

Results. The average anxiety score at the end of the first semester was 15 in the experimental group and 18 in the control group. At the end of the second semester, the mean anxiety score was 12 for the experimental group and 20 for the control group. The anxiety of the experimental group was significantly lower than that of the control group.

Conclusions. The blended online and offline physical education teaching model can provide a more flexible learning environment, increase students' participation and enthusiasm, and thus reduce students' psychological stress and anxiety. Therefore, schools should actively promote and apply this teaching model to provide better mental health support for students.

Art painting education on student anxiety from the perspective of aesthetic psychology

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Background. Psychological anxiety is becoming increasingly prominent in university education, which can have a serious negative impact on students' learning and development. In order to effectively intervene the anxiety disorder of students, the study of the influence of college art painting education on students' psychological anxiety from the perspective of aesthetic education psychology can play a certain auxiliary role in the treatment of anxiety disorder students.

Subjects and Methods. 200 college students with anxiety disorders were selected as the experimental group, who received college art and painting education, and another 200 college students were divided into the control group, who did not receive art and painting education. The Generalized Anxiety Disorder-7 (GAD-7) scale was used to evaluate the psychological anxiety of the two groups of students. The evaluation was carried out once every semester, lasting for a total of two semesters.

Results. At the end of the first semester, the average anxiety score of the experimental group was 10, and that of the control group was 15. At the end of the second semester, the mean anxiety score was 8 for the experimental group and 18 for the control group. The anxiety of the experimental group was significantly lower than that of the control group.

Conclusions. By participating in art painting activities, students can release pressure, cultivate creativity and expression ability, improve self-cognition and emotional regulation ability, and thus reduce psychological anxiety. Therefore, colleges and universities should strengthen the promotion and application of art painting education to provide better mental health support for students.

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Psychological effects of landscape design on village residents' anxiety: a guided study

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Background. The increasingly prominent psychological anxiety of villagers in rural areas has a negative impact on their lives and well-being. It is of great significance to find effective mitigation methods. Research on the guiding effect of rural landscape design on villagers' psychological anxiety from the perspective of design psychology can provide help for alleviating the psychological anxiety of rural residents.

Subjects and Methods. In this study, 300 villagers from rural areas were selected as the experimental group among the villagers with psychological anxiety, who received teaching and appreciation of rural landscape design from the perspective of design psychology, while another 300 villagers from rural areas were selected as the control group, who did not receive relevant teaching and appreciation. The psychological Anxiety of the two groups of villagers was assessed by Beck Anxiety Inventory (BAI) once a quarter for a total of four quarters.

Results. At the end of the first quarter, the average anxiety score was 20 in the experimental group and 25 in the control group. At the end of the fourth quarter, the average anxiety score was 12 for the experimental group and 24 for the control group. The anxiety of the experimental group was significantly lower than that of the control group.

Conclusions. Rural landscape design from the perspective of design psychology can effectively guide villagers' psychological anxiety, and improve their emotional regulation ability and satisfaction with the rural environment. Therefore, rural areas should pay attention to the humanization and psychological orientation of landscape design to provide better psychological support and living environment for villagers.

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