

the audience get rid of the influence of depression psychology, form a positive mentality and improve the mental health level, establish a lifestyle with more positive significance and psychological stability.

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RESEARCH ON THE PATH OF CHARACTERISTIC URBAN PLANNING THINKING INNOVATION TO RELIEVE PEOPLE'S DEPRESSION

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Background: Depressive psychology is a kind of negative emotional expression of abnormal depression when an individual is unable to cope with the psychological pressure given by the external environment. The causes of depression may be physiological or psychological. Many psychological causes of physiological depression are expressed in the form of family genetic genes, but some studies have shown that although existing genes will have a certain impact on the individual's psychological tendency to depression, individuals still need the intervention of external factors to develop severe depressive symptoms. In addition, the psychological causes of depression are more psychological. Psychological causes are mainly manifested in three main aspects: social psychological development, social support psychology and individual psychological cognition. In terms of social psychological development, social individuals' cognition of self-development is often based on external positioning. When social individuals have a large gap in the process of seeking self-positioning to the outside world, they will have a sense of pressure and anxiety. The failure of the realization of "expectation me" caused by this external environment will lead to individuals bearing excessive frustration and pressure in their daily life, and then produce depression. In terms of social support psychology, social individuals are often not independent of the external environment, but in a variety of connections with the external environment. This connection is the channel for individuals to relieve their own pressure on the outside world. Once there is a problem with individual social interpersonal and social support, it will lead to the disappearance of pressure relief channels, leading to the accumulation of pressure and the formation of depression. In terms of psychological cognition, the individual's cognitive tendency and cognitive style are likely to have an impact on the individual's psychological status, and the negative cognitive tendency is more likely to lead to the formation of depression. For the causes of depression, the intervention methods can also be divided into two parts: relief intervention and change intervention. Characteristic urban planning can dredge the people's Depression Psychology from the perspective of relief intervention, forming a possible path of group intervention.

Objective: This study explores the path of characteristic urban planning thinking innovation to dredge people's depression psychology, considers the mental health level of urban residents in the process of urban construction, and provides psychological suggestions for humanistic urban construction under the new background while helping urban residents get rid of the psychological impact of depression.

Subjects and methods: 196 citizens with depression were the main subjects of the experiment. This study combines support vector machine with correlation analysis method, forms an analysis chain between characteristic urban planning thinking innovation and people's depression psychology through correlation analysis, and carries out further classification factor analysis on the basis of successful correlation test.

Study design: Firstly, the research associates the innovative elements of characteristic urban planning thinking with people's depression psychology through correlation analysis, and then classifies the types of people's depression psychology through support vector machine to test the impact of innovative elements of characteristic urban planning thinking on different types of depressed people.

Methods: In this study, excel was used to sort out and count the data.

Results: The impact of characteristic urban innovation planning on people's depression caused by different psychological causes is shown in Figure 1.

As can be seen from Figure 1, the impact of characteristic urban innovation planning on people with depression caused by social support psychology and individual psychological cognition reaches level 4, reaching significant impact. The impact of characteristic urban innovation planning on the people with depression caused by social psychological development reached level 3, forming a significant impact. It can be seen that the people with depression caused by social support psychology and individual psychological cognition are the main groups that can be effectively intervened by characteristic urban innovation planning.

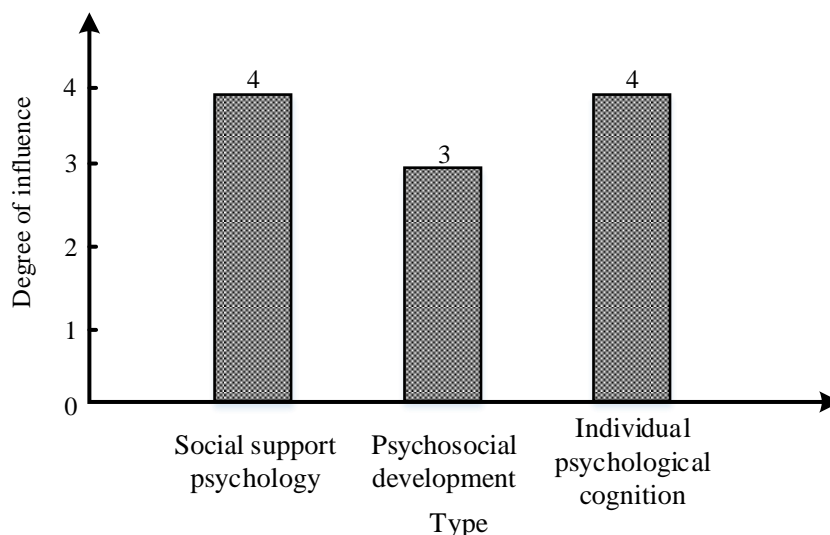


Figure 1. Analysis of psychological causes of depression

Conclusions: With the gradual and rapid pace of urban life, the mental health level of urban residents has decreased year by year. As a typical representative of sub-health psychology, depression has become one of the main psychological problems of urban residents. In order to solve this problem, this study will combine support vector machine with relevance analysis method to analyze the impact of characteristic urban planning thinking innovation on people's depression psychology in the form of correlation factor analysis, so as to form relevant suggestions on the characteristic psychological intervention path of urban planning. The results show that characteristic urban innovation planning can have a significant positive impact on the people with depression caused by social support psychology and individual psychological cognition. Mass psychological intervention through characteristic urban planning can not only improve the mental health level of urban residents, but also promote the construction of humanistic city in the new era, and form an urban planning mode with urban residents' quality of life and living experience as the main dimension.

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RESEARCH ON THE INFLUENCE OF PHYSICAL EDUCATION IN HIGHER VOCATIONAL COLLEGES ON THE CULTIVATION OF STUDENTS' PSYCHOLOGICAL QUALITY

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Background: Psychological quality was initially defined as an individual's subjective and true reflection of the social objective environment. This psychological response is based on the innate genetic psychological characteristics and developed under the influence of the acquired social environment. On the premise of the stability of the social environment, the individual's psychological quality is also relatively stable. With the development of relevant psychological theories, the concept of psychological quality has also been improved to some extent. Different from the early theories, the recent theories believe that psychological quality is a basic and stable psychological quality closely related to individual social behavior after internalizing the elements of the external environment based on physiological conditions. The improved psychological quality theory connects the individual's physiological conditions with psychological quality, that is, the individual's psychological state does not only depend on psychological factors, but also on physiological factors. Therefore, when cultivating the individual's psychological quality, it is necessary to