

alleviate the loneliness of the elderly. Therefore, based on behavioral psychology, the research analyzes the behavior and psychological laws of the elderly, and designs the aging public space environment according to the analysis results, so as to alleviate the depression of the elderly, reflect humanistic care and promote the harmonious development of society. The results showed that before the experiment, the degree of depression of the two groups was the same, and there was no significant difference ($P > 0.05$). After the experiment, the degree of depression in the study group decreased significantly ($P < 0.05$), and was significantly lower than that in the control group ($P < 0.05$).

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APPLICATION OF SOCIAL PSYCHOLOGY IN CAMPUS LANDSCAPE ARCHITECTURE DESIGN

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Background: At the same time, college students will feel the initial psychological impact of social competition, so they will also be exposed to the new stage of mental health. In addition, college students have rich emotions and strong sense of competition, but their willpower and self-control ability are relatively weak and lack the spirit of hard work. Therefore, they are often frustrated. Over time, they have anxiety. Many studies have shown that moderate anxiety can help students improve their attention and competitive awareness, and improve their learning enthusiasm and learning efficiency. However, excessive anxiety will damage students' mental and physical health, which is not conducive to students' mental health and long-term development. Garden landscape has both natural and social attributes. It is a special landscape in which human activities play a leading role. Campus landscape is the main way for college students to get close to nature, relax and alleviate anxiety. However, many campuses garden architectural landscape designs simply pursue the landscape effect, ignore the psychological needs of students, and cannot play its role in alleviating students' anxiety. Therefore, it is necessary to improve the landscape design of campus garden architecture.

Social psychology is a branch of psychology, which mainly studies the occurrence and change law of psychology and behavior of individuals and groups in social interaction, and discusses interpersonal relations at the individual level and social group level, including group communication structure, group norms and so on. In social psychology, it is generally divided into three fields: individual process, interpersonal process and group process. Among them, individual process involves individual attitude, personal perception and self-consciousness, as well as the change law of individual personality development and social development. Interpersonal process is to explore the interpersonal relationship between individuals and the impact of interpersonal relationship on individual psychology. Group process studies individual psychology and behavior law from the perspective of macro environment, including the psychological impact of group and organization on individual and the psychological impact of surrounding environment on individual. Based on social psychology, this paper discusses the impact of campus landscape on students' psychology and behavior, so as to improve and innovate campus landscape design, so as to alleviate students' anxiety.

Objective: The design of many campuses garden architectural landscape simply pursues the landscape effect, ignores the psychological needs of students, and cannot play its role in alleviating students' anxiety. Therefore, it is necessary to improve the landscape design of campus garden architecture. The research is based on social psychology to improve the campus garden architectural landscape design in order to alleviate students' anxiety.

Subjects and methods: 50 students were selected from the two universities, and a total of 100 students were selected as the research objects. Self-rating Anxiety Scale (SAS), Hospital Anxiety and Depression Scale (HADS) and Symptom Checklist 90 (SCL-90) were used to evaluate the degree of anxiety of students.

Research design: 50 students from one university as the research group and 50 students from another university as the control group. The research group adopted the campus landscape architecture design method based on social psychology for landscape design. The schools in the control group used the traditional campus landscape architecture landscape design method for landscape design. After a period of time, the anxiety levels of the two groups of students were compared.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: Before the experiment, there was no significant difference in SAS scores between the two groups ($P > 0.05$). After the experiment, the SAS score of students in the study group decreased significantly ($P < 0.05$), and was significantly lower than that of students in the control group ($P < 0.05$). The changes of SAS scores of the two groups of students are shown in Figure 1.

Conclusions: School students have rich emotions and strong sense of competition, but their willpower and self-control ability are relatively weak and lack the spirit of hard work. Therefore, they are often frustrated. Over time, they have anxiety. Many campus landscape architecture designs simply pursue the landscape effect, ignore the psychological needs of students, and cannot play its role in alleviating students' anxiety. Therefore, it is necessary to improve the landscape design of campus garden architecture. Based on social psychology, this paper discusses the impact of campus landscape on students' psychology and behavior, so as to improve and innovate campus landscape design, so as to alleviate students' anxiety. The results showed that there was no significant difference in SAS scores between the two groups before the experiment ($P > 0.05$). After the experiment, the SAS score of students in the study group decreased significantly ($P < 0.05$), and was significantly lower than that of students in the control group ($P < 0.05$).

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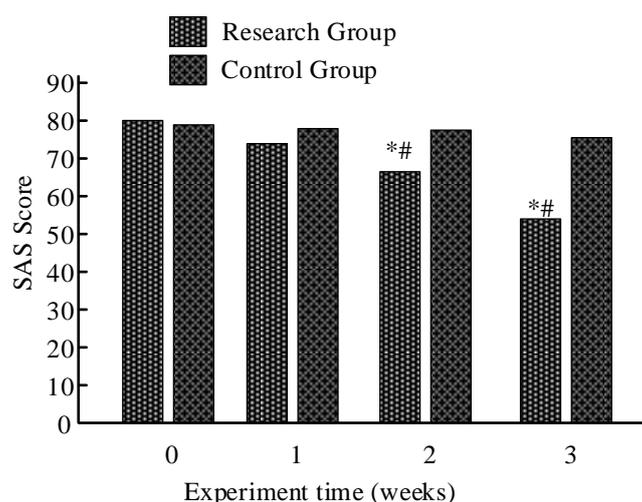


Figure 1. Changes in SAS scores of students in the two groups

Note: * $P < 0.05$ compared with that before teaching; # It means that compared with the control group at the same time, $P < 0.05$.

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RESEARCH ON THE EFFECT OF MENTAL HEALTH EDUCATION ON RELIEVING THE ANXIETY OF RETIRED ATHLETES' REEMPLOYMENT FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: The number of active athletes in China exceeds 20000, and the number of retired athletes is also extremely large. The reemployment of retired athletes has always been a problem widely concerned by all sectors of society. However, due to various reasons, such as insufficient understanding of the role of social people, reduced sense of self-control, anxiety caused by long-term injuries and depression, retired athletes often have anxiety in the process of reemployment. At the psychological level, anxiety belongs to a kind of negative emotion. It is a dangerous state in which individuals are unable to achieve their goals or overcome obstacles, which leads to the frustration of individual self-confidence and self-esteem, increases the sense of frustration and frustration, and then forms a state of tension, anxiety and fear. Usually, anxiety will lead to physiological reactions such as rapid heartbeat, elevated blood pressure, trembling, sweating, dizziness and so on. Therefore, long-term excessive Employment anxiety will not only affect the mental