

promote the quality training of college students to a certain extent. The self-designed scale was used to evaluate the mental health status of college students before and after the intervention experiment. The results show that the combination of Ideological and political education and innovation and entrepreneurship education can significantly improve the scores of each sub scale and the mental health level of college students.

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THE INFLUENCE OF THE CONSTRUCTION OF ECOLOGICAL RESOURCES SYSTEM OF FOREST HEALTH TOURISM BASE ON ALLEVIATING TOURISTS' PSYCHOLOGICAL ANXIETY

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Background: With the increasing social competition and life pressure, anxiety disorder has become a common psychological and emotional disorder. Psychological anxiety is usually manifested as motor agitation and hyperactivity of sympathetic, often accompanied by anxiety, tension, shame, disappointment, fear and other negative emotions. Appropriate anxiety can make patients with anxiety disorder in a more positive working, learning and living state, have a more positive attitude towards themselves and the environment, and hope to improve the current situation through their own efforts. However, excessive anxiety will cause the resistance of patients with anxiety disorder, which will have a great negative impact on their mental health and seriously reduce the quality of their work, study and daily life. With the increase of social competition pressure and the limitation of individual psychological adjustment ability, most people are prone to produce psychological anxiety and negative emotions, which makes it difficult to adjust their emotions and maintain their mental health, causing great losses to their lives and work. Psychological anxiety refers to the negative and complex emotional states, such as tension, anxiety, worry, and worry, caused by possible future dangers, losses, and threats. Anxiety is the main emotion, and its main clinical manifestations include panic disorder and somatic symptoms of panic attacks. Anxiety is only a form of contradiction and conflict, which can be used as a defense mechanism to avoid deeper troubles, but excessive anxiety response will lead to anxiety disorder. More intuitive visual stimulation can make the emotion of individuals with psychological anxiety fluctuate. Positive psychological intervention can effectively reduce psychological anxiety and negative emotions. Forest health tourism is gradually favored and pursued by tourists. The main reason is that forest health tourism can effectively use forest resources, integrate forest recreation, leisure and entertainment, vacation and recuperation, health care and elderly care into tourism, provide people with natural experience opportunities, promote public health, can become an important business form in healthy China, and provide an effective way to meet people's release of psychological pressure and improve physical function. At present, China's forest health tourism is in the primary stage of development and construction. Although it has received widespread attention and certain attention from the public, the relevant research still lags behind the development of reality. Most of the research focuses on the concept, mechanism and development mode of forest health tourism, and most of the theories and models draw on the established achievements of foreign countries. However, there is still a large gap in the construction of the ecological resource system of the forest health tourism base, which is difficult to meet the requirements of China for the development and planning of forest tourism resources at this stage, let alone the easing effect on tourists' psychological anxiety.

Objective: Construct the ecological resource system of forest health tourism base, and explore its role in alleviating tourists' psychological anxiety, in order to eliminate tourists' psychological anxiety to the greatest extent.

Subjects and methods: 74 tourists with psychological anxiety were randomly selected from a forest health scenic spot as the research objects. Subsequently, 74 anxious tourists were psychologically intervened by constructing the ecological resource system of the forest health tourism base. Their psychological anxiety level was evaluated by using the Liebowitz Social Anxiety Scale (LSAS), and their social anxiety level was judged by measuring their fear and avoidance in social interaction. The total score of LSAS ranges from 15 points to 75 points. The higher the score, the higher the anxiety level of the subjects. 60 points is used as the standard to judge whether the subjects have social anxiety. The reliability and validity of LSAS are at a high level, which shows that the scale can objectively evaluate and analyze the psychological anxiety level of subjects.

Results: According to Table 1, before the implementation of the intervention of constructing the

ecological resource system of the forest health tourism base, the LSAS score of the tested tourists was high, indicating that they had serious psychological anxiety problems. After 4 months of intervention, the LSAS scores of these tourists decreased significantly, indicating that their psychological anxiety was effectively alleviated.

Table 1. LSAS scores of anxious tourists during T0-T4

Evaluation time	Mean value	Standard deviation
T0	68.46	3.48
T1	57.32	5.67
T2	46.51	5.03
T3	42.44	4.46
T4	38.09	3.81

Conclusions: Aiming at the problem that the construction of the ecological resource system of the forest health tourism base is currently in the primary stage of development, this paper makes a detailed analysis of it, and takes the anxiety of tourists as the starting point to build an appropriate ecological resource system of the forest health tourism base, which is used as an intervention means. The LSAS evaluation results show that the construction of the ecological resource system of the forest health tourism base can significantly reduce the LSAS score level of tourists and maximally alleviate or eliminate their psychological anxiety.

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RESEARCH ON THE INFLUENCE OF INTELLIGENT MANAGEMENT OF COLLEGE PHYSICAL EDUCATION ON STUDENTS’ LEARNING ANXIETY FROM THE PERSPECTIVE OF POSITIVE PSYCHOLOGY

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Background: As a common psychological negative emotion and mental illness, anxiety will have different degrees of negative effects on individuals. Anxiety can be traced, which usually comes from excessive worry about the life safety, future and destiny of oneself or relatives and friends. Under the influence of negative emotions such as panic or worry, individuals will have abnormal anxiety. According to the causes and performance characteristics, anxiety can be divided into realistic anxiety and pathological anxiety. The former refers to an adaptive response that occurs naturally when an individual is faced with an event or situation that is difficult for him to effectively control. Its characteristics are that the intensity of individual anxiety is consistent with the threat of real events, Individual anxiety will be significantly relieved with the disappearance of real threat events. The latter refers to a kind of persistent negative emotion without specific reasons. The causes of students’ anxiety are mainly divided into internal and external causes. Among the internal causes, students’ personality is an important cause of anxiety. From the perspective of positive psychology, individual temperament types can be divided into four types, namely, sanguine, depressive, bilious and mucinous. The temperament types with introversion are depressive and mucilaginous, and the other two temperament types have extraversion. These two characteristics will have different degrees of negative effects on students’ learning. Introverted students are more introverted and self abased. They are often not good at words and exclude looking at others, which is very easy to produce anxiety. Extroverted students are more outgoing and eager to interact with others. Compared with the former, they are less likely to have anxiety. With the implementation of the strategy of building a strong sports country in China, the physical education work in colleges and universities has also achieved long-term