

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.

Acknowledgement: The research is supported by: The Educational and Teaching Research of “New Agronomy” Special Project of Inner Mongolia Minzu University in 2020—Construction of Teaching Resources and Exploration of Teaching Model of Landscape Architecture Specialty Based on Virtual Simulation Technology (No. XN202001); The 2020 “New Agronomy” Research and Reform Practice Program of Ministry of Education of the People’s Republic of China.—The Research and Practice on Training Mode of New Agronomy Talents for the Development of Mongolian Medicine Industry.

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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

development, which is mainly reflected in the improvement of venues and facilities and the reform of physical education courses. With the development of the Internet and the continuous improvement of technology, the integration of all walks of life with the Internet has been promoted. Under the impact of the information age, some limitations of the traditional physical education management mode in colleges and universities have gradually become apparent, mainly reflected in the low transmission efficiency of physical education teaching resources, the difficulty of physical education teaching management, and the lack of timeliness of physical fitness monitoring and training. Based on this, it is imperative to take corresponding measures to implement the intelligent management of college physical education from the perspective of positive psychology.

Objective: From the perspective of positive psychology, this paper explores the mechanism and implementation measures of the research on the intelligent management of college sports, analyzes its impact on students' learning anxiety, and ensures that students' learning anxiety can be eliminated to the greatest extent.

Subjects and methods: In a university, 170 college students with learning anxiety were selected by random sampling. Self rating Anxiety Scale (SAS) and Manifest anxiety Scale (MAS) were used to objectively assess the anxiety of college students before and after the intervention of intelligent management of physical education in colleges and universities from the perspective of positive psychology. SAS included 7 items in total, and the frequency of symptoms was measured by the standard of 5-level score. 0-4 represent five different evaluation results from low to high frequency. If the total SAS standard score is ≥ 50 , it shows anxiety symptoms; If the score < 50 , it means no anxiety symptoms; If the SAS score of the college students is higher than 70, it shows that they are accompanied by severe anxiety. MAS score greater than 40 indicates severe anxiety; MAS score is in the range of 15-40, indicating mild anxiety; MAS score less than 15 points indicates no anxiety.

Results: Before the intervention, the SAS and MAS scores of the college students were at a high level, indicating that they were accompanied by serious anxiety. From the perspective of positive psychology, the college sports intelligent management intervention has been carried out for college students, which has significantly reduced their SAS scores and MAS scores, and effectively alleviated the anxiety of college students. See Table 1 for details.

Table 1. The influence of college sports intelligent management intervention on SAS and MAS scores of college students from the perspective of positive psychology

Intervention time	SAS score	MAS score
Before the psychological Intervention	71.93 \pm 4.58	46.08 \pm 1.94
After the psychological Intervention	35.07 \pm 5.16*	11.13 \pm 1.82*

Note: Compared with before management intervention, * $P < 0.05$.

Conclusions: At present, with the increasing social competition, many college students are under various pressures, including academic, employment, interpersonal communication and so on. Not only that, college students are at a critical time of transformation from a large number of students to social figures. Under the influence of their incomplete mental development, college students are very likely to have a sense of self doubt, self denial and self loathing in the face of too many threatening events, and it is difficult to face and solve a series of setbacks with a stable attitude, resulting in anxiety.

Acknowledgement: The research is supported by: The Second Batch of Teaching Reform Research Project of Higher Education in Zhejiang Province During the 13th Five-year Plan Period: "Research on The Reform of Precision Sports Teaching Mode jointly Built within and after Class" (project No. JG20190768).

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REGIONAL DIFFERENCES AND EVOLUTION OF POPULATION AGING FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: Social psychology is a kind of thinking pattern formed by subjective and subtle evolution. For example, people's understanding of the people of a certain country, even if they have never been there