

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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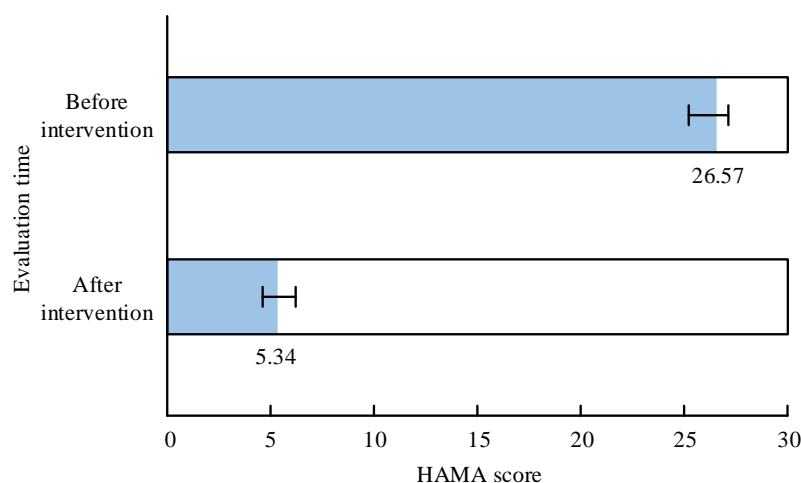
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**Background:** Anxiety is a kind of negative characteristic emotion, which is usually triggered by potential and speculative threats. It has a certain stimulating effect on individuals, and guides individuals to take corresponding measures against 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.



**Figure 1.** HAMA score of anxiety patients before and after intervention

**Conclusions:** For patients with anxiety disorder, the quality of the surrounding environment and the level of comfort will affect their mental health and anxiety level to a certain extent. One of the main causes of anxiety is the poor adaptability of patients, so the environment of patients plays a decisive role in improving their anxiety symptoms. By improving the greening degree, building coverage, road smoothness and sky presentation of urban roads, the study realized the improvement of urban road space comfort, and then explored the changes of HAMA scores of anxiety patients before and after the improvement of urban road space comfort. After the intervention, the HAMA score of anxiety patients decreased significantly, which verified that the improvement of urban road space comfort had a positive effect on the improvement of anxiety patients' symptoms.

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## AN ANALYSIS OF THE INFLUENCE OF THE TRAINING OBJECTIVES OF MUSIC EDUCATION MAJOR IN NORMAL UNIVERSITIES ON THE MENTAL HEALTH OF COLLEGE STUDENTS

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**Background:** Mental health is a kind of good and continuous psychological state and process, which is manifested in the individual's vitality in life, positive internal experience and good social adaptation. It can effectively give play to the individual's physical and mental potential and the positive social function as a member of the society. Paying attention to mental health education can help to prevent mental diseases, improve psychological quality and promote the needs of the sound development of their personality. For psychological assessment, we should make a diagnosis of psychological symptoms or psychopathological taxonomy, and also make a positive assessment of individual development potential and self-realization. The mental health status of different individuals will be affected by cognitive structure differences, social experience, age structure and other factors, showing individual differences and social diversity. To some extent, mental health is the reflection of individual psychological anti strike ability and adjustment ability. However, due to the limitations of physical and mental development and the lack of cognitive ability, college students are more likely to have negative emotions when they are disturbed and stimulated by external things, which will lead to psychological problems and psychological obstacles in the long run. Nowadays, our country pays more attention to quality education and puts forward more comprehensive and higher requirements for students' ability and quality. However, the lack of understanding, narrow scope, weak team and single way of mental health education in colleges and universities make the mental health education in colleges and universities "exist in name only", especially in normal colleges. The essence and value of modern music education are dual, including individual value and social value, external learning value and inner spiritual value. It aims to cultivate all-round development and is committed to the cultivation of learners' creative thinking and group consciousness. At present, it is difficult for the music