

students, understanding their spiritual needs, enhancing their self-confidence and alleviating psychological anxiety. In the ideological and political education after the reform, the impact of creating a relaxed educational environment on sophomores with psychological anxiety is scored as 3 points. The results are shown in Table 1.

**Conclusions:** After the reform of ideological and political education, teachers pay more attention to students' mental health, optimize the relationship between teachers and students, promote the elimination of students' psychological anxiety, and guide students to form positive, healthy, and upward values.

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## AESTHETIC DESIGN OF SMART HOME PRODUCTS BASED ON THE PSYCHOLOGY OF ANXIETY PATIENTS

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**Background:** Anxiety disorder belongs to mental disorder. The influencing factors of anxiety disorder include quality factors and social psychological factors. Among the quality factors, individual personality characteristics will affect the occurrence of anxiety disorders. For example, introverted and shy individuals are generally more likely to suffer from anxiety disorders, and those who are too neurotic are more likely to suffer from anxiety disorders than normal individuals. Among the social psychological factors, interpersonal tension and long-term mental work are more likely to produce anxiety disorder. The psychology of patients with anxiety disorder will reflect different characteristics due to different manifestations of anxiety disorder. The manifestations of anxiety disorder, they can be divided into six types: Patients with lack of stability and self-control, patients with heavy life pressure, patients with anxiety and urgency, patients with decreased work and learning efficiency, patients with long-term anxiety and tension due to disease, and patients with immature psychological defense mechanism. Patients who lack stability will make a strong response to external stimuli. When they hear some subtle movements, their heartbeat will accelerate, their expression will be nervous, their emotions are easy fluctuate, and the range is large. Patients with a sense of load-bearing life will feel a lot of pressure brought by life, which is close to the edge that they can bear. Their attitude towards things is basically that they have to do and can't do it. They just work for survival and are more passive. When the effect of work and study is not ideal, it will cause a serious blow to the patients, promote the patients to have anticipatory anxiety and feel timid about what they will do. Patients with a sense of urgency will feel that they have little time left for themselves, which is not enough to complete tasks and goals. They feel that they have a lot of things to do but can't do anything. They are very nervous. Even during the rest time, they will worry about what they haven't done, which will affect their work efficiency.

With the continuous development of the times, after people's living needs are met, they begin to pursue higher-level spiritual needs, and the requirements for home environment are gradually improved. With the rapid development of network technology, its application field is expanding, and all walks of life have in-depth research. Under this background, smart home has developed slowly and popularized rapidly. When designing smart home products, people should not only pursue functional practicability, but also carry out aesthetic design. As for aesthetic design, people put forward the requirements of emotional design of smart home. Through smart home products to adjust people's emotions, relieve pressure and make home a place of spiritual dependence. The emotional design of smart home products includes three principles: humanization of interactive experience, naturalization of situation simulation and agility of information processing. According to these principles, make home a harbor for the soul. Therefore, according to the psychological characteristics of anxiety patients, targeted design is carried out to meet their emotional design requirements for smart home products.

**Objective:** To analyze and study the psychology of anxiety disorder and patients with anxiety disorder, and analyze the causes of related problems. In the aesthetic design of smart home products, the emotional design of products should be carried out considering the emotional needs of anxiety patients. Under the three design principles of humanization of interactive experience, naturalization of situation simulation and agility of information processing, the five functional areas of door, living room, bedroom, study and kitchen are designed separately, so that patients with anxiety disorder can relax at home, feel a moment of tranquility and alleviate anxiety and tension.

**Subjects and methods:** The subjects were patients with anxiety disorder. Understand the requirements

of anxiety patients for smart home product design, such as color preference, functional requirements, spatial layout, product material, etc. Design smart home products according to their psychological needs, and design smart home products that meet their psychological needs. Record their experience, feelings, mental health level and other relevant data, and use the fuzzy evaluation method to evaluate the impact of emotional design of smart home products on alleviating anxiety in patients with anxiety disorder. The relevant influencing factors are quantified. After quantification, the score is 1-5, and the score of 1-5 indicates no impact, slight impact, general impact, obvious impact and complete impact. The relevant data processing and analysis software is SAS software.

**Results:** Under the comprehensive action of quality factors and social psychological factors, patients have different degrees of anxiety. The mental state of patients is often in a state of tension, even at home. They urgently need a place to relax their body and mind. According to the psychological needs of anxiety patients, the aesthetic design of smart home products is carried out, and the design requirements of emotional influence are put forward. After the completion of smart home product design, it has been highly praised by patients, and the anxiety of patients has been alleviated. In the experience of smart home products, the impact of emotionalization of smart home products on alleviating anxiety in middle-aged patients is scored as 5 points. The results are shown in Table 1.

**Table 1.** The influence of professional farmers' cultivation strategy on farmers' learning enthusiasm

| Age group             | Homimization | Intellectualization | Emotionalization |
|-----------------------|--------------|---------------------|------------------|
| Youth                 | 4            | 5                   | 5                |
| Young and middle-aged | 5            | 4                   | 4                |
| Middle age            | 4            | 4                   | 5                |

**Conclusions:** After emotional design of smart home products, patients get a good sense of experience. Their anxiety is gradually alleviated and their spirit is relaxed.

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## INFLUENCE OF COMPUTER COURSE TEACHING REFORM IN COLLEGES AND UNIVERSITIES ON ALLEVIATING STUDENTS' PSYCHOLOGICAL ANXIETY

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**Background:** Psychological anxiety refers to an individual's excessive worry about his own life and future, resulting in irritability. Psychological anxiety will be relieved or eliminated with the or solution of things. When individuals have anxiety for a long time, psychological anxiety belongs to abnormal anxiety, which is a manifestation of mental illness. The individual experience of abnormal anxiety has no reason to fear the imminent disaster, worry about his physical condition, and feel that he is suffering from a very serious disease. When abnormal anxiety is serious, the individual will have emotional and emotional disorders. This abnormal anxiety belongs to pathological anxiety, as opposed to realistic anxiety. Individuals with realistic anxiety will make emotional response in the face of potential challenges and threats. This emotional response is called realistic anxiety. The degree of anxiety is related to the degree of threats they face. When the potential threats or potential challenges in real life disappear, realistic anxiety will gradually disappear. This anxiety has timeliness. Pathological anxiety is divided into generalized anxiety disorder and panic disorder. Generalized anxiety disorder is a chronic disorder, which is caused by individuals' excessive worry about some life situations. Anxiety disorder can be divided into three types. The first type is mental anxiety, which is manifested in individuals' excessive anxiety about small things in daily life and fear of some uncontrollable events. For example, worry about family accidents, fear of failure in exams, etc. this type of anxiety has symptoms such as insomnia, dreaminess, irritability and so on.

In the process of computer course learning, college students will have varying degrees of psychological anxiety. This anxiety belongs to generalized anxiety disorder. There are five reasons for psychological anxiety. First, because the computer course contains more contents and the learning progress is relatively fast, there is not much time left for students to learn. Therefore, students need to spend a lot of time in private to keep up with the progress of computer course. Under the pressure of this tension, students will have a kind of psychological anxiety in learning. And the assessment methods of computer courses are different from those of other disciplines. In the process of final examination, computer-based examination