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THE INFLUENCE OF LANDSCAPE ARCHITECTURE DESIGN ON RESIDENTS’ BEHAVIOR AND PSYCHOLOGY

Run Li

Academy of Fine Arts, Qujing Normal University, Qujing 655011, China

Background: In the process of social and economic development, people’s pace of life is faster and faster, and the pressure of competition is greater and greater. Therefore, many people suffer from mental anxiety symptoms. When these psychological problems are not solved for a long time, it will lead to psychological diseases, damage the patient’s body function, and even damage the patient’s cerebral cortex, resulting in cognitive impairment. Cognition refers to the process that the brain processes the acquired information and skills intelligently. The process of cognition will involve a series of complex social behaviors and activities such as learning, memory, emotion, thinking and so on. When the human cerebral cortex is damaged by various factors, the brain’s intelligent processing process will be limited and abnormal, which will lead to cognitive impairment. The learning, memory and life of patients with cognitive impairment will be affected, which reduces the quality of life of patients, increases the family economic burden of patients, and is not conducive to the harmonious development of society. Therefore, finding a way to alleviate people’s anxiety and then treat cognitive impairment is of positive significance to patients, their families and social development.

Residential garden buildings can provide residents with space for leisure, communication, entertainment, sports and other activities. At the same time, they are also places for residents to rest and watch the scenery. They can make residents feel relaxed, physically and mentally happy, and then alleviate the negative emotions of residents. However, nowadays, the garden architectural design of many communities simply pursues the landscape effect, ignores the psychological needs of residents, does not analyze the behavior psychology of residents, and ignores the people-oriented principle and concept in garden architectural design, which cannot alleviate the spiritual anxiety of residents. Behavioral psychology is a subject that studies the relationship between human behavior and psychological activities. Behavioral psychology holds that human behavior is an active and conscious behavior under the guidance of consciousness. Human consciousness is composed of intention and cognition, which is the result of the interaction of these two factors. Therefore, based on behavioral psychology, the research analyzes the behavior and psychological law of residents in the community, and then analyzes the impact of residents’ behavioral psychology on residents’ garden architectural design, so as to improve and innovate the garden architectural design, give better play to the landscape and viewing function of residents’ garden architecture, and improve the satisfaction and quality of life of residents in the community.

Objective: Nowadays, the garden architectural design of many communities simply pursues the landscape effect, ignores the psychological needs of residents, does not analyze the behavior psychology of residents, and ignores the people-oriented principle and concept in garden architectural design. Based on behavioral psychology, the research analyzes the behavior and psychological law of residents in the community, and then analyzes the impact of residents’ behavioral psychology on residents’ garden architectural design, so as to improve and innovate the garden architectural design and improve the satisfaction and quality of life of residents in the community.

Research objects and methods: Two residential areas were selected for landscape architecture design, and the SF-36 scale was used to evaluate the quality of life of residents. Self-rating Anxiety Scale (SAS) and Self-rating Depression Scale (SDS) were used to evaluate the mental health level of community residents.

Research and Design: Two communities were selected for landscape architecture design. One community was designed by using the improved landscape architecture design scheme based on behavioral psychology, which was recorded as the research group. Another community is designed with the traditional garden architectural design scheme, which is recorded as the control group. One month after the

completion of the garden building, 50 residents in each community were randomly selected to compare the quality of life and mental health of the residents in the two communities.

Methods: The relevant data were processed and analyzed by software SPSS17.0.

Results: One month after the completion of garden buildings, the anxiety level of residents in the study group was significantly lower than that in the control group ($P < 0.05$), as shown in Table 1.

Table 1. Anxiety level of residents in the two communities

Group	n	Time		t	P
		Before completion	After completion		
Research group	50	68.4±10.9	52.1±6.3	7.654	0.000
Control group	50	69.5±11.3	61.3±8.2	4.125	0.023
t	-	0.258	5.732	-	-
P	-	0.862	0.013	-	-

Conclusions: With the continuous development of China's economy and society and the accelerating process of urbanization, residential areas have become an indispensable and important part of the city and the living carrier of urban residents. Residential garden architecture is an important part of the residential area, which provides residents with a place to rest and view. However, nowadays, the garden architectural design of many communities simply pursues the landscape effect, ignores the psychological needs of residents, does not analyze the behavior psychology of residents, and ignores the people-oriented principle and concept in garden architectural design. Based on behavioral psychology, the research analyzes the behavior and psychological law of community residents and improves the garden architectural design scheme. The results showed that one month after the completion of garden buildings, the anxiety level of residents in the study group was significantly lower than that in the control group ($P < 0.05$).

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THE INFLUENCE OF COLLEGE MUSIC EDUCATION REFORM ON STUDENTS' LEARNING COGNITIVE PSYCHOLOGY

Yingying Li

Department of Art and Design, Huanghe Jiaotong University, Jiaozuo 454950, China

Background: Cognitive psychology is based on human brain science. Therefore, in cognitive psychology, the process of generating ideas between external stimulation and self-response of human brain is the process of learning to achieve goals. The application of cognitive psychology in music education is also based on brain science. The operation mode of human brain has an important impact on the bias and development of individual music ability. Cognitive psychological learning method is also based on this foundation. Therefore, it has inherent advantages in the combination with music education. When we decompose the acquisition of music skills from the cognitive psychological level, we will find that in the process of cognitive formation, individuals often need to master skills through continuous orientation, decomposition and integration exercises. In practice, we need to allocate action skills and mental skills, including attention, sensation, perception, memory, imagination, thinking and other abilities. Therefore, in the long psychological cognitive process of music learning, new ideas and information may not be accepted by students' existing cognitive structure. In order to make students better accept new information, it is necessary to transform the existing cognitive psychological structure. This process of constantly transforming the cognitive structure and constantly absorbing new information includes not only rationality and insight, but also association and imitation. The more cognitive components in the learning process, the more planned and organized the whole learning subject will be, and the more effective the new information can be integrated into the old structure. Therefore, in the reform of college music education, we should not rely too much on the teaching experience of traditional music education methods. Although this teaching experience has certain effectiveness, there are also some misunderstandings. In the process of teaching reform, we should pay attention to the scientificity of cognitive psychology. Cognitive psychology can play a methodological role in college music education and teaching reform. Through the intervention of students' cognitive process and cognitive methods, we can help students actively use human cognitive characteristics in learning and achieve the purpose of improving learning results.

Objective: This study is based on cognitive psychology, through the psychological improvement of the