

Internet of things is gradually reflected in people's daily life. In order to reduce the working pressure of personnel in construction, some studies have proposed to apply the Internet of things information and image processing technology to construction. On the one hand, it is to reduce the workload of construction personnel through the convenient technology of Internet of things, and on the other hand, it is to improve the construction safety psychology of construction personnel through Internet of things image recognition. However, from the perspective of psychology, the impact mechanism of Internet of things information and image processing technology on construction workers' anxiety disorder is unknown. Therefore, for the purpose of alleviating construction workers' anxiety disorder, this study analyzes the impact of the application of Internet of things information and image processing technology on anxiety disorder.

Objective: The relief of anxiety disorder of construction workers is of great significance to the development of the construction industry. Therefore, the research explores the current situation of anxiety disorder of construction workers, analyzes the application status of Internet of things information image processing technology in construction, and explores the impact of the application of Internet of things information image processing technology in construction on the anxiety psychology of construction workers.

Subjects and methods: Taking the constructors in a construction project as the research object, 80 constructors were randomly selected, and the anxiety of constructors before the construction project was obtained by using the Self-rating Anxiety Scale. At the same time, with the consent of the project leader, inspect the application equipment of Internet of things information and image processing technology in the project construction, understand the application status of Internet of things information and image processing technology in the process of construction project, and evaluate the anxiety score changes caused by the use of Internet of things application equipment by construction personnel. Adopt SPSS24.0 software to statistically analyze the personnel film score in the construction process, and test the significance of the data difference.

Results: The changes of anxiety scores of 80 construction workers are shown in Table 1. It can be seen that due to the long-term application of Internet of things information and image processing technology in construction, the anxiety scores of construction workers continue to decline, and the comparison with the average anxiety scores of construction workers shows that the score results obtained in this study are significantly lower than the average value.

Table 1. Changes of anxiety psychology of construction workers

Project	1 month	3 months	End
This study	65.57±1.71	59.12±2.01	48.45±2.77
Average value	67.36±1.26	65.06±1.44	60.16±1.51
<i>P</i>	>0.05	<0.05	<0.05

Conclusions: The construction industry is an important pillar of China's economic development, so it is of great significance to improve the quality of construction. In the research, the application status of Internet of things information image processing technology in construction projects is analyzed, and the anxiety of construction workers in the application of Internet of things information image processing technology is evaluated. The results show that with the long-term use of Internet of things information and image processing technology, the anxiety score of construction workers begins to be gradually lower than the average value of anxiety in construction, and the anxiety performance of construction workers is also decreasing. Therefore, in order to promote economic development and improve the work quality of the construction industry, under the background of information technology, it is necessary to improve the use frequency of new equipment of construction personnel to reduce their anxiety.

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ANALYSIS ON PSYCHOLOGICAL PROBLEMS AND SOLUTIONS OF TRADITIONAL ART DESIGN AND MODERN ART TEACHING MODE

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Background: College students have high psychological pressure and poor psychological quality, so they

are prone to serious psychological negative emotions. Among the negative psychological emotions, anxiety is a more serious psychological problem. Anxiety refers to the tension, anxiety, fear and other negative emotions caused by the threat or imminent threat of an individual to something. Many studies have shown that maintaining moderate anxiety can help students concentrate, so that they can study more attentively and hard, and then improve their academic performance. However, when the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will decline, and even weariness will appear, which will greatly affect students' normal study and life. In addition, the psychological problems of college students also include depression. Depression is a more serious disease in psychological disorders. It is a psychological disease that patients have a deviation in their cognition of social things under the influence of depression, pessimism and other negative emotions. When college students suffer from depression, their cognitive bias is more serious. In order to end the pain and confusion, they often have the idea of suicide. Therefore, alleviating the psychological problems of college students is an important step to ensure the normal growth and development of students.

Some psychological studies have proposed that artistic design and aesthetic expression can alleviate students' negative psychological emotions to a certain extent. Generally speaking, artistic works can enable the audience to obtain an aesthetic feeling, so that the audience can obtain the emotional resonance with the art creator. Art designers can realize the emotional interaction with the audience, so as to awaken the audience's past or current cognition and memory, stimulate emotional feedback, meet the audience's emotional needs and create more value. Therefore, modern art design is often used in the adjuvant treatment of cognitive impairment. However, the form of modern art design is relatively single, the audience is prone to aesthetic fatigue, and most modern art design is westernized, and the audience cannot fully understand the meaning and emotion of the works, resulting in the unsatisfactory adjuvant treatment effect of modern art works. After a lot of research and evidence collection, it is found that the combination of traditional art design and modern aesthetics can more deeply display the artistic connotation, and can more effectively promote the development of students' psychological quality. Therefore, the research combines traditional art design with modern aesthetics, and puts forward the integrated teaching mode to dredge students' psychological problems, in order to provide theoretical support for the positive development of college students.

Objective: Understand the application status of traditional art design in contemporary society and the application status of modern art teaching in college education, analyze the psychological problems of college students, and put forward relevant measures to solve the psychological problems of students.

Subjects and methods: 100 students in a university were selected as the research object to investigate their psychological problems, including their anxiety and depression. The teaching mode integrating traditional art design and modern art is adopted to dredge students' psychological problems. The teaching time is 6 months. During the teaching period, all students are regularly evaluated. The evaluation content is students' anxiety score and depression score. Analyze the changes of students' psychological problems in the teaching process, and judge the impact of the teaching mode integrating traditional art design and modern art on students' psychological problems.

Results: The statistical changes of all students' psychological problems are shown in Table 1. It can be seen from Table 1 that with the deepening of integrated teaching, students' depression scores and anxiety scores show significant score differences. Statistical analysis of the scores of students' psychological problems after 6 months of teaching and before teaching showed that there was a significant difference between the scores of students at the end of teaching and before teaching ($P < 0.001$).

Table 1. Changes of students' psychological problems before and after teaching

	0 month	1 months	2 months	4 months	6 months
SAS score	64.45±3.19	61.32±2.97	57.45±2.13*	47.53±1.98*	35.95±1.77**
SDS score	70.42±2.77	65.43±2.18	59.39±2.01*	45.97±2.34*	36.01±1.45**

Note: * refers to the comparison with that before teaching, $P < 0.05$; ** compared with that before teaching, $P < 0.001$.

Conclusions: The psychological problems of college students have always been an urgent problem to be solved in college education. How to find a solution in line with the development of the times from the traditional solutions is the key breakthrough object in the current psychological research. Based on traditional art design and modern art education, the study puts forward a combination of the two psychological problem solutions. Under the influence of the integration program, students' anxiety and depression scores gradually decrease, and there is a significant difference at the end of teaching and before teaching. The above results show that in college teaching, we should properly combine traditional art with modern art and formulate a more comprehensive teaching plan, which will help alleviate students'

psychological problems and promote students' healthy growth.

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STUDY ON THE ALLEVIATING EFFECT OF RURAL TOURISM CULTURE ON RESIDENTS' ANXIETY

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Background: According to the relevant research of psychology, Anxiety psychology is a common negative psychological emotion in society. Generally speaking, the changes of inherent attributes in the environment or the activities of surrounding groups will cause psychological anxiety to a certain extent. Psychological anxiety is the most common negative psychological emotion. The common clinical symptoms are anxiety, anxiety and depression. Patients with severe anxiety disorder will gradually turn their anxiety into paranoia and appear the illusion of persecution. The existence of anxiety psychology seriously endangers people's physical and mental health. With the development of society, tourism has gradually affected people's yearning for daily life. Therefore, for the anxiety of social residents, some studies have gradually begun to apply tourism culture. However, the known application effect of tourism culture is limited. How to improve the effect of tourism culture on residents' anxiety relief is the focus of current research.

Tourism is a preference for people to pursue high-quality conditions in modern life, and has gradually developed into an indispensable part of life driven by economic growth. And from the development trend of tourism in recent years, it gradually presents a diversified pattern. More and more people take tourism as a way of entertainment in life. In tourism, cultural output is the key content of tourism. Generally, tourism integrates culture into the tourism characteristics generated in tourism. At the same time, local tourism is used as the intermediate carrier and culture is used as the material output to attract tourists to participate in tourism consumption, promote the economic development of tourism scenic spots and achieve the purpose of spreading regional culture. From the perspective of tourist psychology, tourism includes four main psychologies: novelty seeking, difference seeking, pleasure seeking and knowledge seeking. In the psychology of seeking novelty of tourists, tourists, as the main consumers of scenic spots, have been in the noisy environment of the city for a long time. Therefore, a large number of tourists locate the tourism location as a natural ecological area with unique culture, that is, tourists need to meet their own novelty in tourism viewing. The difference seeking psychology of tourists is to seek differences in tourism. What is shown in tourism is the cultural differences in different regions. Therefore, the difference seeking characteristic of tourists' psychology in tourism is mainly to seek the difference of cultural experience. In the pleasure-seeking psychology of tourists, starting from the core idea of tourism, tourism can bring happiness to individuals. Tourism needs to provide tourists with more connotative happiness with the help of cultural atmosphere, and it also needs to bring more distinctive psychological needs of happiness to tourists on the basis of conventional tourism. From the perspective of seeking knowledge, because a large number of tourists will understand the culture of the scenic spot to a great extent during tourism, for scenic spots, tourists will want to get in touch with the local traditional culture. Therefore, from the psychological research, we can see that it is feasible to use tourism culture to help social residents alleviate their emotional anxiety. In the research, based on rural tourism, we put forward residents' anxiety mitigation strategies to provide reference for social development.

Objective: This paper analyzes the psychological connotation of rural tourism culture, puts forward the impact of rural tourism culture on social residents' anxiety, and puts forward the communication strategies of rural tourism culture, so as to provide reference for the further alleviation of residents' anxiety.

Subjects and methods: Taking a rural scenic spot as the research environment, 100 tourists are randomly selected to understand the number of times tourists have participated in rural tourism in the past. They are divided into groups according to the number of times tourists have participated in rural tourism, which are groups a, B and C. In group A, the number of tourists participating in rural tourism is 0, group B is 1, and group C is 2 or more. Evaluate the changes and differences of tourists' anxiety before and after the current rural tourism, construct rural tourism culture communication strategies, and understand the changes of residents' anxiety under the influence of rural tourism culture communication strategies through telephone follow-up.

Results: The changes of emotional anxiety of all tourists are shown in Table 1. In the current tourism test, the anxiety scores of tourists after entering the scenic spots are significantly lower than before. Through the follow-up survey, it is found that under the influence of rural tourism culture communication strategy,