

tourism has promoted the overall development of urban and rural areas. China's new urbanization, especially rural urbanization, plays an important role in realizing farmers' local and nearby employment, increasing farmers' income and promoting the development of national economy. Research shows that due to the relatively backward rural economy, there are still many poor people in rural areas, and the living conditions are also relatively backward, and the number of rural anxiety patients is also increasing year by year. The physiological characteristics of anxiety disorder include insomnia, dreaminess, general weakness, dizziness, headache, dry mouth, loss of appetite, frequent urination, etc. Intellectual characteristics include inattention, dizziness, thinking disorder, etc. Emotional characteristics include irritability, tension, uneasiness, pessimism, etc. The main social characteristics are lack of self-confidence and inferiority. Anxiety is not only harmful to physical and mental health, but also accompanied by many bad emotions, such as serious sleep disorders, cognitive disorders, mental disorders and so on. The strong dynamic value of tourism economy and the coordination ability of regional comprehensive development determine that the development of rural tourism economy plays an important role in the process of new urbanization. At the same time, new urbanization also puts forward higher requirements for the sustainable development of rural tourism economy. Although there are many studies on the development of rural tourism and its impact on tourists' mental health, there are few studies on the impact of anxiety on the local rural poor.

Objective: Taking a village as an example, to explore the impact of the development of rural tourism based on the urbanization model of consumer psychology on the anxiety of rural poor people, in order to provide a non-drug treatment for anxiety patients.

Subjects and methods: This study takes the local rural poor people in a village as the research object. In order to alleviate the anxiety of the poor people, this study takes the urbanization model based on consumer psychology and the development of rural tourism model as the research method, evaluates the mental health of the local poor villagers, and selects 200 villagers with anxiety. Before and after the development of urbanization model and the application of rural tourism model, the mental health scores of subjects with anxiety were compared.

Research design: After the application of urbanization model and rural tourism model, Hamilton Anxiety Scale (HAMA) was used to evaluate the villagers' anxiety before and after the application of the model. HAMA scale has two dimensions of somatic anxiety and mental anxiety, < 6 points are no depression, 7-17 points are possible anxiety, 14-21 points are anxiety, and > 21 points are significant anxiety.

Methods: The relevant data were calculated and counted by Excel software and SPSS20.0.

Results: The total score of HAMA of villagers after application was significantly lower than that before application ($P < 0.05$), and the factors of mental anxiety and somatic anxiety were significantly lower ($P < 0.05$), as shown in Table 1.

Table 1. The influence of urbanization model on the development of rural tourism on villagers' anxiety

Score	HAMA total score	Mental anxiety	Somatic anxiety
Before application	19.17	10.98	8.28
After application	9.69*	5.15**	4.61**

Note: * $P < 0.05$, ** $P < 0.01$.

Conclusions: New urbanization puts forward higher ecological requirements for the development of rural tourism. To promote the development of rural tourism economy, we need to carry out reform and innovation according to the requirements of ecological harmony, and walk out an innovative road of parallel new urbanization and ecological development of rural tourism economy. The rural economy is relatively backward, there are still many poor people in rural areas, and the living conditions are also relatively backward. The number of rural anxiety patients is also increasing year by year. The ecological transformation of rural tourism is not only the inevitable choice of economic and social development to a certain stage, but also the only way to achieve sustainable economic and social development.

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ANALYSIS ON THE STRATEGY OF IDEOLOGICAL AND POLITICAL EDUCATION FACING THE CHARACTERISTICS OF COLLEGE STUDENTS' GROUP ANXIETY IN THE NEW ERA

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Background: College students are in a critical period of life growth, and their ideological and political understanding and development have great plasticity. Strengthening the ideological and political education of college students is conducive to the formation of college students' good ideological and political quality. However, the problem of college students' Ideological and cognitive development does not exist in isolation, but has a close relationship with college students' mental health. College students' psychological development is in a critical period of transition from immature level to mature level. When facing environmental changes or social instability factors, they are prone to anxiety, panic, tension, worry and other emotions, as well as behavioral problems caused by cognitive bias. Anxiety disorder is different from ordinary mental diseases. It not only has all negative emotions, but also may be the accumulation of all kinds of negative emotions. The physiological characteristics of anxiety disorder include insomnia, dreaminess, general weakness, dizziness, headache, dry mouth, loss of appetite, frequent urination, etc. Intellectual characteristics include inattention, dizziness, thinking disorder, etc. Emotional characteristics include irritability, tension, uneasiness, pessimism and so on. Although moderate anxiety has certain positive significance to life, anxiety is always a negative emotion. Excessive anxiety will bring a series of negative effects to life. Anxiety is not only harmful to physical and mental health, but also accompanied by many bad emotions, such as serious sleep disorders, cognitive disorders, mental disorders and so on. Mental health education is an important part of Ideological and political education in colleges and universities, but the traditional mental health education of college students generally lacks attention to anxiety. Therefore, exploring the integration of Ideological and political education and mental health education has become an important topic for college educators. In previous studies, more scholars mainly focused on analyzing the consistency between the two in terms of objectives, methods and contents, and emphasized the significance or importance of integration. On the path of integration, either mental health education is infiltrated into ideological and political education, or ideological and political education is infiltrated into mental health education, and the integration mode of ideological and political education and mental health education has not been constructed.

Objective: This study discusses the impact of Ideological and political education in colleges and universities on alleviating college students' anxiety in the new era, in order to study the characteristics and adjustment countermeasures of college students' group anxiety in the new era.

Subjects and methods: In order to alleviate the anxiety of college students, 200 college students with anxiety in a school were selected for questionnaire survey. The students were randomly divided into experimental group and control group. The experimental group was given teaching based on the integration mode of Ideological and political education and mental health education, the control group was given routine teaching, and the anxiety status of students was evaluated before and after teaching.

Study design: Self-rating Anxiety Scale (SAS) was used to evaluate before and after intervention (2 months). The score limit was 50 points. More than 50 points indicated anxiety. The lower the score, the healthier the psychology. Self-rating Depression Scale (SDS) was used to evaluate before and after the intervention (2 months). The score limit was 53 points. More than 53 points indicated depression. The lower the score, the healthier the psychology. After treatment, the clinical efficacy was evaluated according to the rehabilitation of patients with depression.

Methods: The relevant data were analyzed by Excel and SPSS20.0 for calculation and statistics.

Results: After the intervention, the scores of SAS and SDS in the experimental group were significantly lower than those in the control group ($P < 0.05$), as shown in Figure 1. The results show that the teaching mode based on the integration of Ideological and political education and mental health education can improve college students' anxiety, which is obviously better than conventional education. The teaching mode embodies the characteristics of personalization and can let patients put down their guard, so as to greatly eliminate the symptoms of anxiety and depression.

Conclusions: The results of this paper show that the scores of SAS and SDS in the experimental group are significantly lower than those in the control group ($P < 0.05$), which shows that the integration model of Ideological and political education and mental health education proposed in this study has higher effect and application value compared with routine daily education, and creates a new direction for controlling the emotion of college students' anxiety disorder in practice. This model can objectively and accurately reflect the symptoms of college students' anxiety disorder, then formulate the corresponding anxiety management plan. Different forms of Ideological and political education take ideological and political education as the core guiding ideology, but its methods have significant diversity, which can guide students to think from different angles and achieve the purpose of alleviating teenagers' anxiety.

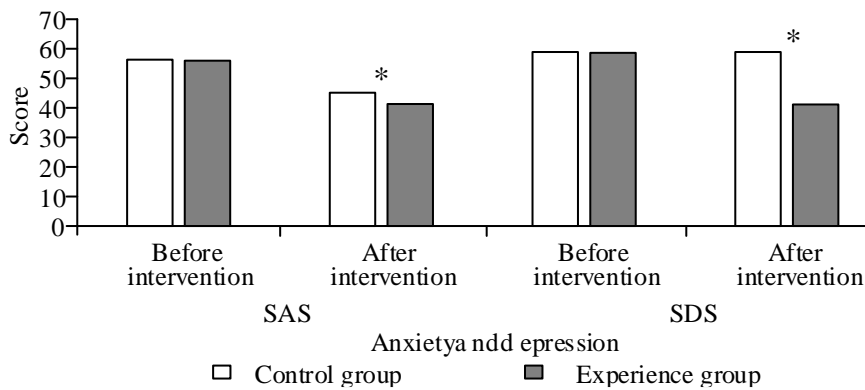


Figure 1. Comparison of anxiety and depression between the two groups

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RESEARCH ON THE CONSTRUCTION OF PRACTICAL COURSES OF LANDSCAPE ARCHITECTURE SPECIALTY GUIDED BY ECOLOGICAL CIVILIZATION EDUCATION FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Generally speaking, people believe that educational psychology applies the general principles of psychology and applies it to a science in teaching activities, which makes teaching psychology a branch of general psychology. However, educational psychology does not simply adopt the methods and principles of general psychology. It mainly studies people's psychology and psychological changes in the process of education. Human education mainly includes three aspects: school, society and family education. Among them, school education realizes the accumulation of scientific and cultural knowledge of personal system. Therefore, educational psychology mainly refers to the study of psychological phenomena and laws of teachers and students in the process of school education. The law of psychological phenomenon in school education refers to the basic psychological law of how students learn and how teachers teach. As a branch of psychology, educational psychology is also an intermediate science with the nature of natural science and social science. Educational psychology is a science that studies the psychological law of middle school students learning from teachers in school education situation. The particularity of its research object determines that educational psychology is inseparable from people's educational practice in the field of education. Educational psychology is regarded as a part of the educational science system. Educational psychology pays more attention to the nature of social science. The particularity of its research object determines its closeness with education and teaching practice. It is a highly applied science. The construction of ecological civilization is not only an important direction of global sustainable development, but also the trend. The construction of ecological civilization has been paid more and more attention by the society. The important content of China's development in the next stage is to promote the construction of ecological civilization. The major of landscape architecture mainly studies the outdoor environment where people live, so as to coordinate the relationship between man and nature. The development direction of this major is also closely related to the national macro policy. Nowadays, the requirements of ecological civilization construction also put forward higher requirements for the teaching of landscape architecture specialty. Many domestic colleges and universities began to actively explore the reform of talent training mode and curriculum system under the new situation. Promoting the reform and innovation of landscape architecture education and teaching, promoting connotative development, improving the quality of talent training, and meeting the diversified needs of social development for talents in the field of landscape architecture are the major mission entrusted to the development of landscape architecture in the new era. Therefore, in the new situation, it is of great significance to strengthen the reform of the training program of landscape architecture professionals.

Objective: Taking the students majoring in landscape architecture in a university as an example, combined with the scheme of educational psychology and ecological civilization education, this paper aims to explore the students' psychological satisfaction with the course.

Subjects and methods: 400 students majoring in landscape architecture from 10 universities were