behavioral science, management and other disciplines. On the basis of theoretical research, many experts consciously expand it to practical application, especially in enterprise stress management. Enterprise stress management mainly studies work stress. The body’s response to all mental stress is the same, that is, the pituitary gland rapidly secretes adrenal hormone and growth hormone in response to stress. Therefore, the impact of stress actually has both positive and negative aspects. On the negative side, too much pressure and too long a duration will have many adverse consequences. For employees, this will lead to a series of adverse changes in their physiology and psychology. Most surveys believe that work rhythm, heavy work tasks, and fierce competition among employees can lead to mental stress. For enterprises, huge work pressure will have a negative impact. Research shows that job stress is directly proportional to the turnover rate of employees. If the work pressure is too great and employees leave one after another, the enterprise needs to recruit employees again, and then carry out career setting and related training, which will inevitably increase the cost. In addition, with the continuous improvement of the legal system, more and more cases are brought by employees to enterprises due to work pressure. Even if the lawsuit is won, the enterprise will have to pay the corresponding labor and time costs. If the lawsuit is lost, it will have to pay high compensation to further increase costs. As we all know, human resources are the largest resources of enterprises. Employees are under too much pressure, which is bound to be difficult to focus on their work and achieve actual performance, affecting the overall development of the enterprise. At the same time, stress will also directly affect performance. Research shows that there is a complex relationship between “mental stress” and “job performance”, and appropriate stress will improve job performance. Without pressure, like boiling a frog in warm water, there will be no driving force to move forward and work performance will decline. People with too much pressure pay too much attention to pressure, but ignore how to improve performance, which eventually leads to performance decline.

In view of the fact that the mental stress of employees has become an important factor affecting the development of enterprises, the grass-roots management of enterprises should attach great importance to it, make rational use of the benign pressure of employees, turn pressure into power and give full play to the