

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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Background: In psychology, anxiety, tension, anger, depression, sadness, pain and other emotions are collectively referred to as negative emotions. People’s experience of such emotions is not positive, and they will feel uncomfortable in the body, even affect the smooth progress of work and life, and may cause physical and mental injury. At present, some citizens in China have different degrees of mental diseases. Mental diseases have seriously threatened the lives of citizens, and patients with mental diseases may have suicidal tendencies. Depression and anxiety disorders are common mental disorders. The disease has a very high incidence rate and disability rate, which will bring a great burden to patients and their families. According to statistics, more than 40 million people in China suffer from depression. There are many studies on the mental health of urban residents in China, but there are few studies on the impact of urban landscape design on citizens’ mental health. With the continuous development of society, people begin to pay more and more attention to the impact of the living environment on health and happiness. Healing gardens in urban landscape design evolved from green space, which tends to use green plants to cure people’s mental health problems. Some scholars define a healing garden as a garden with various characteristics, which can help people recover from stress and have a positive impact on people’s mental health. Gardens with this condition need a lot of green plants, water and other natural environments. At the same time, the healing garden can also be a decorative space where people can walk, sit, explore, and participate in positive or negative activities. Some scholars pointed out that the healing garden is a garden that conveys calm, safety, strength, beauty, or sensory stimulation, and transmits the information of life, wishes and periodic changes to residents. In this environment, when people’s feelings are awakened, they can calm their minds, reduce stress, and mobilize their own internal treatment resources to restore mental health. Therefore, the process of reaching a cure.

Objective: On the basis of investigating the working and living pressure level of urban residents, starting from the consensus that “urban landscape design can improve mental health”, urban landscape is regarded as a method and means to alleviate the pressure. This paper discusses how to alleviate the psychological pressure of urban residents and improve the mental health level of citizens through urban landscape design, so as to provide an effective way to solve the mental health problems of urban residents in China, and provide a basis for treating and solving the mental health problems of urban residents.

Research objects and methods: Urban landscape design, as a direct means for citizens to promote mental health, is an effective way to prevent, slow down and treat mental diseases. In this study, 400 citizens with mental health problems in a city were randomly selected by stratified cluster random sampling method to analyze the impact of urban landscape design on citizens’ mental health.

Research design: This study used Symptom Checklist-90 (SCL-90) and Eysenck Personality Questionnaire (EPQ) to evaluate the mental health of 400 citizens in a city, and analyzed the correlation between SCL-90 and EPQ, in order to understand the impact of urban landscape design on citizens’ mental health.

Methods: The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

Results: The factor scores and total average scores of SCL-90 were significantly correlated with the scores of EPQ subscales ($P < 0.01$). There was a significant positive correlation between the scores of EPN and Q subscales ($P < 0.01$).

Table 1. Correlation coefficient between EPQ and SCL-90 score of all subjects

Project	P	E	N	L
Somatization	0.530 [#]	-1.384 [#]	0.279 [#]	-0.168 [#]
Force	0.246 [#]	-0.244 [#]	0.613 [#]	-0.271 [#]
Interpersonal sensitivity	0.651 [#]	-0.313 [#]	0.268 [#]	-0.188 [#]
Depressed	0.696 [#]	-0.362 [#]	0.256 [#]	-0.169 [#]
Anxious	0.661 [#]	-0.262 [#]	0.248 [#]	-0.146 [#]
Hostile	0.585 [#]	-0.122 [#]	0.388 [#]	-0.293 [#]
Terror	0.534 [#]	-0.219 [#]	0.189 [#]	-0.152 [#]
Paranoid	0.579 [#]	-0.156 [#]	0.369 [#]	-0.329 [#]
Psychotic	0.617 [#]	-0.273 [#]	0.241 [#]	-2.016 [#]
Other	0.593 [#]	-0.251 [#]	0.223 [#]	-0.127 [#]
Total average	0.728 [#]	-0.294 [#]	0.317 [#]	-0.236 [#]

Note: [#] $P < 0.01$.

Conclusions: Stimulating people’s senses through the natural environment will provide a theoretical basis for evidence-based design for landscape designers. Different people have different psychological pressure and psychological problems, and their use needs are also different. The healing garden must be

tailored to the needs of different groups or patients. Can effectively improve people's mental health problems. Healing the garden is good for people's mental health. However, if people choose not to experience it, or usually do not visit it, it is difficult to cure people's mental health problems. Therefore, only when the healing garden can meet the user needs of different groups at the same time and have more effective landscape design elements to make people feel better can it be more popular.

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IMPACT OF BLIND BOX ECONOMY AND CONSUMER REPURCHASE ANXIETY – FROM THE PERSPECTIVE OF CUSTOMER EXPERIENCE

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Background: In the process of shopping and consumption, consumers may be disturbed by many factors and produce psychological anxiety problems. With the development and progress of economy, the degree of diversification of market goods is increasing, but the speed of improving the quality of goods is not high. When the supply level of the consumer market is difficult to meet the consumer demand, consumers may choose the high-quality goods they want, and consumers may have quality anxiety. In the process of consumption, consumers may also have a variety of anxiety emotions such as price anxiety and channel anxiety. They are worried that the value of goods is falsely high and the value competitiveness is low. Consumers will also have anxiety in the choice of purchase channels and worry about the quality of goods in the purchase channels. After consumers have had a purchase experience in the same business or under the same brand, when consumers have high satisfaction and recognition of products, they may have repurchased intention and behavior.

With the continuous development and progress of economy and society, the psychological and emotional characteristics of consumers are also changing. Under the new economic form, consumers' consumption anxiety also presents diversified characteristics. In recent years, the blind box has appeared in the public's vision. Under the dual role of China's rapid economic growth and the support of national policies for the cultural industry, the blind box economy has begun to take shape and form a certain industrial scale. The development of blind box economy caters to the psychological characteristics of modern young people in pursuit of stimulation. With its high degree of uncertainty and playability, it has won the support and love of contemporary young people, and gradually formed a blind box fever. However, due to the certain uncertainty of the blind box, consumers can not clearly know the product content in the blind box when purchasing the blind box. In the same series of products, consumers will have preference for some products. Therefore, when consumers find that they have not obtained the products they want after purchasing the blind box for the first time, they may repurchase. The blind box purchase does not guarantee that consumers can harvest the products they want in the next purchase. Therefore, consumers may have repurchased consumption anxiety in the blind box purchase and worry that they will never get the products they want after many purchases. On the other hand, the invisibility of the blind box also makes it impossible for consumers to directly observe the appearance quality of the blind box products. At present, the blind box economy is in the early stage of development, the quality control management effect of the blind box market is poor, and the quality of the blind box products is difficult to be guaranteed. Therefore, consumers may also have repurchased anxiety about the quality of goods when they repurchase the blind box.

Objective: To study and analyze the development process of the blind box economy, comprehensively analyze the development characteristics and trend of the studied blind box economy, and analyze the consumers' repurchase consumption anxiety under the blind box economy, understand the consumers' psychological characteristics and change rules in the process of blind box purchase, and explore the characteristics of psychological activities behind consumers' repurchase behavior in blind box consumption. It provides a reference for alleviating the anxiety of repurchase consumption. From the perspective of customer experience, this study analyzes the psychological anxiety of consumers repurchase behavior in the process of blind box purchase, and explores the impact of blind box economy on consumers repurchase anxiety, hoping to provide help to alleviate consumers repurchase anxiety.

Research design: The study uses the method of correlation analysis to understand the impact of the blind box economy on consumers' repurchase consumption anxiety, uses the Spearman correlation coefficient to evaluate the psychological characteristics of consumers' repurchase consumption anxiety