

laboratory management system and mechanism in undergraduate colleges and universities is counted, and the impact of laboratory management system on the psychology of teachers and students in undergraduate colleges and universities is analyzed.

Subjects and methods: Taking 10 teachers and 80 students in the laboratory teaching of a university as the research object, this paper analyzes the current situation of the laboratory management system of undergraduate colleges, understands the psychological emotions of teachers and students under the laboratory management environment, analyzes the influencing factors of teachers and students in teaching, and analyzes the influence degree of the laboratory management system of undergraduate colleges on the psychological emotions of teachers and students. Using educational psychology to understand the psychological needs of teachers and students in the laboratory, so as to formulate the reform strategy of undergraduate laboratory management system and mechanism. Compare the psychological changes of teachers and students after the implementation of different emotional strategies.

Results: The comparison of anxiety, depression and learning enthusiasm between teachers and students in laboratory teaching is shown in Table 1. Table 1 shows that both teachers and students can be influenced by the reform strategy of laboratory management system in Undergraduate colleges under educational psychology.

Table 1. Psychological changes of teachers and students

	Index	Teacher	Student
Anxiety and depression	Before intervention	67.82±5.76	71.36±5.26
	After intervention	42.36±4.33	44.76±4.19
Learning enthusiasm	Before intervention	4	4
	After intervention	7	8

Conclusions: The mental health of college teachers and students is the key factor to improve the teaching quality. The psychology of teachers and students in laboratory teaching management is vulnerable to the influence of the management system. Therefore, how to formulate a reasonable reform strategy of laboratory management system for the purpose of alleviating the negative emotions of teachers and students is an important task for the development of colleges and universities. Based on educational psychology, this paper puts forward the reform strategy of laboratory management system to alleviate the negative psychological emotions of teachers and students. The results show that under the influence of the reform strategy of laboratory management system in undergraduate colleges, the negative psychological emotions of students and teachers have been alleviated. Therefore, in the development of colleges and universities, it is necessary to analyze the psychological needs of teachers and students and formulate reasonable management strategies.

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THE INFLUENCE OF THE CULTURAL CHARM OF TOMB MURALS ON THE ARTISTIC PSYCHOLOGY OF CONNOISSEURS IN THE HAN AND TANG DYNASTIES

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Background: In the process of social and economic development, the process of urbanization is accelerating, and people's pace of life is faster and faster. In addition, with the rise of house prices and prices, people's living pressure and economic pressure are also increasing. All of the above have led to the widespread anxiety of modern urban people, which has led to a significant increase in the incidence of anxiety disorders. It can be seen from the above that in the fast-paced today, anxiety has become a more common emotional stress response. 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. Many studies have shown that moderate anxiety can help individuals establish direction and goals, so as to improve their work and learning efficiency; However, excessive anxiety will lead to the abnormal secretion of individual hormones, which will affect the individual's physiological function, make the individual feel pain, and affect the individual's daily life, study and work. When long-term excessive anxiety, it will even lead to individual self

mutilation, suicide and other behaviors, which seriously affects the construction and development of a harmonious society. Therefore, we need to find an appropriate way to alleviate individual anxiety.

Visual psychology is a branch of psychology, which mainly studies the relationship between external images and human psychological mechanism. Visual psychology involves a wide range of disciplines, including psychology, physical optics, anatomy, visual physiology, visual art, visual learning and so on. Therefore, visual psychology has important applications in cognitive science, architectural design, ophthalmology and art design. In the theory of visual psychology, visual stimulation can vent individual emotions and alleviate individual psychological diseases. Visual art therapy is a common treatment. Visual art therapy is to stimulate patients' aesthetic experience and interactive art practice through art design works, so as to vent patients' emotions, provide cognitive stimulation for patients, so as to meet patients' emotional and social needs, alleviate patients' anxiety, depression and other negative emotions, and finally treat patients' psychological diseases. Based on visual psychology, this study uses visual art therapy to treat anxiety patients, and puts forward an intervention method: let anxiety patients appreciate the cultural charm of tomb murals in the Han and Tang Dynasties, so as to relieve patients' emotions and alleviate patients' anxiety.

Objective: With the rise of house prices and prices, people's living pressure and economic pressure are also increasing. All of the above have led to the widespread anxiety of modern urban people, which has led to a significant increase in the incidence of anxiety disorders. Visual psychology is a branch of psychology, which mainly studies the relationship between external images and human psychological mechanism. Based on visual psychology, the study uses the intervention method of letting anxious patients appreciate the cultural charm of tomb murals in the Han and Tang Dynasties to treat anxious patients, so as to relieve their emotions and alleviate their anxiety.

Subjects and methods: 100 patients with anxiety were randomly selected from a hospital. Using random number table method, 100 patients with anxiety disorder were randomly divided into study group and control group, with 50 people in each group. Among them, the patients in the study group used the intervention method of letting anxious patients appreciate the cultural charm of tomb murals in the Han and Tang Dynasties, combined with routine treatment to treat anxious patients, while the patients in the control group only used routine treatment. After a period of time, the mental health status of the two groups was compared. The mental health status of patients was assessed by Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and stress perception scale (Chinese version) (CPSS).

Results: The results show that based on visual psychology, the intervention method of letting anxious patients appreciate the cultural charm of tomb murals in the Han and Tang dynasties can effectively alleviate the anxiety of patients. Before the intervention, there was no significant difference in SAS score between the two groups ($P > 0.05$). After the intervention, the SAS score of the study group decreased significantly ($P < 0.05$) and was significantly lower than that of the control group ($P < 0.05$). The SAS scores of the two groups are shown in Table 1.

Table 1. SAS scores of two groups of students

Timing	SAS score		<i>t</i>	<i>P</i>
	Research Group	Control group		
Number of patients	50	50	-	-
Before intervention	71.15±6.42	70.83±5.86	0.135	0.732
After Intervention	41.04±1.78	58.42±4.67	5.304	0.000
<i>t</i>	8.019	6.462	-	-
<i>P</i>	0.000	0.000	-	-

Conclusions: In the process of social and economic development, the process of urbanization is accelerating, and people's pace of life is also faster and faster. In addition, with the rise of house prices and prices, people's living pressure and economic pressure are also increasing. All of the above have led to the widespread anxiety of modern urban people, which has led to a significant increase in the incidence of anxiety disorders. When long-term excessive anxiety, it will even lead to individual self mutilation, suicide and other behaviors, which seriously affects the construction and development of a harmonious society. Based on visual psychology, the study used the intervention method of letting anxious patients appreciate the cultural charm of tomb murals in the Han and Tang Dynasties to treat anxious patients. The results showed that there was no significant difference in SAS score between the two groups before the intervention ($P > 0.05$). After the intervention, the SAS score of the study group decreased significantly ($P < 0.05$) and was significantly lower than that of the control group ($P < 0.05$). The above shows that, based on visual psychology, the intervention method of letting anxious patients appreciate the cultural charm of

tomb murals in the Han and Tang dynasties can effectively alleviate the anxiety of patients.

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ANALYSIS ON THE INFLUENCE OF LOW-CARBON ENVIRONMENTAL ART DESIGN ON AUDIENCE'S MENTAL ANXIETY UNDER THE BACKGROUND OF ARTIFICIAL INTELLIGENCE

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Background: In the process of social and economic development, people's pace of life is faster and faster, and their psychological pressure is greater and greater. Many people have serious psychological problems, such as anxiety, depression and so on. At the psychological level, anxiety refers to a negative emotion that includes irritability, anxiety, sadness, worry, tension, panic and uneasiness due to excessive worry about the life, safety and future of themselves or the people they care about. At the same time, anxiety is also an emotional symptom syndrome. According to the performance of patients, anxiety is divided into three types: mental anxiety, exercise anxiety and somatic anxiety. When anxiety has not been solved for a long time, it will lead to psychological diseases, damage the patient's body function, and even damage the patient's cerebral cortex, which will lead to the damage of cerebral cortex, the decline of cognitive function, and finally suffer from mental disorders such as communication adaptability disorder, cognitive disorder and affective disorder. Anxiety patients' learning, memory and life will be affected, which reduces the quality of life of patients, increases the family economic burden of patients, and is not conducive to the harmonious development of society. Therefore, finding appropriate methods to alleviate individual anxiety is of great significance to the patients themselves, their families and the harmonious development of society.

Urban environmental art design can provide urban residents with space for leisure, communication, entertainment, sports and other activities. At the same time, it is also a place for residents to rest and watch the scenery. It can make residents feel relaxed, physically and mentally happy, and then alleviate the negative emotions of residents. The traditional environmental art design, taking into account low-carbon and environmental protection, has caused great waste of resources and environmental damage. Design psychology can analyze people's psychological state and psychological needs, and apply the analysis results to art design. In addition, design psychology also studies the psychological changes of designers in the design process and the psychological impact of design works on social groups and social individuals, and applies these to art design, so that art design can more intuitively and appropriately reflect the psychology and emotion of the audience, so as to meet the psychological and aesthetic needs of the audience. Design psychology contains many contents, including visual design, color psychology, consumer psychology, product design, environmental design, personality tendency, hierarchical demand, etc. it also involves perceptual texture and psychological effect. Therefore, based on design psychology, the research integrates artificial intelligence technology into environmental art design to realize low-carbon design and environmental protection design. At the same time, it strengthens the effect of alleviating the mental anxiety of the audience, which is of positive significance to urban development.

Objective: In the process of social and economic development, people's pace of life is faster and faster, and their psychological pressure is greater and greater. Many people have serious psychological problems, such as anxiety, depression and so on. At present, the environmental anxiety of the audience is not enough, and the effect of environmental protection design is not ideal enough. Therefore, based on design psychology, the research integrates artificial intelligence technology into environmental art design to improve environmental art design, strengthen the effect of alleviating the mental anxiety of the audience, and have positive significance for urban development.

Subjects and methods: 120 anxiety patients were selected as the research objects. The patients were randomly divided into study group and control group with 60 patients in each group. Both groups of anxiety patients received routine treatment. In addition to routine treatment, both groups of patients visited the art design environment for half an hour every day. The patients in the study group received the intervention of improved environmental art design based on design psychology. The patients in the control group received traditional environmental art design intervention. After a period of intervention, the anxiety levels of the two groups were compared. Patients' anxiety was assessed by Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Symptom Checklist 90 (SCL-90).

Results: Before the intervention, the anxiety degree of the two groups was the same, and there was no