

to acquire knowledge, university libraries have the obligation and responsibility to meet the learning needs of students and constantly enrich and improve the learning materials in the libraries, so that students can improve their learning knowledge by reading a lot, satisfy their desire to know and finally realize their life value.

After entering a certain age, university students have different degrees of physical and psychological growth, and have more needs for interpersonal communication. Every university student naturally has a certain degree of independence, but also needs to be recognised by society, and has a high psychological need for interaction, hoping to integrate into society and become a member of it, constantly playing its role. It is therefore clear from the above that students want to be able to interact in an appropriate space. The right interpersonal interactions will continue to satisfy students' psychological comfort. After completing their studies on campus, university students eventually need to enter society and integrate into it. College students often have a strong sense of communication and a desire to express their ideas and opinions through communication in order to gain the approval of others. For this reason, university libraries need to provide more communication platforms for students, as well as a variety of internal spaces for students to share knowledge and interact, providing space for students to communicate and experience, helping them to better realise themselves.

Result: By satisfying the above aspects of students' needs, the design of the university library space is more rational and produces good functional effects. Firstly, in terms of functional needs, it greatly satisfies students' functional needs for the library and realises the basic spatial functions of the university library. At the same time, in the design process, attention should be paid to the division of space forms, and designers should focus on the specific needs of students and adopt different space scale design. In addition, in the process of interior space design, the actual situation of students needs to be investigated, and on the basis of meeting the reading needs of students, more functional roles are provided for students to enhance the efficiency of the use of space in the library. To achieve the harmonious unity of students and the environment. Secondly, it adds a lot of cultural connotation to the university library. As an important place for students to acquire knowledge, the library is also an important cultural place for students to improve their knowledge of literary cultivation, and for this reason, in the process of creating a learning space, it needs to constantly meet the learning needs of students. In order to attract more students to study, the interior of the library needs to be carefully designed and to fully reflect the unique school culture of the university. Students can always feel the unique campus culture in the process of reading, so that they can quickly enter into the study state and improve their learning efficiency. Finally, it can promote the implementation of the concept of ecological environment construction, which can draw on foreign ecological design concepts to add some green elements to the library interior, such as placing some flowers, plants and trees to effectively regulate the temperature of the interior, preventing the library from being too cold or too hot, so that students can study in a good and comfortable environment. At the same time, this design concept can make reasonable use of the vertical section, avoiding the waste of space and providing students with more superior reading services.

Conclusions: In summary, through the description of environmental psychology, it is possible to understand the different inner needs of students for university libraries, specifically including security needs, comfort needs, knowledge needs and interaction needs, and through the control of various psychological needs of students, it is possible to continuously provide a good reading environment for students. By telling from the level of environmental psychology, the university library is required to always take students as the centre in the process of construction, to meet the diversified needs of students in the university library, and to actively explore the humanized space design solutions. So that on the basis of providing reading services for students, university libraries can deeply explore students' inner needs, improve students' reading efficiency and ultimately help students to realize their life values.

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PSYCHOLOGICAL ANALYSIS OF PHYSICAL EDUCATION AND TEACHING COUNTERMEASURES IN UNIVERSITY PHYSICAL EDUCATION

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Background: In the context of the new curriculum reform, the importance of physical education in the teaching system has gradually come to the fore. In the physical education courses conducted in many universities today, it can be found that teachers seldom pay attention to students' thoughts and opinions,

but focus on exercising students' physical functions, which leads to the inefficiency of modern university physical education teaching. In this paper, we look at the psychological analysis of physical education and teaching countermeasures in university physical education, with the aim of giving better effect to physical education and achieving university physical education goals. Healthy mental intelligence is normal, psychological characteristics in line with age, complete personality, respect for themselves, respect for others, interpersonal psychological adaptation and so on. Mental health should be honest, generous, consistent words and deeds; can correctly evaluate oneself and others, respect others, polite, self-cultivation; respect others' opinions, but have their own opinions, do not blindly follow, do not trust. Combined with the physical education and health curriculum standards, this paper discusses the relationship between teachers and students, learning methods, learning process, learning psychology and other issues in physical education, and explores how to carry out mental health education in physical education, so as to better promote the all-round development of students and cultivate qualified talents for the new century. It is essential to establish students' good psychological needs.

Objective: To explore the psychological changes of students at the university stage, which can be divided according to types: Firstly, the psychology of knowledge seeking. Since stepping into modern society, the degree of demand for professionals in modern society is increasing year by year. The competitiveness of society is also increasing. At the university level, students need to learn various professional knowledge and skills to enhance their competitiveness and improve their overall personal qualities. During university studies, students' enthusiasm for learning sports comes from their own desire to learn, and many of them have strong expectations of sports. This is coupled with the fact that students are mature enough to clearly define their own preferences, to think about the same issue from multiple perspectives, and to combine knowledge from various disciplines to improve their overall ability. However, the heavy coursework life has gradually weakened the inquisitive mentality of university students and affected their learning efficiency. Secondly, the psychology of helplessness. From the current situation of physical education in universities, the effect of physical education in most institutions is not significant. The root of this is that physical education is superficial and does not reflect the meaning of physical education in a deeper way. This has led to PE not being taught as effectively as it should be. It is seen by teachers and students as a tool to strengthen the body. Coupled with the lack of communication between teachers and students, students are often in a helpless state when they encounter problems in their studies, a state that lasts for a short period of time but has a greater impact on students. The third is the communicative mentality. In university physical education, physical education teachers need to face students from all over the world, each student has his or her own upbringing and has developed unique habits of thinking, and students' relationships are built on interpersonal communication and interaction. There are many ways to improve students' interpersonal communication skills, and sports, as one of them, is favoured by university students, and even once became the primary way of interpersonal communication for students, which can improve students' physical quality as well as their interpersonal communication skills. Fourthly, fitness and mental health are important to university students who are under pressure to balance their studies and their lives. For students in their formative years, the age factor has a great influence on their mindset. Faced with complex interpersonal interactions and the pressure of heavy coursework, students can be in a highly stressful state for long periods of time, a state that can drain students' energy, affect the teaching ethos and be detrimental to their physical and mental development. For this reason students need to be motivated and enthusiastic about learning and working towards the real goals of physical education.

Subjects and methods: The problems that exist in the psychoanalysis of physical education in university physical education need to be addressed in order to promote the growth and development of students. One, fully understand the psychological barriers of students and find the right breakthrough. In the face of the sense of loss generated by university students in physical education learning, teachers need to innovate their teaching methods, strengthen communication with students, befriend them, understand their innermost thoughts, establish a bridge of communication between teachers and students, effectively solve teaching problems, meet students' needs and guide them to develop and move in the right direction. Secondly, theory combined with practice, cultivate students' team spirit, stimulate students' interest in learning and strengthen their motivation. Physical education should be combined with the age characteristics of students, innovative teaching models, physical education activities that interest students, create a good learning atmosphere, increase students' learning experience and improve the effectiveness of physical education. Third, rationalise the classroom and pay attention to the psychological state of poor students. As each student has a different foundation and different acceptance ability. In the teaching process, physical education teachers should focus on the psychology of poor students, avoid students' aversion to learning, adopt specific teaching methods for poor students, solve their doubts in time and enhance their confidence. By carrying out different forms of physical education activities, the purpose of exercising students' physical fitness and resilience is achieved.

Result: Specific teaching methods according to the psychological needs of different students can significantly improve physical education. Modern physical education should analyse the psychological changes of students, understand their learning needs, and adopt targeted solutions to their problems, thus bringing into play the teaching effects of university physical education.

Conclusions: In university physical education, university physical education teachers should understand the inner changes of students, and should provide students with the teaching services they need to support the further development of university physical education in accordance with the university physical education syllabus. Physical exercise is not only physical activity, but also psychological and social activities. It is not only beneficial to physical health, but also has a positive role in promoting people's mental health and social adaptability. Physical education should give full play to the psychological health education function of physical exercise, and strive to promote students' physical and mental health. To cultivate the students' spirit of striving, the courage to overcome difficulties, the team consciousness of unity and cooperation, and the positive attitude towards life are actually the psychological needs of students.

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HUMANISTIC CARE IN INTERIOR SPACE DESIGN - FROM THE APPLICATION OF DESIGN PSYCHOLOGY

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Background: With the improvement of social and economic development level, people put forward higher requirements for residential space and interior design. Most of people's life and work are carried out in the indoor environment. People perceive changes in external things and understand things through these changes. Affect yourself. Space design is to design space for people to meet the survival activities. In the design, people's psychological perception and humanistic care should be fully considered. Design psychology is an important branch of Applied Psychology and a discipline based on it. It is mainly a knowledge that summarizes people's thoughts, conscious thinking and emotions, and then applies them to design. In the context of the continuous development of technology and art, design psychology reflects people's demand for indoor environment, so it can not be ignored. Maslow Theory and Hick's law are also the basis of indoor environment design. In the interior environment design, the main task is to create an environment suitable for people's physical and mental relief, so psychology runs through the design. As a marginal interdisciplinary subject, design psychology can pay attention to people's psychological activities, improve the indoor environmental experience and meet the needs of users when carrying out indoor environmental art design on this basis. Therefore, under the guidance of some research directions of design psychology, this paper hopes to deepen the indoor environmental art design from the perspective of psychology.

Objectives: People spend most of their time indoors, so the importance of indoor environmental art and comfort is self-evident. How to make indoor environmental art design suitable for people's living and aesthetic art needs is the main goal of this study. The interior environment design under the design psychology is based on people's needs. By grasping the psychological state of users and combined with the impact of the environment on people, we should deal with the current diversified development status of art design. Especially with the advent of the era of information explosion, people know more and more about artistic style, followed by the difficulty of diversified choice. Therefore, we should combine the relevant theories and technical methods of design psychology to help users choose a more appropriate indoor environmental art style, and optimize the content of indoor environmental design based on the input of sensory information and the scientific consideration of environmental style representation phenomenon, so as to meet the needs of users for environment and art style. In a word, the significance of the research is to introduce the new theory into the design work with strong subjective consciousness, look at the indoor environment design work from the perspective of customers, and enhance the pertinence of the design work.

Object and method: The research object is the indoor environmental art design under the design psychology. The research methods adopted include literature method, self-report method, summary and induction method, observation method, case analysis method, etc., as follows: