



Note: \*  $P < 0.05$  compared with that before teaching; # It indicates that compared with the control group,  $P < 0.05$ .

Figure 1. Changes of MMSE scores of the two groups of workers before and after work

**Conclusions:** In the process of urban language promotion, due to various reasons, the progress of urban language promotion is not ideal, and some staff have negative emotions, such as anxiety and depression, resulting in cognitive impairment. Based on cognitive psychology, this paper analyzes the problems existing in urban language promotion, and puts forward strategies. The results showed that there was no significant difference in SAS score, SCL-90 score and SCL-90 score between the two groups before work ( $P > 0.05$ ). After working for a period of time, the SAS score and SCL-90 score of the staff in the study group were significantly lower than those in the control group ( $P < 0.05$ ). The MMSE score was significantly higher than that of the control group ( $P < 0.05$ ). Therefore, the application of cognitive psychology in urban language promotion can promote the progress of urban language promotion and alleviate the cognitive impairment of staff.

**Acknowledgement:** The research is supported by: General Project Funding by Zhejiang Provincial Department of Education in 2021 under Grant (No. 2021JYTYB10).

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## THE INFLUENCE OF TRADITIONAL PHYSICAL EXERCISE ON COLLEGE STUDENTS' MENTAL HEALTH

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**Background:** When others, society and other external factors produce adverse stress stimulation to individuals, individuals may have more serious psychological pressure. When individuals cannot adapt well to the stress state, there will be the problem of psychological imbalance, resulting in a series of negative emotional performance. Individuals need to vent their negative emotions reasonably and guide them in time, otherwise they are prone to psychological disorders and other psychological diseases, which will affect the level and quality of individual mental health. Nowadays, the world is in an era of high civilization and scientific and technological development. The competition for talents is fierce. College students are facing the social competition of the survival of the fittest. The pressure from family, environment and other aspects leads to the increasingly prominent mental health problems of college students. Under the stimulation of social development, contemporary college students also bear the multiple effects of negative factors in the campus environment and family environmental pressure. They are very prone to mental health problems. The mental health level of college students is not optimistic. On the other hand, the development of college students' psychological quality is not yet mature, and the level of their psychological quality such as psychological pressure resistance is not high. In the face of difficulties and setbacks, some college students may shrink back from difficulties and fall into negative emotions such as

psychological anxiety and panic, which will affect the daily life and study of college students.

The core of traditional physical exercise is the thought of traditional physical health preservation, which is an important development direction of national traditional sports specialty. Traditional physical exercise integrates the thoughts of Confucianism, Taoism and other schools, takes the life view of the unity of heaven and man in Chinese traditional culture as the development basis, and takes the law of human life movement as the starting point to explore the relationship between human life and sports nature. Traditional physical exercise combines various life thoughts such as the theory of correspondence between heaven and man in traditional culture, and creates a set of health preservation exercise mode combining movement and static in sports methods. It emphasizes that through appropriate and moderate human exercise, human life activities are in an orderly state, so as to promote physical and mental health and internal and external harmony. Traditional physical exercise integrates the idea of health preservation on the basis of physical fitness exercise, promotes the dual development of human physical and psychological quality, and integrates traditional physical exercise into college education, which is of great significance and value to improve the mental health level of college students.

**Objective:** Through the analysis of the mental health level and physical exercise status of college students in China, to understand the mental health level of college students, to master the physical exercise needs and problems of college students, to deeply explore the relationship between physical exercise and mental health quality of college students, and to explore new development ideas for improving the mental health level of college students. This paper makes a comprehensive analysis of China's traditional physical exercise, analyzes the impact of China's traditional physical exercise on improving the mental health level of college students, and hopes to put forward a new exercise and promotion scheme for college students' mental health through traditional physical exercise.

**Research design:** Using Pearson correlation coefficient to analyze the correlation between college students' mental health level and physical exercise, explore the potential relationship between college students' mental health problems and traditional physical exercise, understand the role of traditional physical exercise in greatly improving the quality of college students' mental health through correlation analysis, and put forward new ideas for improving college students' mental health level. This study uses correlation analysis to explore the relationship between traditional physical exercise and college students' interpersonal sensitivity, psychological pressure resistance and psychological anxiety, and deeply excavate the impact of traditional physical exercise on college students' mental health.

**Results:** The statistical analysis results of the mental health level of college students are shown in Table 1. The mental health level of college students is generally low.

**Table 1.** Statistical analysis of mental health level of college students

Survey object	Freshman	Sophomore	Junior	Senior
Fear	2	2	3	2
Anxious	3	4	3	4
Depressed	4	3	3	4

**Conclusions:** Traditional physical exercise takes the holistic view of life of Chinese traditional culture as the core idea, promotes the all-round development of human body and mind through physical health preservation, and achieves the effect of improving individual mental health level in traditional physical exercise. Traditional physical exercise is mostly aerobic exercise with medium and low intensity, which can effectively promote the improvement of college students' functional level and strengthen the development of college students' physiological quality. Traditional physical exercise can also enhance the self-confidence and self-confidence of college students in organized and regular exercise activities, eliminate the interpersonal sensitivity of college students through interactive physical exercise, help college students eliminate bad emotions such as psychological anxiety, and promote college students to have positive and optimistic emotions.

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## THE IMPACT OF URBAN LANDSCAPE DESIGN ON CITIZENS' MENTAL HEALTH

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