

Conclusions: Mental health education in colleges and universities is an important way to guide students' psychology, release their psychological pressure and improve their mental health level. However, at present, the major universities in China do not pay enough attention to mental health education, and the psychological counseling education is relatively backward, which leads to the lack of psychological counseling for students. Under the guidance of the theory of social psychology, the research analyzes the problems existing in the mental health education in colleges and universities, and puts forward the educational model of scientific selection of books and materials and collaborative mental health education, so as to improve the effect of mental health education in colleges and universities and cultivate students to shape good character and mentality. The questionnaire collected showed that before the experiment, there was no significant difference in the scores of each dimension between the two classes. After the experiment, the scores of the experimental class were significantly higher than those of the control class. It proves the effectiveness of the educational model proposed in the study.

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AN ANALYSIS OF THE INFLUENCE OF AESTHETIC EXPRESSION IN ENVIRONMENTAL DESIGN ON THE AESTHETIC PSYCHOLOGY OF THE AUDIENCE FROM THE PERSPECTIVE OF ARTISTIC PSYCHOLOGY

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Background: Today, with the high development of science, technology and economy, people's psychological pressure is increasing, and the number of people suffering from psychological diseases is also increasing, which has greatly affected the development and progress of society. Environmental design is a new subject. Its main content is the design of human living space. With the development of social economy and the improvement of people's living standards, people have higher and higher requirements for the quality of life and their own living environment. Therefore, environmental design has been greatly developed. In the process of environmental design, it is necessary to carefully analyze the psychological needs and aesthetic psychology of the audience in order to achieve people-oriented and humanized design. Good environmental design can satisfy the aesthetic psychology of the audience through aesthetic expression, so as to stimulate the aesthetic experience and emotion of the audience, so as to relax the mind of the audience and relieve the psychological pressure. The aesthetic psychology of the audience includes the aesthetic psychology at the sensory level and the aesthetic psychology at the advanced emotional level. Among them, the sensory level refers to the feelings and emotions generated by the audience in the interaction with environmental design, including visual, auditory, tactile and other senses. Advanced emotion refers to the emotion obtained by the audience through understanding and experience, which has a strong symbolic significance. For example, the freedom represented by birds, the enthusiasm and boldness represented by flames, and so on. Through the interactive understanding with environmental design, the aesthetic psychology of the audience is satisfied and the emotion is released, so as to reduce the psychological pressure of the audience.

In order to realize the above content, we must analyze the aesthetic psychology of the audience based on psychological theory. In environmental psychology, there is an interactive relationship between individual and environment. In the process of interaction, environment and personal experience affect each other. The environment may be changed by individuals, and individual behavior patterns and thinking logic may also be affected by the environment. Art psychology is a subject that analyzes the aesthetic psychology of the audience and helps the creators improve their works of art. Environmental design is a kind of artistic design. Therefore, artistic psychology is used to analyze the aesthetic psychology of the audience, so as to better carry out environmental design and aesthetic expression, meet the aesthetic psychology of the audience, and relieve the psychological pressure of the audience. In order to achieve the above content, we need to do two things, that is, the combination of artistic psychology and environmental design, and accurately grasp the psychological aesthetic needs of the audience. The combination of humanized psychology and environmental design embodies the core concept of people-oriented everywhere.

Objective: Today, with the high development of science and technology and economy, people's psychological pressure is increasing, and the number of people suffering from psychological diseases is also

increasing. Therefore, the study uses art psychology to analyze the aesthetic psychology of the audience, so as to better carry out environmental design and aesthetic expression, meet the aesthetic psychology of the audience, and alleviate the psychological pressure of the audience.

Subjects and methods: Experiment in a city. In the form of voluntary enrollment, 72 urban residents with greater psychological pressure were selected to complete the experiment. The 72 urban residents were divided into two groups with the same age, psychological pressure and occupation, which were recorded as the study group and the control group respectively. For the urban residents in the research group, the environmental design based on art psychology was used to conduct psychological counseling. For the urban residents in the control group, the general environmental design was used to conduct psychological counseling. Before and after the experiment, the self-made psychological stress scale was used to evaluate the psychological stress of urban residents.

Results: Before and after the experiment, the self-made psychological stress scale was used to evaluate the psychological stress of urban residents. The psychological stress measurement scale contains multiple dimensions, and the scores of each dimension are 1-10. The higher the score, the greater the psychological stress of urban residents. It was found that before the experiment, the scores of the two groups of urban residents in all dimensions of the psychological stress scale were the same, and there was no significant difference. After the experiment, the scores of all dimensions of the psychological stress scale of the urban residents in the study group decreased significantly, while the scores of all dimensions of the psychological stress scale of the urban residents in the control group did not change significantly. After the experiment, the scores of the study group in all dimensions of the psychological stress scale were significantly lower than those of the control group. The scores of psychological stress measurement scale of the two groups are shown in Table 1.

Table 1. Psychological stress scale scores of the two groups

Time	Dimension name	Score	
		Research group	Control group
Before experiment	Anxiety	8.7	8.5
	Depression	7.4	7.6
	Restlessness	7.8	7.7
	Flustered	8.5	8.3
	Unexplained fear	7.8	8.0
After experiment	Anxiety	2.3	8.1
	Depression	1.9	6.5
	Restlessness	2.4	7.0
	Flustered	3.1	6.4
	Unexplained fear	2.8	7.5

Conclusions: Today, with the high development of science, technology and economy, people's psychological pressure is increasing, and the number of people suffering from psychological diseases is also increasing, which has greatly affected the development and progress of society. With the development of social economy and the improvement of people's living standards, people have higher and higher requirements for the quality of life and their own living environment. Therefore, environmental design has been greatly developed. The study uses artistic psychology to analyze the aesthetic psychology of the audience, so as to better carry out environmental design and aesthetic expression, meet the aesthetic psychology of the audience, and alleviate the psychological pressure of the audience. The results showed that before the experiment, the scores of the two groups of urban residents in all dimensions of the psychological stress scale were the same, and there was no significant difference. After the experiment, the scores of all dimensions of the psychological stress scale of the urban residents in the study group decreased significantly, while the scores of all dimensions of the psychological stress scale of the urban residents in the control group did not change significantly. After the experiment, the scores of the study group in all dimensions of the psychological stress scale were significantly lower than those of the control group.

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RESEARCH ON THE CURRENT SITUATION OF THE CONSTRUCTION OF COLLEGE TEACHERS AND THE INFLUENCE OF ANXIETY PSYCHOLOGY UNDER THE BACKGROUND OF “DOUBLE HIGH SCHOOL PLAN”

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Background: The construction of teaching staff relates to the teaching quality of higher vocational colleges, and then affects the process of talent training in China, so it is very important. At present, there are many problems in the construction of teachers' team in some higher vocational colleges, such as the single structure of teachers' team and the small number of double qualified teachers. Teachers' traditional educational ideas are deeply rooted. These problems lead to unsatisfactory results in the construction of teaching staff in higher vocational colleges, low teaching quality, and great fluctuations in students' performance, which leads to many students' anxiety psychology, such as learning anxiety, examination anxiety and employment anxiety. Students' anxiety will further affect students' performance, and the decline of students' performance will further aggravate students' anxiety, thus forming a vicious circle. In addition to having a great impact on students' studies, long-term anxiety will lead to students' self-isolation, inferiority complex and fear of social intercourse, which will form social phobia and exclude collective activities, which is not conducive to class unity and students' personal development. Therefore, it is of great significance to improve the current situation of the construction of teaching staff in higher vocational colleges.

The “double high” plan refers to the construction plan of high-level higher vocational colleges and specialties with Chinese characteristics. Its central purpose is to build a training base for technical talents and a technical skills innovation service platform, serve the national strategy, integrate into regional development and promote industrial upgrading. In the context of the “double high school” plan, strengthening the construction of teaching staff in higher vocational colleges can effectively improve the teaching level and alleviate students' anxiety. Therefore, the research puts forward strategies to strengthen the construction of teachers in higher vocational colleges and alleviate students' anxiety. Pay more attention to the training of “double qualified” teachers. Improve the structure of teachers and adhere to the integration of production and education. Formulate corresponding assessment system and incentive measures. Through the above strategies, we can improve the enthusiasm of teachers and students, improve teaching quality, and alleviate students' anxiety.

Objective: There are many problems in the construction of teaching staff in some higher vocational colleges, which lead to great fluctuations in students' scores, and then lead to many students' anxiety psychology, such as learning anxiety, examination anxiety and employment anxiety. Under the background of the “double high school” plan, the research puts forward strategies to strengthen the construction of teachers in higher vocational colleges and alleviate students' anxiety.

Subjects and methods: In a higher vocational college, two classes were randomly selected as the research objects for the experiment. Record one class (52 people) as class A and the other class (49 people) as class B. For the students in class A, the strategies proposed in the study are used to build the teaching staff. For the students in class B, traditional methods are used to build the teaching staff. After teaching for the same time, the Self-assessment Anxiety Scale (SAS) and students' academic achievements were used to evaluate the impact of the construction of teaching staff on students' anxiety psychology in higher vocational colleges.

Results: Before the experiment, there was no significant difference in SAS scores between the two classes. After the teaching, the SAS scores of students in class a decreased significantly, while the SAS scores of students in class B did not change significantly. After teaching, the SAS score of class A student is significantly lower than that of class B students. The change of SAS scores of students in two classes is shown in Figure 1.

Conclusions: There are many problems in the construction of teaching staff in some higher vocational colleges, which lead to unsatisfactory results in the construction of teaching staff in higher vocational colleges, low teaching quality, and great fluctuations in students' achievements, leading to many students' anxiety about learning, examination and employment. Under the background of the “double high school” plan, the research puts forward strategies to strengthen the construction of teachers in higher vocational colleges and alleviate students' anxiety. The results showed that there was no significant difference in SAS scores between the two classes before the experiment. After the teaching, the SAS scores of students in class a decreased significantly, while the SAS scores of students in class B did not change significantly. After teaching, the SAS score of class A students is significantly lower than that of class B students.