

students before and after teaching, process the data through SAS software, and adopt the 1-10 grade scoring system. The higher the score, the heavier the degree.

Results: Table 1 shows the psychological and emotional scores of the two groups of students after teaching. According to the results in Table 1, after teaching, the learning enthusiasm of students in the general teaching group is lower than that in the innovative teaching group, and the score of the latter is 8.23 points.

Table 1. Scores of psychological states of two groups of English majors after teaching

Group	Learning enthusiasm	Fidgety	Low
General teaching group	5.64	8.06	7.47
Innovation teaching group	8.23	3.55	3.21

Conclusions: Social psychology, as a psychology that studies the changing laws of individual and group psychology and behavior, is widely used in various fields. Through the analysis of the relationship between artificial intelligence and art from the perspective of social psychology, it is found that artificial intelligence has a certain role in promoting art design and can help designers carry out relevant art design activities. The integration of artificial intelligence technology and art education can stimulate the learning enthusiasm of students majoring in art and design, alleviate the negative emotions such as anxiety and irritability of students in the learning process, improve the students' mental health level and promote the improvement of students' professional level.

Acknowledgement: The research is supported by: Special Subsidy Project for "Four Batches" Talent Training of Hebei Publicity and Culture System, "Research on Consumerism, Stratification and Guiding Strategy of Mass Art Demand" (NO.20151023).

* * * * *

RESEARCH ON THE RELATIONSHIP BETWEEN PERCEPTION PSYCHOLOGY AND HEALTH BENEFIT EVALUATION OF FOREST HEALTH CARE RECREATIONAL PLACES FROM THE PERSPECTIVE OF BEHAVIORAL PSYCHOLOGY

Liwei An

Agricultural College, Inner Mongolia Minzu University, TongLiao 028000, China

Background: Behavioral psychology is a branch of psychology, which originated in the early 20th century. It studies people's behavior. For people of behavioral school, people's consciousness cannot be observed directly. It is necessary to study people's behavior in order to deepen their understanding of people. Behavior is a series of responses to environmental changes, namely muscle contraction and gland secretion. The behavior of psychological research is to find out the relationship between stimulus and response, so as to infer stimulus, so as to infer stimulus, so as to achieve the expectation and control of human behavior. In modern society, with the accelerating pace of life, many people are facing pressure from life, work, study and other aspects, and people's body and mind are in a state of fatigue. They are eager to seek a quiet environment to release and relieve their pressure and relax their body and mind. For different people, there are differences in the way they choose to decompress. For example, for people who like to stay at home, they prefer to stay at home alone. Through Internet access, lunch break and other means, they can slowly stabilize their hearts and relieve the fatigue and tension caused by various pressures. For extroverts, staying at home will only make their hearts more depressed, and their inner fatigue will not dissipate easily. Going out has become the choice of extroverts. Running in the mountains, running, and taking a short trip to the suburbs are all their choices. In the face of the general mental state of people, the concept of forest health care has been put forward. Many people choose to become a recreational person of forest health care. Through personal experience, they can feel the natural landscape of the forest from the forest health care, relieve their mood, alleviate their negative emotions and increase their sense of happiness in the cool and fresh air. In this process, you can also communicate with other recreational people who participate in forest health care, have fun, and unknowingly achieve the harmony and unity between man and nature, and finally achieve the goal of forest health care. After forest recuperation, the recreational people will evaluate the health benefits of their own experience process. This evaluation indicates that the recreational people's comprehensive evaluation of the health benefits of the restorative environment has a certain relationship with the recreational people's place perception psychology, and the recreational

people's perception psychology can reflect the recreational people's environmental preferences to a certain extent. Therefore, from the perspective of behavioral psychology, this paper studies the relationship between place perception psychology and health benefit evaluation of forest recreation and recreation people.

Objective: Understand the current general mental state of people, people's relaxation methods and the development status of forest health care, analyze the role of forest health care and the place perception psychology of recreational people, analyze the relationship between the place perception psychology of forest health care recreational people and the health benefit evaluation by using the Pierson correlation coefficient method, and study the place perception psychology scores of different groups.

Subjects and methods: The research object are recreational people. 361 recreational people are randomly selected from a forest ecological comprehensive demonstration park. The selection criteria are gender, age, education and economic income. Understand the interests and hobbies of the selected recreational people, as well as the leisure and entertainment projects of the forest ecological comprehensive demonstration park. After two weeks, the psychological status of recreational people was studied, and the relationship between place perception psychology and health benefit evaluation of forest recreation people was studied by using the method of Pierson correlation coefficient. The psychological status of the recreational people was measured by using the 1-5 grade score, and the recorded relevant data were processed and analyzed by SAS software, and the results were taken as the average value.

Results: Through the Pierson correlation coefficient method, the relationship between the place perception psychology of forest recreation and health benefit evaluation is analyzed. It is found that the correlation coefficient between the two is 0.763, and there is a positive correlation between the place perception psychology of forest recreation and health benefit evaluation, that is, the higher the score of the place perception psychology of recreation, the higher the health benefit evaluation of recreation. Table 1 shows the psychological state scores of the recreational people after 2 weeks. It can be seen from Table 1 that the mood pleasure score of the elderly is 4.89 points.

Table 1. Psychological state score of recreational people after 2 weeks

Age group	Happy mood	Fidgety	Nervous
Middle age	4.45	1.76	1.61
Old age	4.89	1.34	1.30

Conclusions: With the accelerating pace of life, many people are facing pressure from life, work, study and other aspects, and people are in a state of exhaustion. They are eager to seek a quiet environment to release and relieve their pressure and relax their body and mind. Forest health has become the choice of leisure and entertainment for many people. Through the correlation analysis, it is found that there is a positive correlation between the place perception psychology and the health benefit evaluation of the forest recreation, that is, the higher the score of the place perception psychology of the recreation, the higher the health benefit evaluation of the recreation. After a period of recreation, people's body and mind are relaxed and their negative emotions are cured.

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 (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.

* * * * *

ANALYSIS OF THE EFFECT OF BUSINESS ENGLISH MAJOR TEACHING BASED ON BLENDED LEARNING MODE ON RELIEVING STUDENTS' FOREIGN LANGUAGE LEARNING ANXIETY

Shengming Liu

School of Foreign Languages and Cultures, Panzhihua University, Panzhihua 617000, China

Background: Anxiety, as a negative emotion, has two sides. On the positive side, an appropriate amount of anxiety will promote people to maintain a positive state and improve their efficiency. If the level of