

starts from the analysis of senses and symbols, and then to emotion, cognition and memory, which are extremely complex. In the application of urban color landscape, we must pay more attention to this causal relationship, from the accumulated color experience into the color of psychological norms. There is no doubt that color has an objective impact on human psychology, and the subject has been used to solve some human psychological problems. People have different visual perceptions of color because of the influence of their surroundings, such as time, ideology and life, etc. But the common physiology leads to both similarities and differences in the influence of color on people's psychology.

Objective: Color occupies a very important position in the urban landscape design, and reflects the history, culture and style of a city in many aspects. In the shaping of the contemporary urban landscape, it will also be influenced by the region, culture and history, and carries the important historical, culture and aesthetic information.

Subjects and methods: In landscape design, if the color collocation is appropriate, not only can express the meaning of the design, but also can let the user have a richer understanding of the design work on the senses, easy to accept, and also has a greater help to cultivate sentiment. This is also the embodiment of the principle of humanized design. The principle of humanized design is to optimize the design on the basis of satisfying the design of beauty and performance, taking into full account the physiological function, behavior habits, psychological factors and mode of thinking of human beings, so as to enable users to participate in the design more conveniently and more comfortably, which is also the embodiment of the care for human beings. Psychologists have long been on the color of in-depth research; different colors can bring people different feelings. In this study, from the perspective of color psychology, the effect of different color systems on landscape design is analyzed. Mainly carries on the analysis from the following five aspects: First, the warm color in the landscape design application. Secondly, the application of cool color in landscape design. Third, no color and gold and silver in the application of landscape design. Fourth, the application of the same color in landscape design. Fifthly, the application of contrast color in landscape design.

Study design: Random selection of 500 people as a surveyor, the questionnaire survey. The respondents were not limited in sex, age and occupation. Based on the perspective of color psychology, the respondents' responses and satisfaction of urban landscape design were investigated. A total of 500 questionnaires were distributed, 486 questionnaires were retrieved, and 472 were valid.

Methods: Optimization of urban landscape design using Excel.

Results: Broadly speaking, comfort mainly includes physical and psychological aspects, and color comfort is mainly reflected in the color match. The collocation of color elements in a city should be orderly and in harmony with the surrounding environment. In the composition of landscape color, the collocation of each component and the overall tone are very important. In the design of landscape color, it is necessary to respect the color relationship between the natural environment and the building skin so as to avoid the pollution of landscape color.

The results of this survey use the influence values of 1 to 5 grades of quantitative specific factors, 1 indicating irrelevance, 2 indicating slight influence, 3 indicating general influence, 4 indicating obvious influence, and 5 indicating full influence. In order to reduce the relatively large error caused by individual subjectivity in the evaluation, the evaluation values of 500 people are adopted and the average values are rounded off to obtain the results. The specific statistical table is shown in Table 1.

Table 1. Effect of urban landscape design and layout optimization under the application of color psychology

| Factor | Warm | Cool color | No color and gold and silver color | Similar color | Contrast color |
|--------|------|------------|------------------------------------|---------------|----------------|
| Grade | 5 | 3 | 3 | 4 | 5 |

Conclusions: Although the research of urban color landscape is only decades old, as an emerging field of research, color psychology is of great significance to protecting and promoting regional culture as well as building excellent urban landscape. Art is the basis of color, and color feeling is the internal motivation of the artist's creation. In China, the study of urban color landscape often ignores the sensitivity of the population to color, no systematic design strategy, and the lack of corresponding theoretical guidance, urban planning department cannot systematically manage and control urban color, hope through the city landscape design strategy based on color psychology, for the development of urban landscape color in the future.

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THE CORRELATION BETWEEN ENGLISH ANXIETY AND ENGLISH LEARNING

STRATEGIES OF COLLEGE STUDENTS

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Background: English anxiety is a kind of anxiety, which has been confirmed by many researchers at home and abroad. These researchers have also proved the influence of English anxiety on English learning through many empirical studies. They believe that moderate anxiety is not only permissible, but may also be beneficial, whether in English learning or other productive activities, that is, anxiety is an emotional factor, may be beneficial or harmful, and it is a double-edged sword. In daily life, excessive anxiety will lead to stress, anxiety, panic, fear and other bad emotions. In the process of English learning, English anxiety has become an important emotional factor affecting students' English learning and living. Since the 1970s, the focus of English teaching has shifted from "teacher-centered" to "student-centered", and the affective factor of English learning anxiety has attracted more and more researchers' attention. English learning anxiety is a special emotional state in the process of language learning. As one of the greatest affective factors in language learning, anxiety plays a vital role in language learners' learning. English learning anxiety is a kind of self-cognition, behavior, emotion and belief that comes from the unique process of English learning and is related to classroom learning. English learning anxiety is divided into three major factors: communication anxiety, fear of negative evaluation and test anxiety. Through a series of investigations on English anxiety at home and abroad, it is found that the empirical research on English anxiety is not rich at present. Therefore, it is necessary to enrich the research on easing students' English learning anxiety and put forward corresponding effective control strategies. Traditional language teaching pays much attention to the development of language ability and intelligence, neglects the cultivation and stimulation of students' emotional factors, and leads to "emotional illiteracy". Due to the lack of emotional factors, students' interpersonal communication ability is low, emotional regulation, control ability is not perfect. It has been proved that students have low interpersonal communication ability and lack of willingness to communicate with others, which is reflected in the English classroom: students are unwilling to answer teachers' questions or refuse to let teachers understand their learning difficulties, to avoid asking teachers difficult questions actively. What's more, it will lead to poor emotional regulation and poor control. For example, students will not listen to any opinions or suggestions from teachers or any criticisms from teachers.

Objective: With the increasing exchanges between countries, foreign languages, especially English, have become the bridge of international contacts. It proves that in order to survive in a highly competitive contemporary society, one must master at least three languages, namely English, mother tongue and another English, to be competitive. In China, English has always been taught in the third grade, which means that Chinese students learn the required course in their childhood. However, the English level of Chinese students is generally not satisfactory, and needs further improvement. In order to learn English effectively, the educational circles put forward a lot of suggestions to improve students' learning skills, but they hardly put emphasis on their state of mind and English anxiety.

Subjects and methods: 200 college students were selected randomly. It was randomly divided into experimental group and control group, 100 people in each group. There was no significant difference in sex, achievement and psychological state between the two groups, which did not affect the statistical results. Students in the experimental group were given learning strategy intervention experiment and multimedia teaching experiment. The experiment lasted 3 months. The students in the experimental group were given 3 classes per week. The control group only carried on the English teaching under the traditional classroom environment, does not provide the network independent study opportunity. After the end of the experiment, a comparative study of English learning anxiety between traditional teaching mode and network multimedia teaching mode is conducted by using quantitative and qualitative methods. Compared with the control group, the experimental group had different anxiety. Based on the survey of communication anxiety, fear of negative assessment and test anxiety, this paper analyzes the satisfaction of the students in the experimental group with regard to online English learning strategies.

Results: The results of this survey use 1 to 5 grades to quantify the influence values of specific factors, 1 to indicate irrelevant, 2 to indicate slight influence, 3 to indicate ordinary influence, 4 to indicate obvious influence, and 5 to indicate full influence. In order to reduce the great error caused by individual subjectivity in the evaluation, the evaluation values of 100 students are adopted and the average values are rounded off to obtain the results. The specific statistical table is shown in Table 1.

Conclusions: The empirical study proves that English learning anxiety varies significantly in different teaching environments; online multimedia teaching can effectively help students reduce learning anxiety and improve English learning performance. English learning anxiety is negatively associated with students' English learning performance. In daily teaching, teachers should adopt appropriate teaching strategies to

help students to relieve anxiety, improve their learning confidence, and enhance the sense of self-efficacy of learning, so as to achieve the best teaching effect.

Table 1. Inflects of English anxiety and English learning strategies for college students

| Communication anxiety | Fear of negative evaluation | Examination anxiety |
|-----------------------|-----------------------------|---------------------|
| 5 | 4 | 5 |

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IDENTIFICATION METHOD OF PSYCHOLOGICAL CRISIS SIGNAL BASED ON THE INTERNET OF THINGS

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Background: With the rapid development of national social economy, college students' self-injury and suicidal behavior have attracted more and more attention. With the advent of the Internet age, college students' life and study are increasingly inseparable from the network, which has become one of the main ways for college students to express their feelings. The exposure rate and degree of many unhealthy emotions of college students in the network even exceeds that in the consulting room. The effective recognition of the psychological crisis signals left in the network can prevent the psychological crisis from worsening as much as possible by intervening in the network background.

As the network and our lives more and more comprehensive, we can do in real life, almost all of the things can be found in the network to replace, so more to promote the network and our lives of integration. As the active receiver and seeker of the new technology, the function of the network has been brought into full play in their life. QQ space, micro-blog, WeChat circle of friends and other features of the development, so that everyone can become a dazzling star in the public eye. Many contemporary college students like to make their personalities known and have a strong desire to express themselves. They will attract others' attention by frequently updating their space, renewing their circle of friends, hairdressing photos and so on. Here, college students can record the joys and sorrows of their own lives, and do not need to read to others, concerned about their own people will naturally see, want to comfort their own people will naturally comfort themselves. Not only to save their own emotional release of loneliness alone, at the same time to avoid looking for someone to talk but just find people who do not want to listen to this embarrassment. Admittedly, on the whole, most people get far more comfort online than slander, and the network does play a big role in enriching social support systems.

Objective: Because the emotional catharsis in the network does not necessarily have a specific object to talk to, more people in the network environment to vent more real, no resistance. As more and more college students are willing to put their own thoughts and emotions on the Internet to the public, we have another channel to grasp the psychological state of college students, that is, the network. We can analyze the psychological state of college students through their traces left in the network, especially in the extremely negative state of the network, so as to quickly find and identify the signals of psychological crisis, so as to be prepared, and give simple intervention in the network.

Subjects and methods: College students' psychological crisis signals include all the psychological crisis signals in real life under the background of network, but they are presented by means of network psychology or message. Network crisis signals can be roughly divided into the following categories: (1) Direct language signals, direct description of psychological state. Such as: "Living is really boring", "really fed up with", "upset" and so on. (2) Indirect language signals, a description of recent life events or physical conditions. Such as: "insomnia", "sleep, no spirit", "do not want to eat" and so on. (3) Signals of network behaviors, abnormal network behaviors, such as the sudden increase or decrease of the frequency of surfing the Internet (state of occurrence), the tone and style of the state of occurrence are obviously different from those before, and the responses to messages are significantly reduced. Through a questionnaire survey on contemporary college students, this study analyzes the influence of network crisis signals on college students' recognition of psychological crisis signals.

Study design: Random selection of 1000 college students to conduct a survey, age unlimited, professional unlimited, gender unlimited. There were 1000 questionnaires, 965 questionnaires and 942 valid questionnaires. If the questionnaire is not completed within the prescribed time limit and the answers are consistent, the questionnaire shall be deemed invalid.

Methods: The effect of network crisis signals on the identification of psychological crisis signals in college students was counted using SPSS 20.0 software.