

subjects were given home-based elderly care services for 2 months. After 2 months, the improvement degree of mental health problems of all subjects was compared. After the intervention, the self-designed Self-rating Anxiety Scale was used to evaluate the effect before and after the intervention. The scale includes 30 questions. Among them, the negative items were scored by 5-level scoring method, with a score of 1-5. The lower the score, the more inconsistent with their own feelings, and the higher the score, the more consistent with their own feelings. Positive items are scored in reverse, with a score of 30-150. The higher the score, the higher the degree of anxiety of the elderly. The relevant data are in Excel and SPSS20.0 software for calculation and statistics.

**Results:** As shown in Table 1, the number of high, medium and low anxiety groups before intervention was 150, 150 and 100 respectively. After learner training, the number of people with high anxiety level decreased to 74 and the number of people with low anxiety level increased to 182.

**Table 1.** The anxiety level of the elderly before and after the intervention was compared

Anxiety level	High	Secondary	Low	General situation
Score	91-150	76-90	30-75	-
Before intervention	150	150	100	400
After intervention	74	44	182	300

**Conclusions:** The home-based medical service system includes the establishment of personal health management for the elderly, family health management, health management of community medical institutions, health education and communication, chronic disease management for the elderly, third-party medical services and health intervention for the elderly. Widely popularize the knowledge of disease prevention and treatment for the elderly, actively carry out lectures on mental health for the elderly, popularize the problems of common diseases for the elderly, and promote the early detection and treatment of diseases for the elderly. Give play to the standardized management and control of chronic diseases of the elderly in community hospitals. Through the medical information platform, the elderly and large comprehensive medical institutions can cooperate in medical treatment. The elderly can realize convenient service functions such as online reservation, health consultation, emergency rescue and informing their families at the same time. Carry out health education for the elderly through the community medical and health management platform, guide the healthy and scientific living and eating habits of the elderly, and popularize some common disease prevention and first aid methods to the elderly.

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## APPLICATION OF URBAN LANDSCAPE COLOR DESIGN IN THE TREATMENT OF RESIDENTS' MOOD DISORDERS

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**Background:** Mood disorder can also be called affective mental disorder. It is a disease that leads to obvious and lasting mood and emotional changes due to a variety of reasons. Its clinical manifestations are usually continuous depression and high mood, accompanied by psychotic symptoms such as hallucinations, cognitive and behavioral changes. At present, the etiology of affective disorder has not been confirmed. The possible pathogenesis is related to social psychological factors, neural development, neuroimaging, neuroelectrophysiology, neuroendocrine, neurobiochemistry, heredity and other factors. At present, the common effective treatment methods are related to neurobiochemical abnormalities, including neurotransmitter systems such as dopamine and norepinephrine. According to different clinical forms, patients can be divided into depression, mania, manic depression, cyclic mood disorder and dysthymic disorder. Depression is usually characterized by decreased will activity, slow thinking, low mood, physical symptoms, cognitive impairment and other main characteristics. The vast majority of patients still have anxiety. Manic disorder is characterized by increased activity, runaway thinking, high mood, abnormal cognitive function and other symptoms. In severe cases, it can be manifested as disturbance of consciousness. Manic depressive disorder refers to the characteristics of both mania and depression, but this phenomenon is rare in clinic.

With the acceleration of urbanization and the rapid development of national economy, residents are prone to varying degrees of psychological problems in the increasingly competitive environment. In recent

years, as an important embodiment of the aesthetic and practical functions of urban gardens, the color design of urban gardens has attracted the attention of most scholars. The common forms of color design of garden landscape are warm color system, cold color system and coordination system. The color design strategy of urban landscape includes three aspects: reasonable configuration in landscape design, color design considering seasonal factors and color design considering regional particularity. The color design of urban landscape should pay attention to the reasonable allocation, including primary and secondary, color, form and so on. For seasonal factors, each season needs to have color subject and landscape focus, and consider the theme and landscape form conveyed by different seasons. For regional particularity, each region has its own hobbies and characteristics, and the personalized needs of residents should be considered in the design process. In the color design of urban garden landscape, we should pay attention to the key points of color, highlight the themes of different gardens, and pay attention to the effect of overall harmony and unity. Designers need to constantly improve their professional level and practical experience, so as to create more perfect works of art.

**Objective:** In order to analyze the effect of color design of urban landscape on residents' mood disorders, it aims to contribute to the improvement of residents' physical and mental health.

**Subjects and methods:** 100 residents with different degrees of mood disorders were selected as the research object to analyze the effect of color design of urban landscape on residents' mood disorders. The object sorting is used to identify the clustering structure (or) classify the improvement effect of patients with mood disorders. The study sets the color design of urban landscape as three division strategies, which are represented by strategy 1-3 respectively. In order to avoid the influence of subjective factors on the research results, the study takes the data of all objects for analysis. The correlation between the color design of urban landscape and residents' mood disorders is analyzed by Pearson product moment correlation coefficient. When  $P < 0.05$ , the gap has significant statistics  $P < 0.01$  indicates that there is a very significant statistical difference. The value range of correlation coefficient is set as follows, 0.8-1.0 refers to very strong correlation. 0.6-0.8 refers to strong correlation. 0.4-0.6 indicates medium intensity correlation. 0.2-0.4 indicates weak correlation. 0.0-0.2 indicates very weak correlation and uncorrelation.

**Results:** Table 1 refers to the correlation between the color design of urban landscape and residents' mood disorders. It can be seen from Table 1 that the correlation between the color design strategies of the three urban landscape and residents' mood disorders is 0.586, 0.621, 0.521 and 0.532 respectively. This shows that there is a positive correlation between residents' mood disorder and the color design strategies of the three urban landscape.

**Table 1.** Correlation between color design of urban landscape and residents' mood disorder

Strategy	Relevance	Significance
Strategy 1	0.621	<0.05
Strategy 2	0.521	<0.01
Strategy 3	0.532	<0.05

**Conclusions:** The correlation between the color design strategies of the three kinds of urban landscape and residents' mood disorders shows a positive correlation. The follow-up research can improve the mood disorder of residents through three color design strategies of urban landscape, so as to improve the level of mental health. The principles of urban landscape color design are integrity principle, harmony principle, rhythm principle and color matching coordination principle. Color design should pay attention to the beauty and integrity of the garden landscape, and the constituent elements should consider vegetation, sculpture, other elements, as well as the harmony of color and form.

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## RESEARCH ON THE INFLUENCE OF TABLE TENNIS TEACHING AND TRAINING ON COLLEGE STUDENTS' PERSONALITY CONSTRUCTION UNDER SPORTS PSYCHOLOGY

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**Background:** Sports psychology includes three research fields: competitive sports psychology, mass exercise psychology and physical education psychology. In the field of competitive sports, sports psychology