

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 ($P < 0.05$).

Acknowledgement: The research is supported by: 2021, Scientific Research Program of Hunan Education Department, Youth Program, "Research on digital landscape culture construction of university campus based on SBE method" (21B0903).

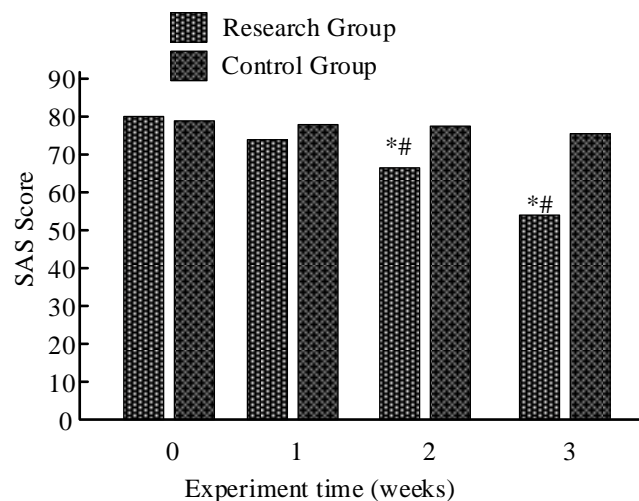


Figure 1. Changes in SAS scores of students in the two groups

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

* * * * *

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

Jiahua Dong

Tianjin University of Science & Technology, Tianjin 300222, China

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

health of retired athletes, but also damage the physical health of retired athletes, affect the daily life and work of retired athletes, and affect the harmony of retired athletes' families.

Mental health education is an important way to improve the mental health level of retired athletes and alleviate their employment anxiety. However, the traditional mental health education is not comprehensive enough to completely alleviate the anxiety of retired athletes. Educational psychology is an important part of applied psychology. It is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of education system. In addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Educational psychology contains many related theories, including psychological content, students' psychological change law in the learning process, teachers' analysis and cultivation of students' learning motivation, teachers' transfer and promotion of students' learning, teachers' analysis of students' cognitive ability development, teachers' cultivation of students' cognitive understanding, students' memory development, students' knowledge consolidation methods, students' cognitive strategy formation cultivate students' problem-solving ability and innovation ability, cultivate students' correct self-consciousness, students' group psychology and students' mental health education. Based on the theory of educational psychology, this paper improves the teaching mode of mental health education, so as to improve the teaching efficiency and better alleviate the employment anxiety of retired athletes.

Objective: The number of retired athletes in China is extremely large. For various reasons, retired athletes often have anxiety in the process of re employment. Mental health education is an important way to improve the mental health level of retired athletes and alleviate their employment anxiety. However, the traditional mental health education is not comprehensive enough. Based on the theory of educational psychology, the research improves the teaching mode of mental health education, so as to improve the teaching efficiency and better alleviate the employment anxiety of retired athletes.

Subjects and methods: 20 retired athletes with employment anxiety 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 anxiety level of retired athletes.

Study design: 20 retired athletes with employment anxiety were randomly divided into study group and control group, with 10 people in each group. The retired athletes in the research group received improved mental health education based on educational psychology. The retired athletes in the control group received traditional mental health education. After a period of education, the anxiety levels of the two groups of retired athletes were compared.

Methods: The relevant data were processed and analyzed by software SPSS23.0. 2 test was used for counting data and *t*-test was used for measurement data. When $P < 0.05$, the results were statistically significant.

Results: Before mental health education, there was no significant difference in the degree of employment anxiety between the two groups ($P > 0.05$). After receiving mental health education, the degree of employment anxiety of retired athletes in the study group decreased significantly ($P < 0.05$), and was significantly lower than that of retired athletes in the control group ($P < 0.05$). The SAS scores of the two groups of retired athletes are shown in Table 1.

Table 1. SAS scores of two groups of retired athletes

Timing	SAS score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	73.4±10.9	72.5±11.3	0.304	0.653
After Teaching	46.7±6.2	67.1±10.9	6.420	0.000
<i>t</i>	6.371	0.421	-	-
<i>P</i>	0.000	0.649	-	-

Conclusions: The number of active athletes in China is more than 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. Mental health education is an important way to improve the mental health level of retired athletes and alleviate their employment anxiety. However, the traditional mental health education is not comprehensive enough to completely alleviate the anxiety of retired athletes. Based on the theory of educational psychology, this paper improves the teaching mode of mental health education, so as to improve the teaching efficiency and better alleviate

the employment anxiety of retired athletes. The results showed that there was no significant difference in the degree of employment anxiety between the two groups before mental health education ($P > 0.05$). After receiving mental health education, the degree of employment anxiety of retired athletes in the study group decreased significantly ($P < 0.05$), and was significantly lower than that of retired athletes in the control group ($P < 0.05$).

Acknowledgement: The research is supported by: 2016 Tianjin Philosophy and Social Science Planning Project: Research on reemployment education system of retired athletes under the background of developing sports industry (No. tjty16-005).

* * * * *

ON THE TEACHING MODEL OF INTERACTIVE DEVELOPMENT OF ENGLISH LANGUAGE IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

Wei Shen

Southern University of Science and Technology, Shenzhen 518055, China

Background: In today's economic globalization, the importance of English is becoming more and more prominent, and people from all walks of life pay more and more attention to English. At present, there are many problems in college English education, which cannot adapt to the development of the times, and the teaching mode is relatively backward. For various reasons, it is difficult for contemporary college students to adapt to the teaching forms and contents of college English, resulting in a high proportion of make-up exams and refreshments, resulting in excessive psychological pressure on some students and suffering from psychological diseases such as anxiety and depression. 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. Finding a suitable way to solve the anxiety of students in the process of learning is of great significance to students' personal development.

Educational psychology is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of education system. In addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Educational psychology contains many related theories, including psychological content, students' psychological change law in the learning process, teachers' analysis and cultivation of students' learning motivation, teachers' transfer and promotion of students' learning, teachers' analysis of students' cognitive ability development, teachers' cultivation of students' cognitive understanding, students' memory development, students' knowledge consolidation methods, students' cognitive strategy formation cultivate students' problem-solving ability and innovation ability, cultivate students' correct self-consciousness, students' group psychology and students' mental health education. Based on educational psychology, this paper puts forward a teaching model of interactive development of English language in colleges and universities. In this mode, the frequency of English interaction between teachers and students, students and students increase, so as to improve students' proficiency in English skills, so as to improve students' English performance and alleviate students' learning anxiety, which is of great significance to students' future development.

Objective: For various reasons, contemporary college students are difficult to adapt to the teaching forms and contents of college English, resulting in a high proportion of make-up exams and re courses, resulting in excessive psychological pressure on some students and suffering from psychological diseases such as anxiety and depression. Based on educational psychology, this paper puts forward a teaching model of interactive development of English language in colleges and universities, which can improve students' English performance and alleviate students' learning anxiety.

Subjects and methods: Two classes were randomly selected as the research objects in a university. Self-rating Anxiety Scale (SAS), Hospital Anxiety and Depression Scale (HADS) and Symptom Checklist 90 (SCL-90) were used to evaluate students' anxiety, and the test results were used to evaluate the teaching effect. Randomly select a class as the research group (37 people), and use the interactive development teaching model of college English language based on educational psychology to teach. The other class is