

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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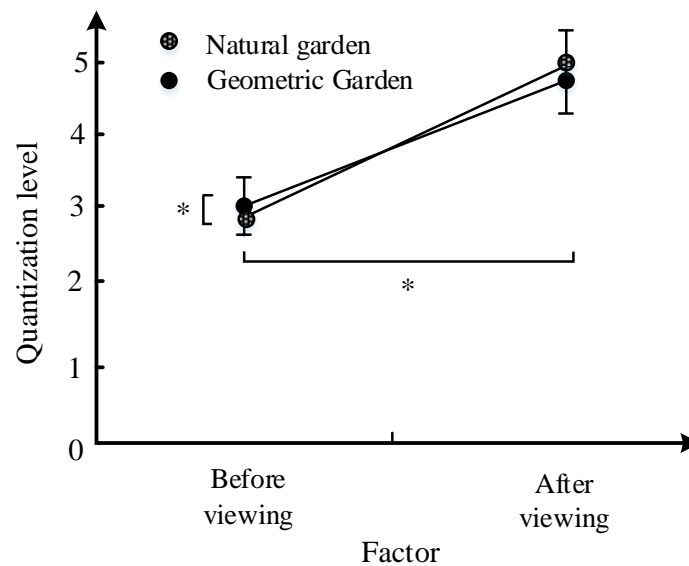
Background: Depression can also be called a depressive disorder. In clinical manifestations, it is mostly manifested in patients' depression, pessimism, cognitive and emotional disorders. Patients often fall into strong pessimism, ineffective control of Self Meditation and uncontrollable negative thinking. 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.

Methods: This study uses SPSS19.0 for comparative analysis and change analysis of research data.
Results: The depression scores of the experimenters before and after viewing are shown in Figure 1.



Note: * means $P < 0.05$, and the difference is statistically significant.

Figure 1. Depression score before and after viewing

From the comparison of scores before and after viewing in Figure 1, it can be seen that both natural gardens and geometric gardens have a significant effect on alleviating the depression of patients with depressive psychosis. The starting point of the model line of natural gardens is lower than that of geometric gardens, but the key position is higher than that of geometric gardens after closing, it can be seen that natural gardens have a stronger effect on relieving depression than geometric gardens.

Conclusions: Affected by the high recurrence rate of depressive psychosis, patients with depressive psychosis often have a certain degree of drug dependence in traditional drug intervention, and will face a greater risk of recurrence once the drug is stopped. Therefore, this study takes the psychological intervention of garden landscape as the main intervention means to assist the convalescence of patients with depressive psychosis. Through the enthusiastic setting of the garden landscape, it provides a tour environment conducive to physical and mental health for patients with depressive psychosis. Both natural gardens and geometric gardens can have a positive impact on the psychology of patients with depressive psychosis, compared with geometric gardens, natural gardens have a stronger positive impact on patients with depressive psychosis. Patients with depressive psychosis can relax their body and mind and accept positive ideas by visiting at a fixed time and frequency, so as to control depression and anxiety symptoms.

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THE EFFECT OF STAGE PRACTICE TEACHING OF MUSIC PERFORMANCE SPECIALTY ON ALLEVIATING STUDENTS' ANXIETY

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Background: The research on the psychological development of college students shows that about 20% – 47% of them are not fully affected by the psychological development of others. When dealing with the relationship between the external environment and their own psychology, students are prone to conflict, and the handling of interpersonal relations and the worry about employment prospects will cause students' anxiety. The anxiety psychology of college students includes social anxiety, examination anxiety, employment anxiety and so on. Anxiety disorder is a very complex psychological and emotional disorder. It is usually manifested in motor agitation and sympathetic hyperactivity, often accompanied by negative emotions such as anxiety, shame, disappointment, anxiety, fear and so on. Appropriate anxiety can make