

Results: The women’s cultural education movement promoted the deepening of the concept of equality between men and women, and women have the right to acquire knowledge. Three women’s cultural movements in modern Chinese history have greatly improved women’s social status. Entering the university to learn knowledge can effectively improve women’s knowledge level and ability, and maintain a positive and optimistic attitude in the face of setbacks and difficulties. At the same time, it has effectively improved its own quality of life.

In the survey results, five levels of 1-5 are used to quantify the impact value of specific factors. 1 represents irrelevant, 2 represents slight impact, 3 represents general impact, 4 represents significant impact, and 5 represents sufficient impact. In order to reduce the impact Individual subjective causes large errors. Take the assessment value of 1000 female college students and take the average, and the result is determined by rounding. The specific statistical table is shown in Table 1.

Table 1. Results of female college students’ views on cultural education.

Factor	Knowledge level	Positive attitude	Quality of life
Female college student	4	5	5

Conclusions: The enlightenment of the three women’s cultural movements in modern Chinese history is that if the Chinese nation is to be able to maintain its youth forever and be listed among the world’s outstanding nations, it must improve women’s cultural literacy and improve the quality of the nation’s population. Women’s cultural knowledge and skills can not only be transformed into productive forces to create social wealth, but more importantly, they shoulder the special mission of giving birth and raising offspring, that is, human beings’ own production. Therefore, when raising the scientific and cultural level of the whole nation, we must not ignore the important role of women.

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A STUDY ON THE INFLUENCE OF THE INTEGRATION OF LABOR EDUCATION INTO THE TEACHING OF SPECIALIZED COURSES IN COLLEGES AND UNIVERSITIES ON RELIEVING COLLEGE STUDENTS’ ANXIETY DISORDER

Zisong Wang & Jiwu Ma

School of Architecture and Civil Engineering, Weifang University, Weifang 261061, China

Background: In the all-round education system of “ethics, intelligence, physical education, art and labor” simultaneously, labor education has become the focus of ideological and political education in schools in the new era. Labor education plays an important role in the cultivation of students’ labor ability and the formation of labor outlook. Incorporating new development concepts into labor education and implementing the principles of labor education in all aspects of the course implementation will help cultivate students’ ability and improve their personality. Cultivating innovative talents is an important mission of universities to support national strategies such as “innovation-driven development” and “building an innovative country”. Labor education can not only lay a good physical foundation for students to grow into innovative talents, but also can play a role in stimulating innovative consciousness, exercising innovative ability, honing innovative spirit, and alleviating anxiety. In order to promote the integration of labor education into the teaching of professional courses in colleges and universities, colleges and universities should strengthen the innovation and education orientation of labor education goals, optimize the innovative education function of labor education carriers, enhance the innovation and education skills of labor education teachers, and create an innovative education environment for labor education. To work together to build a favorable pattern of close integration of labor education and innovative talent training in the new era.

Labor education is an important part of my country’s higher education, including labor concept education, labor skills education, labor habits education, and labor spirit education. Quality training can play an important role. In the development of the new era, the importance of labor education in colleges and universities in the new era should be emphasized, and innovation and entrepreneurship should be emphasized. Internship training, professional services, social practice, work-study, etc. should be actively carried out in combination with disciplines and majors. By integrating labor education into the teaching of

professional courses in colleges and universities, it can promote the organic integration of labor education and the cultivation of innovative talents in colleges and universities, and alleviate the anxiety of college students.

Objective: With the rapid development of higher vocational education, industry enterprises have also put forward higher requirements on the moral cultivation, personality quality, and professional ethics of talents. Integrating labor education into professional courses in colleges and universities is an important reform to deepen higher education, which can effectively alleviate the anxiety of college students.

Subjects and methods: In recent years, the mental health of college students has directly affected the quality of our country's college student talent training, aroused high attention from the society, and became the focus of the college psychological counseling center. In order to improve the mental health of college students, analyze the effect of integrating labor education into the teaching of professional courses in colleges and universities, and conduct investigation and analysis. By way of questionnaires, statistical analysis of the effect of alleviating the anxiety of college students.

Study design: A questionnaire was issued to 600 college students, and the questionnaire was required to be completed at one time. The time for each person to fill out the questionnaire was about 10-15 minutes. A total of 600 copies were issued, 589 copies were recovered, and the effective number of copies was 571.

Methods: Use Excel to calculate the relief of college students' anxiety after the integration of labor education into professional courses in colleges and universities.

Results: Labor education can release anxiety-symptom students from disturbing, worrying and fearful thinking activities, forming a positive psychological state, such as increasing self-confidence, improving self-control ability, being able to withstand the pressure of study and life, and overcome difficulties. Labor education improves the mental state of college students' restlessness, impatience, and inability to concentrate, improves their endurance, willpower and endurance, cultivates a stable mood, and lays the foundation for alleviating anxiety symptoms. In the process of labor education, the body and mind of college students are relaxed, thereby changing the cognition of self, behavior and others, and forming a good psychological quality.

In the survey results, five levels from 0 to 4 are used to quantify the impact of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, 4 means sufficient influence, in order to reduce the impact Individual subjective causes large errors. Take 600 college students' evaluation values and take the average, and the results are determined by rounding off. The specific statistics table is shown in Table 1.

Table 1. Relief of the psychological anxiety of college students by labor education.

Factor	Control	Endurance	Willpower	Endurance
College students	4	3	4	4

Conclusions: As the builders of the country's future development, college students must not only work hard to learn professional theoretical knowledge and improve their own professional quality, but also need to have good ideological and moral character, which requires labor education according to the actual situation of the students. With the discussion of labor value, innovative labor, harmonious labor, etc., more and more colleges and universities realize the importance of integrating labor education into professional courses in colleges and universities, which will help cultivate more outstanding talents and relieve the anxiety symptoms of college students. Therefore, the work of professional courses in colleges and universities must continue to explore new paths and better integrate labor education into professional courses in colleges and universities.

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RESEARCH ON THE INFLUENCE OF URBAN LANDSCAPE GREENING ON RELIEVING MENTAL STRESS FROM THE PERSPECTIVE OF AESTHETICS

Tao Wu & Xin Tao

College of Horticulture and Plant Protection, Yangzhou University, Yangzhou 225000, China

Background: With the continuous development of urbanization and the expansion of the scale, the functions and structures of cities are increasing day by day, and the research content of urban aesthetics is also expanding rapidly, covering the functional beauty, technological beauty, social beauty, ecological beauty and many other aspects of cities. And presents the development trend of closely combining with