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THE INFLUENCE MECHANISM OF URBAN PARK GREEN SPACE ON PHYSICAL ACTIVITY AND MENTAL HEALTH OF THE ELDERLY FROM THE PERSPECTIVE OF CONFIGURATION

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Background: In the environment of increasing global aging, China has entered an aging society. It is very important to focus on the physical and mental health of the elderly, which has profound social and economic significance. After entering the old age, people's physiology and psychology will change significantly. The physical activity and mental health level of the elderly are very vulnerable to various external factors. Physical activity and psychological activity will have a certain impact on the neuroendocrine and immune system function of the elderly, and then increase or reduce the risk of self-infection. From the perspective of physiological changes, once entering the old age, the internal and external characteristics of the elderly will show certain aging changes, and their brain nervous system will produce degenerative changes. For the elderly, the nerve cells in the brain and cerebellum are greatly reduced. Compared with the middle-aged, the weight of the brain is reduced by about 20%, which leads to the reduction of blood flow to various tissues and organs of the whole body, resulting in the reduction of the working efficiency of the circulatory system, digestive system and respiratory system. Under the effect of brain tonifying aging, the elderly usually has the phenomenon of reduced response function and psychological decline. From the perspective of psychological changes, the sensory ability of the elderly has decreased, mainly manifested in the weakening of vision, and they are very prone to various eye diseases. Hearing loss and communication difficulties. Decreased taste and smell, etc. Compared with the younger, the resilience and overall health of the elderly showed a significant downward trend, and the incidence rate of certain serious diseases increased in the old age. Under this influence, the psychological state of the elderly is prone to complex and negative changes, such as depression, Alzheimer's disease and so on. Relevant research shows that the occurrence and development of nearly half of the common diseases in the elderly are closely related to their psychological and behavioral factors.

Both configuration perspective and Qualitative Comparative Analysis (QCA) are based on overall and system analysis logic. The perspective of configuration analysis originates from the system thought. In the system thought, organization is defined as a complex system. Its attributes are interrelated and combined in a complex and integrated way. The organizational attributes complement and enhance each other, even cause and affect each other. Each element plays a role in an overall configuration. From the perspective of configuration, there is a relationship between elements and the whole between the planning and construction of urban park green space. Each element affects each other and ultimately acts on the whole. Urban Park green space is an important place to shape the daily healthy lifestyle and social communication activities of the elderly. Its good space quality plays a vital role in the use efficiency of outdoor public space, the behavior choice of the elderly and even their physical and mental health. The growth of age means that the elderly has lost their mobility and control over the surrounding environment. Therefore, the traffic convenience, sanitary conditions and beauty of the community location and the surrounding environment will directly affect the frequency of outdoor activities and the satisfaction of daily life of the elderly, and then have different effects on their physical activities and mental health.

Objective: In the process of human natural aging, it is usually accompanied by the occurrence and development of various diseases. Under the condition that the physical function of the elderly allows, moderate physical exercise will help to maintain the quality of life and physical state of the elderly and maintain a good state of mental health. The research will explore the impact mechanism of urban park green space on the physical activity and mental health of the elderly from the perspective of configuration, in order to improve the mental health level of the elderly.

Research objects and methods: 24 elderly people were randomly selected from two urban parks and greenbelts, a total of 48 research objects. Multiple linear regression model was used to explore the construction and quality of urban park green space, the time and frequency of physical activity, mental health and stress level of the elderly.

Research design: A Symptom Checklist-90 (SCL-90) was used to evaluate 48 elderly people in urban parks and green spaces, and to explore the effect of physical activity and mental health. SCL-90 adopts a 5-level scoring standard, which indicates the different severity of symptoms from 1 to 5, followed by none, very light, medium, heavy and serious.

Methods: Multiple regression analysis and SPSS software were used to explore the impact of urban park green space on the physical activity and mental health of the elderly from the perspective of configuration, and SCL-90 was used to collect and process the data.

Results: The statistical results of depression subscale and anxiety subscale in SCL-90 showed that urban park green space environment, basic physical exercise facilities, transportation convenience, exercise time and exercise frequency would affect the physical activity and mental health of the elderly. If all kinds of influencing factors are high-quality, the scores of SCL-90 depression subscale and anxiety subscale of the elderly can be maintained at a low level, as shown in Table 1.

Table 1. Effect of urban park green space on physical activity and mental health of the elderly from the perspective of configuration

Influence factor		Depression subscale	Anxiety subscale
Urban Park green space environment	Excellent	23.51	15.62
	Poor	41.29	37.13
Basic physical exercise facilities	Many	24.14	19.49
	Less	39.68	36.57
Traffic convenience	Excellent	20.08	17.66
	Poor	49.65	41.98
Exercise time	More than 1 hour	18.57	12.39
	Less than 1 hour	37.14	32.35
Exercise frequency	More than 3 times a week	21.43	13.91
	Less than 3 times a week	45.62	36.77

Conclusions: From the perspective of configuration, the impact of urban park green space on the physical activity and mental health of the elderly has a certain correlation. The better the urban park green space environment and the more convenient the transportation, the more time and frequency of physical activity of the elderly, and the higher the level of mental health.

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AN ANALYSIS OF THE INFLUENCE OF INFORMATION-BASED TEACHING STRATEGIES ON COLLEGE STUDENTS' ENGLISH TEACHING BEHAVIOR

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Background: In the process of accelerating the pace of modern life and intensifying social competition, people often face huge psychological pressure. If the pressure cannot be effectively relieved, it is very easy to produce anxiety. College students are in the critical period of self-consciousness formation and individual psychological maturity. Various external factors may have a certain impact on them, including the transformation of social roles, interpersonal communication between teachers and students, competitive pressure of study or employment, etc. When various external factors affect college students, college students will have different degrees of anxiety, and then show different types of anxiety behavior. There is a close correlation between college students' anxiety behavior and its causes, which is mainly reflected in three aspects: social anxiety behavior, examination anxiety behavior and employment anxiety behavior. In terms of social anxiety behavior, it is often seen in introverted college students. Once such college students contact a large number of strangers on the university campus or in the social environment, they are very prone to tension and anxiety, manifested as blushing and fever, rapid heartbeat, sweating and trembling, and even take temporary avoidance. Test anxiety behavior mainly refers to that college students are at a