



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

randomly selected and divided into experimental group and control group, with 200 people respectively. The experimental group was given program teaching combined with educational psychology and ecological civilization education, and the control group was given routine teaching.

Research design: The self-designed student psychological well-being evaluation scale was used to evaluate the two groups of students before and after teaching, which was mainly used to evaluate the degree of psychological well-being felt by students before and after class. The evaluation scale of students' psychological well-being mainly includes two parts: the overall emotion index scale and the life satisfaction questionnaire. Among them, the overall emotion index scale analyzes the emotional connotation from multiple angles, with a total of 8 items. The life satisfaction questionnaire has only one item, which is the score of intention satisfaction. All items in the evaluation scale of students' psychological well-being adopt the 7-level scoring method. The weight of emotion index is 1 and the score is 1-7. The higher the score, the more hopeful it is, and vice versa.

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

Results: Before teaching, there was no statistical significance in the comparison of the total score and all aspects of the scale between the two groups ($P > 0.05$), indicating that the two groups can be compared. After teaching, the total score and scores of all aspects of the scale in the experimental group were significantly higher than those in the control group ($P < 0.05$), as shown in Table 1.

Table 1. Comparison of evaluation results of psychological well-being evaluation scale between the two groups of students

	Score	Experience group	Control group
Affective index score	Before teaching	5.18	5.25
	After teaching	5.92	5.14**
Life satisfaction score	Before teaching	4.88	4.98
	After teaching	5.84	5.17**
Total score of happiness index	Before teaching	10.19	10.69
	After teaching	12.32	10.71**

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

Conclusions: The construction of ecological civilization puts forward clearer requirements for the cultivation of professional knowledge and ability of landscape architecture. Through six years of innovative practice, reform and exploration, the school running characteristics of landscape architecture specialty in our university are more distinctive, the talent training mode based on the concept of ecological civilization has made progress, the students' practical ability and innovative spirit have been significantly enhanced, and the theoretical innovation and practical development are deepening. Establish a talent training system for architectural landscape architecture majors under the guidance of ecological civilization, significantly improve students' ecological civilization thought and engineering practice ability, and meet the needs of ecological civilization construction for landscape architecture majors.

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ANALYSIS AND RESEARCH ON THE ALLEVIATING EFFECT OF LANGUAGE ART EXPRESSION ON AUDIENCE'S MENTAL ANXIETY IN NEWS COMMUNICATION

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Background: Anxiety state is a state between anxiety and anxiety disorder, which is heavier than anxiety and lighter than anxiety. Anxiety state has obvious anxiety, such as irritability, irritability, tension and restlessness, accompanied by sleep disorders and some symptoms of autonomic disorders, such as panic, palpitation, chest tightness, fatigue and cold sweat. Anxiety is the most common emotional state, such as an emergency or an important event to face. If you are not fully prepared in advance, you will be nervous and anxious. People usually actively do things that can reduce anxiety. This kind of anxiety belongs to a protective response, also known as physiological anxiety. When the severity of anxiety is obviously inconsistent with the objective event or situation, or lasts too long, it becomes pathological anxiety, which is called anxiety symptom. When it meets the diagnostic criteria, it will be diagnosed as anxiety disorder.