

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

significant difference in SAS score ( $P > 0.05$ ). After a period of intervention, the anxiety degree of the two groups was significantly relieved, the SAS score decreased significantly ( $P < 0.05$ ), and the SAS score of the study group was significantly lower than that of the control group ( $P < 0.05$ ). The above results show that the improved environmental art design based on design psychology can effectively alleviate the anxiety of patients and improve their personal psychological quality. The SAS scores of the two groups are shown in Table 1.

**Table 1.** SAS scores of two groups

Timing	SAS score		<i>t</i>	<i>P</i>
	Research group	Control group		
Number of patients	60	60	-	-
Before teaching	70.8±10.2	69.6±9.7	0.254	0.873
After teaching	36.4±5.3	55.4±4.2	6.454	0.000
<i>t</i>	9.426	5.329	-	-
<i>P</i>	0.000	0.000	-	-

**Conclusions:** 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 in order to improve environmental art design. The results showed that before the intervention, the anxiety degree of the two groups was the same, and there was no significant difference in SAS score ( $P > 0.05$ ). After a period of intervention, the anxiety degree of the two groups was significantly relieved, the SAS score decreased significantly ( $P < 0.05$ ), and the SAS score of the study group was significantly lower than that of the control group ( $P < 0.05$ ). The above results show that the improved environmental art design based on design psychology can effectively alleviate the anxiety of patients and improve their personal psychological quality.

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## ANALYSIS OF PSYCHOLOGICAL CHARACTERISTICS OF SPECIAL STUDENTS IN HIGHER EDUCATION MANAGEMENT AND MANAGEMENT COUNTERMEASURES

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**Background:** There are some special students in colleges and universities. Special students refer to students with physical and mental defects, such as abnormal vision, hearing impairment, intellectual impairment or physical impairment. Special student groups are not functional enough to study, live and socialize normally, so they are very prone to negative emotions, such as low self-esteem, irritability, self-confidence and so on. When negative emotions are overstocked for a long time and cannot be alleviated, it is easy to cause special students to have anxiety. 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. Excessive anxiety will damage students' physical and mental health. When students' physical and mental health is at a low level for a long time, it will lead to a significant impact on students' normal life and learning, and make students lose confidence in life, resulting in negative psychology such as self mutilation and suicide, which seriously affects the stability and harmonious development of society.

Positive psychology is a new psychological discipline called psychological revolution. Positive psychology advocates the positive orientation of psychology, which mainly studies the positive psychological quality of individuals, human health and happiness and the harmonious development of society. Positive psychology theory advocates an open and encouraging attitude towards individual potential, motivation and emotion, so as to realize the transformation of individuals from negative psychological mode to positive psychological