

INFLUENCE AND EXPLORATION OF COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: The anxiety of college students is a common phenomenon in college learning. The main reason for students' anxiety is that students' psychology cannot adapt to the college environment. In college learning, learning tasks and learning requirements have been qualitatively improved compared with middle school teaching, which requires students to achieve more satisfactory results after teaching, but the increase of learning pressure also further increases students' psychological pressure, when students cannot meet the learning tasks issued by teachers and cannot meet the learning requirements required by teachers, they will have anxiety. In psychology, psychological anxiety is defined as a short-term negative emotion, which is easy to breed under the influence of the outside world. Generally, it will only affect students' psychological activities in a short time. However, when patients with anxiety disorder have long-term anxiety, they often have anxiety. In the face of real life, it is difficult to express their true feelings, and it is never easier to have doubts and uneasiness about the unknown, resulting in serious mental damage. The treatment of students' psychological anxiety in colleges and universities is mostly concentrated in routine teaching. Through course teaching and after-class communication, we can understand students' psychological anxiety, help students solve their own anxiety problems, and keep students in good psychological mood in daily learning.

In order to alleviate the psychological anxiety of college students, colleges and universities began to apply educational psychology to education and teaching. The main content of educational psychology is to formulate the teaching plan through the psychological feedback of students or teachers, and optimize the teaching plan through the psychological changes of students or teachers in the follow-up teaching process. Educational psychology is one of the main research contents in psychology. Its core idea is to carry out educational reform from the perspective of psychology. Educational reform includes the college teaching system, teachers' teaching plan and students' school strategy. Under the category of educational psychology, the purpose is to deeply grasp students' learning psychology by analyzing students' psychological behavior, stimulate students' motivation in the learning process, induce students to actively give full play to their self-study ability in learning, and then improve the learning effect. In addition, educational psychology can also make the teaching plan more scientific by grasping the psychological changes of teachers. For college teachers, according to educational psychology, teachers can be fully encouraged to use innovative teaching methods to exercise students' learning thinking, effectively alleviate students' learning pressure and reduce students' psychological anxiety. Therefore, the research takes educational psychology as the main breakthrough point to innovate the teaching mode of colleges and universities, and uses the teaching innovation mode to teach students in order to improve students' psychological anxiety.

Objective: This paper discusses the significance and value of educational psychology in college education and teaching reform, and analyzes the specific impact of college teaching reform on students' psychological anxiety from the perspective of educational psychology.

Study design: Using the literature method to collect the research status of teaching reform in colleges and universities using educational psychology, and using the principal component analysis to extract the content of educational psychology with important significance, so as to construct the teaching innovation scheme of colleges and universities. Taking a university as the research object, the number of students with psychological anxiety in the university was counted, and the anxiety status of all students was measured by self-rating anxiety scale. Innovative programs were adopted for all students to teach, and the changes of students' anxiety in the teaching process were evaluated by SPSS22.0 for statistical analysis, $P < 0.05$ is statistically significant.

Results: According to the statistics, the number of students suffering from anxiety in a university before teaching is 276. All anxiety students are taught with innovative programs. The results are shown in Table 1. Table 1 shows that through the innovative program teaching under educational psychology, the number of students with anxiety has been significantly increased, resulting in a significant decrease in the average anxiety score of 276 students, and the difference between before and after data is statistically significant ($P < 0.05$).

Table 1. Changes of students' anxiety

Project	Before teaching	After teaching	<i>P</i>
Anxiety number	276	123	<0.05
Anxiety score	66.2±2.05	36.37±1.19	<0.05

Conclusions: To improve students' anxiety in college teaching is one of the important contents of college teaching reform. How to alleviate students' psychological anxiety is also a problem that colleges and universities need to solve. In the research, educational psychology is used to obtain the psychological changes of teachers and students in teaching, analyze the main influencing factors of students' psychological anxiety, and formulate innovative teaching plans. The teaching results show that the number of anxiety students receiving innovative teaching has decreased significantly, and the anxiety scores of students with anxiety psychology have also decreased significantly. Therefore, in college teaching, we need to be people-oriented, fully understand the psychological impact of students from the level of students and teachers, and formulate appropriate teaching plans to alleviate students' learning anxiety and promote students' healthy growth.

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INFLUENCE OF LANDSCAPE ARCHITECTURE ON THE REHABILITATION EFFECT OF DEPRESSIVE PSYCHOSIS

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Background: Depression can also be called a depressive disorder. In clinical manifestations, it is mostly manifested in patients' depression, pessimism, cognitive and emotional disorders. Patients often fall into strong pessimism, ineffective control of Self Meditation and uncontrollable negative thinking. Patients often have poorer psychological function and higher risk of recurrence than ordinary people, it is a common emotional mental disease in clinic. The pathogenic factors of depressive psychosis are complex, involving the effects of individual physiology, individual social environment, individual psychological characteristics and so on. Depressive psychosis has both separate and concurrent conditions. Previous studies have shown that there is a significant correlation between depression and inflammatory factors in patients. Patients often have the phenomenon of increased inflammatory factors and decreased anti-inflammatory factors. Research also shows that when individuals have inflammation, patients' nuclear factors will be activated, and form depression and anxiety behavior after a series of protein expressions. At present, the drugs produced for the physiological pathogenesis of depressive psychosis have gradually diversified. Among them, monoamine oxidase inhibitors, tricyclic antidepressants and tetracyclic antidepressants have been widely used in clinical treatment, but a single physiological treatment often has strong path dependence. Once separated from drugs, patients will relapse depressive symptoms, so drug treatment is not an appropriate way for long-term convalescence. By using the environmental construction of garden landscape, the physical and mental state of patients with depressive psychosis can be effectively improved, and as a psychogenic treatment method, it can help patients get rid of drug path dependence. As a convalescent means to interfere with depressive psychosis by relying on the external environment, the garden landscape can create comfort, relaxation and a positive garden atmosphere can also provide a space for depression patients to communicate with each other, and improve the rehabilitation effect of depressive psychosis patients from the perspective of environmental psychology.

Objective: The purpose of this study is to help patients get rid of drug path dependence in the convalescence process of depressive psychosis, provide psychological convalescence for patients through garden landscape psychogenic convalescence, promote the enrichment of patients' positive psychology, and help patients get rid of the influence of depression.

Subjects and methods: This study combines the Semantic Differential method (SD) with the analysis of variance, and uses the field experiment to analyze the changes of depressive mood of the experimenters before and after viewing in the garden scenic spot, so as to analyze the correlation between the garden landscape and the changes of depressive mood of patients with depressive psychosis.

Study design: In this study, a total of 60 patients with different conditions were selected from the treatment institutions of depressive psychosis, and the ornamental experiment was carried out in the selected garden scenic spot. The experimenters will walk in the garden scenic spot for about 30 minutes, and conduct a psychological measurement and psychological interview before and after the ornamental behavior, according to the contextual differences, the psychological state of the experimental personnel is divided into two contextual dimensions: positive emotion and negative emotion, which are analyzed respectively. The data analysis is carried out by means of mean change, analysis of variance and so on.