

addition, all measurement type features in the study are displayed in the form of mean  $\pm$  standard deviation for *t*-test, and counting type features are displayed in the form of number or proportion of number for Chi-square test. The significance level of difference is taken as 0.05.

**Results:** After the experiment, the effective questionnaire data were entered into the computer and Python3.0 programming language, and Table 1 is obtained.

**Table 1.** Statistics of SAS scale scores of two groups of students before and after the experiment

Statistical time	Experience group	Control group	<i>t</i>	<i>P</i>
Before experiment	56.4 $\pm$ 5.2	56.6 $\pm$ 5.6	0.845	1.749
After the experiment	41.7 $\pm$ 4.8	56.3 $\pm$ 4.5	0.130	0.01
<i>t</i>	0.142	0.822	-	-
<i>P</i>	0.012	1.848	-	-

It can be seen from Table 1 that the *P* values of *t*-test of SAS total score data of the two groups of students and the control group before and after the experiment are 1.749 and 1.848 respectively, which are far greater than the significance level of 0.05. It is considered that the data difference is not significant, that is, the severity of anxiety symptoms of the two groups of students before the experiment is roughly the same and comparable, and pure ideological and political teaching has no effect on treating students' anxiety symptoms. However, after the experiment, the average SAS total score of the experimental group was 41.7, which was significantly lower than that of the control group, and the data difference was significant.

**Conclusions:** In view of the psychological anxiety of Chinese college students, after investigating and understanding the current situation of the overall mental anxiety of Chinese college students, an ideological and political teaching experiment was designed and implemented. In the experiment, both groups of students received the same ideological and political teaching, but the teachers in the experimental group were required to pay attention to the anxiety of students in the teaching process and take targeted measures to deal with it. After the experiment, the average SAS total score of the experimental group was 41.7, which was significantly lower than that of the control group, and the data difference was significant. The experimental results show that using educational psychology to deal with students' anxiety in the process of ideological and political teaching is helpful to improve students' mental anxiety.

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## THE CONSTRUCTION STRATEGY OF LOGISTICS TRANSPORTATION PACKAGING RECYCLING NETWORK MODEL FROM THE PERSPECTIVE OF ENVIRONMENTAL PSYCHOLOGY

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**Background:** Environmental psychology, also known as ecological psychology, is an applied social psychology discipline that studies the relationship between human psychology, behavior and environment. The research purpose of environmental psychology is to apply the discovered psychological laws and psychological theories and methods to the workers' production process, so as to optimize the production process, reduce or eliminate the occurrence of accidents, and improve the workers' production efficiency. The research scope of environmental psychology and social psychology overlap, but the former pays more attention to the relationship between human psychology and natural environment, while the latter pays more attention to the relationship between the psychology of the research object and the social environment. However, from a macro perspective, the natural environment and social environment are coordinated and unified, because both will have an important impact on the behavior of individuals and organizations. In recent years, the logistics industry has developed rapidly, accompanied by the increasingly serious problem of over decorated package packaging, and customers' lack of corresponding awareness in package recycling and environmental protection, which has further exacerbated the degree of environmental pollution. Scholars in the industry have put forward a number of solutions to this problem, among them, the most effective is to build a logistics transportation packaging recycling network to recycle the used packaging materials. Therefore, this study attempts to use the method of environmental psychology to analyze the psychological factors of residents and system employees who affect the operation

of logistics transportation packaging recycling network system.

**Objective:** To analyze the current situation of the processing mode of domestic logistics transportation packaging materials, and design a social experiment based on environmental psychology to understand the psychological factors of residents and system employees affecting the operation of logistics transportation packaging recycling network system, so as to provide constructive suggestions for further promoting logistics transportation packaging recycling network system.

**Objects and methods:** Select an area where the logistics transportation packaging recycling network system is highly accepted, and select 149 residents with different occupations, ages, marital status and financial status and 30 internal staff of the logistics transportation packaging recycling network system as the research objects, residents are required to use the logistics, transportation and packaging recycling network system in this area (the internal employees of the enterprises participating in the experiment are not required to use the system because they have been exposed to it many times at work). After 3 months of use, all students will be trained in special knowledge of environmental psychology to prepare for follow-up research. Conduct semi-structured interviews with all the selected research objects. The interview content is the psychological factors of users they think will have an impact on the operation of the system (it is required to analyze from the perspective of environmental psychology). The influence degree of each psychological element is determined according to the five-level system of no influence, slight influence, general influence, obvious influence and full influence, and it is given 1-5 five-digit integers in turn to improve the accuracy of statistical results.

**Results:** After the semi-structured interview, the statistical interview data were obtained in Table 1. Note that the characteristics of all measurement types in the study are displayed in the form of mean  $\pm$  standard deviation, and the *t*-test is conducted. The significance level of the difference is taken as 0.05.

**Table 1.** Statistics of semi-structured interview results of research objects

Type of research object	Psychological factor	Average score	Standard deviation of score
Local residents	Dislike trouble psychology	4.36	0.15
	Conservative psychology	4.50	0.25
	Fear of difficulties	3.87	0.13
Employees in the enterprise	Fluke mentality	4.15	0.14
	Comparative psychology	3.49	0.28

It should be explained that the “fear of difficulties” in Table 1, which means that users give up contact with this system because they are afraid that it will be troublesome or difficult to recycle packaging materials. “Fluke mentality” and “contrast mentality” respectively mean that employees think it’s okay to recycle fewer packages. Compared with the packaging that employees think they don’t recycle and the packaging wasted by others, the quantity is small and irrelevant. It is found in Table 1 that residents and enterprise employees respectively think that troublesome psychology, conservative psychology and fluke psychology have the most significant impact on the operation of the system. The average quantitative scores of the impact degree of these psychological factors are 4.36, 4.50 and 4.15 respectively.

**Conclusions:** In order to alleviate the waste of resources caused by the excessive use of logistics transportation packaging materials in China, this research design carried out a social experiment after investigating and analyzing the current situation of the treatment mode of domestic logistics transportation packaging materials. The experimental results show that residents and enterprise employees think that troublesome psychology, old-fashioned psychology and fluke psychology have the most significant impact on the operation of logistics transportation packaging recycling network system. The quantitative scores of the impact degree of these psychological factors selected by the research objects are 4.36, 4.50 and 4.15 respectively, which are higher than the grade of “significant impact” as a whole.

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## RESEARCH ON ONLINE TEACHING EVALUATION AND PROMOTION IN THE CONTEXT OF EDUCATIONAL PSYCHOLOGY

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