

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

focuses on athletes' psychological cognition and personality characteristics, and improves athletes' sports ability by improving their cognitive ability and adjusting their personality. In the field of mass exercise, sports psychology takes the social masses as the object, plans sports events and exercise intensity by analyzing the psychological changes of the masses in sports exercise, so as to improve the physical quality of the social masses in our country. In the field of physical education, sports psychology acts on the contemporary student group, analyzes the psychological changes of students in physical education teaching, and puts forward a physical education teaching model based on students' psychology, so as to cultivate the comprehensive quality of contemporary college students. With the proposal of sports psychology, a large number of psychologists apply it to the improvement of individual physical and mental quality in the three fields of competitive sports, mass exercise and physical education. Some studies have pointed out that for the psychological training of athletes, we can carry out self-image training through positive thinking control training, and on this basis, we can build an individualized training mode with the coordination and unity of mind, skill, war and body. In addition, some studies believe that with the support of sports psychology, according to reasonable emotional therapy, psychological intervention and cognitive adjustment can effectively improve the self-confidence and sense of achievement of athletes and students.

In college education, the construction of students' personality is the key training object of college education, and the role of sports psychology in the field of education is increasing. How to use sports psychology to build the education system of students' personality training is the key content of college physical education at present. As a sports item with core competitiveness in China, table tennis has always been attached great importance to its education and teaching in colleges and universities. However, the personality differences of students have hindered table tennis teaching to a certain extent. In table tennis teaching, due to the strong overall strength of Chinese table tennis players, most students will encounter frustration in learning and training, which also leads to some students' personality disorders in education and teaching. Students' personality disorder is the manifestation of students' psychological disorder. Therefore, in order to solve the personality disorder of college students in table tennis learning, it is very important to analyze the changes of students' psychological quality in table tennis learning and training. In the research, in order to cultivate students' complete personality, table tennis teaching and training measures based on sports psychology are put forward in order to achieve the purpose of students' personality construction.

Objective: The improvement of college students' personality in physical education teaching is the key to the improvement of students' comprehensive quality. Understand the current situation of students' personality in table tennis teaching, analyze the psychological status of students in table tennis teaching, put forward students' personality construction plan, and construct table tennis learning and training mode.

Subjects and methods: Taking the table tennis teaching students of a school as the research object, 120 students with personality disorders were selected to analyze the personality performance of 120 students with the nine-type personality test scale. Based on the theory of sports psychology, this paper constructs a table tennis learning and training program aimed at alleviating students' personality disorder, and evaluates the correlation between sports psychology and students' personality through the correlation coefficient. The students were randomly divided into the experimental group and the control group. The students in the experimental group adopted the sports psychology teaching scheme, and the students in the control group adopted the conventional teaching scheme. The differences of personality construction between the two groups before and after teaching were evaluated.

Results: Students' sports psychology in teaching is expressed by students' self-efficacy, self-concept and self-regulation, and students' personality is reflected by sensibility, rationality and instinct. The correlation between students' personality and sports psychology is evaluated as shown in Table 1. Table 1 shows that the correlation coefficients between sports psychology indicators and personality indicators are positive and above 0.4, indicating that sports psychology can positively affect students' personality construction, and the impact is significant.

Table 1. Correlation analysis between sports psychology and students' personality

Factor	Perceptual	Reason	Instinct
Self-efficacy	0.542	0.479	0.503
Self-concept	0.469	0.401	0.520
Self-regulation	0.501	0.405	0.449

Conclusions: College physical exercise is an indispensable teaching content in the process of students' growth. The existence of physical exercise in college physical education is not only to improve students' physical quality, but also to help students establish good psychological values. In college teaching, students' personality defects will reduce their enthusiasm to participate in physical education learning and training.

Therefore, helping students build a complete personality is a key step to promote students' growth. Based on the study of sports psychology, this paper puts forward the table tennis learning and training program under sports psychology, and applies it to the construction of students' personality. The results show that there is a significant positive correlation between sports psychology and students' personality, and under the training mode of sports psychology, students' personality construction is more rapid and perfect.

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STUDY ON THE EFFECT OF IMPROVING THE COMFORT OF URBAN ROAD SPACE ON THE SYMPTOMS OF ANXIETY PATIENTS

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Background: Anxiety is a kind of negative characteristic emotion, which is usually triggered by potential and speculative threats. It has a certain stimulating effect on individuals, and guides individuals to take corresponding measures against the current frustration problems, in order to effectively prevent the further deterioration of threat events. Anxiety within a certain level can be regarded as a normal emotional reflection. However, excessive anxiety will lead to emotional diseases or physiological diseases, which correspond to the two types of anxiety, namely, realistic anxiety and pathological anxiety. Realistic anxiety is consistent with the threat events in the real environment, and its anxiety intensity level is positively correlated with the severity of realistic threat events, and will be eliminated with the resolution of realistic threat events. Different from the realistic anxiety with significant adaptive significance, pathological anxiety mainly refers to the phenomenon that an individual feels threat, tension, anxiety, panic and other emotions inexplicably in the normal environment, usually accompanied by subjective pain and impaired social function. Anxiety patients will feel intense mental pain, and their self-efficacy will be significantly reduced, and even show symptoms such as chest discomfort, palpitation and shortness of breath, which will greatly hinder the development of their normal life activities. For patients with anxiety disorder, their natural and social environment is very important. Various environmental factors will affect their anxiety and mental health, of which the comfort of urban road space accounts for an important share. As one of the quantitative indicators to comprehensively describe and evaluate the urban road environment, urban road space comfort has significant application value and reference significance in urban environment assessment, urban traffic optimization, urban road planning and construction, etc. The comfort degree of urban road space mainly includes the degree of road greening, extraction of urban roads, sky visibility, noise reduction and cooling effect, surrounding building identification and other constituent elements, all of which will have a certain impact on the deterioration or improvement of symptoms of anxiety patients.

Objective: The level of anxiety of anxiety patients determines their own quality of life and mental health. Based on this, the study will explore the impact of urban road space comfort on the symptoms of patients with anxiety disorder, aiming to achieve effective psychological intervention for patients with anxiety disorder through planning and designing urban roads and improving urban road space comfort, so as to maximize the relief of their anxiety symptoms and improve their mental health level.

Subjects and methods: In order to ensure the objectivity and accuracy of the research results, the study recruited 75 patients with anxiety disorder of different gender, age and professional identity in urban communities. Hamilton Anxiety Scale (HAMA) was used as the main rating scale to evaluate the symptoms of anxiety patients. If the HAMA score of the research object is less than 7, it means that it is not accompanied by anxiety symptoms. The higher the score, the more serious the anxiety symptoms of the research object. In the intervention treatment, four measures are mainly set up to effectively improve the comfort of urban road space: road greening expansion, road patency improvement, sky presentation expansion and surrounding building coverage reduction. HAMA was used to evaluate anxiety patients before and after the intervention, and SMARTBI software and Excel software were used to statistically analyze the evaluation data.

Results: Before the intervention, the average HAMA score of 75 patients with anxiety disorder was about 26.57, which was at a high level, indicating that they were accompanied by serious anxiety symptoms and their mental health status was not optimistic. After the implementation of the four intervention measures, the HAMA score of anxiety patients decreased significantly to less than 7, indicating that their anxiety symptoms were effectively alleviated and eliminated. The comparison results of HAMA scores of anxiety patients before and after intervention showed that the difference was statistically significant ($P < 0.05$). See Figure 1 for details.