

that strengthening the psychological guidance and attention of debaters in the teaching of competitive debate has a significant positive impact on the comprehensive psychological state of debaters.

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## A STUDY ON THE INFLUENCE OF COLLEGE ENGLISH TEACHING INNOVATION MODEL ON COLLEGE STUDENTS' COMMUNICATION AND ADAPTATION BARRIERS

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**Background:** Adaptation disorder refers to a kind of stress-related disorder produced by individuals after experiencing obvious environmental changes. The occurrence of adaptation disorder is often related to the severity of life events, individual psychological quality and psychological coping style, and is usually accompanied by anxiety, depression and other symptoms. When adaptation disorder is more serious, it will lead to the damage of individual social function. With the elimination of stressful life events or the improvement of individual adaptability, individual adaptation disorders will be gradually eliminated within six months. At present, the group of college students is mainly the group of newly enrolled college students. Due to the maladjustment to the new environment and other factors, a considerable number of individuals in this group suffer from different degrees of adaptation barriers, one of which is the communication adaptation barrier. Communication adaptation disorder shows that patients with adaptation disorder have obstacles and difficulties in communication with others, or it is difficult to initiate routine social communication behavior with others. This phenomenon is more common for new college students. Communication adaptation disorder will not only make individuals unable to study and live normally and integrate into social groups, but also is not conducive to the rehabilitation of adaptation disorder and form a vicious circle. Therefore, this phenomenon needs to be paid attention to.

College English is one of the compulsory courses for every major in colleges and universities. At present, the innovative classroom model in college English teaching is gradually popularized, and the teaching model is also one of the important factors affecting college students' adaptive psychology. In the current teaching innovation mode of colleges and universities, online and offline mixed teaching based on the Internet + platform can not only enhance the interaction between teachers and college students, so as to enhance the frequency of communication, but also cultivate college students' learning autonomy and achieve educational equity, and strengthen the adaptive psychological quality of college students. The innovative mode of English teaching in colleges and universities mainly includes the construction of distance English resource platform, the formation of a diversified complex of the platform, the use of different types of public platforms to expand English teaching methods, and the optimization of English learning evaluation and feedback methods, so as to truly realize the personalized education mode. For college students, the innovative model of English teaching in colleges and universities is conducive to the improvement of their learning efficiency and communication with others in daily life. It is worth analyzing and studying the rehabilitation or mitigation of their adaptation barriers.

**Objective:** To analyze and explore the impact of innovative models on college students' communication and adaptation barriers in college English teaching, in order to eliminate or alleviate college students' communication and adaptation barriers caused by environmental factors.

**Subjects and methods:** 300 newly enrolled students with similar basic psychological conditions were found from the same university. They were divided into two groups according to the principle of equal number. The first group took the mixed college English teaching optimized by the innovative model as the experimental group, and the second group used the traditional college English teaching method as the control group. The teaching period is 4 months, i.e., one semester. Every month during the teaching period, before and after the beginning and end of teaching, the students' adaptive psychological level is tested, analyzed and compared. The psychological measurement tool used in the study is the student adaptive psychology scale, with 100 as the full score. The higher the score, the higher the level of adaptive psychology.

**Results:** Table 1 describes the test results of students' adaptive psychology scale before and after the experiment. It can be seen from table 1 that the adaptive psychological level of the two groups of students is similar before the beginning of teaching, while the adaptive psychological level of the experimental group increases significantly after the end of teaching, while there is no obvious change in the control group. After statistical analysis, it was found that there was significant difference in adaptive psychological level between the two groups after teaching ( $P < 0.05$ ), but not before teaching.

**Table 1.** Comparison of adaptive psychological self-assessment results between the two groups of college Students

	Before the experiment	After the experiment
Control group	72.29	75.38
Experimental group	71.52	89.63

**Conclusions:** Adaptation disorder is a kind of psychological disease easily caused by environmental factors when facing a new environment. Serious adaptation disorder will not only lead to anxiety and depression, but also temporarily lose social function, which needs to be paid attention to. Based on the common communication and adaptation barriers among new college students, the study conducted different college English teaching modes for two groups of college students, one of which is an innovative mode and the other is a traditional teaching mode. The experimental results show that the innovative model of college English teaching can significantly improve the adaptive psychological level of college students, so as to effectively treat or alleviate the communication and adaptation barriers of individuals.

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## ANALYSIS ON THE INFLUENCE OF THEME LANDSCAPE DESIGN OF GRAND CANAL NATIONAL PARK ON TOURISTS' BEHAVIOR AND PSYCHOLOGY

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**Background:** Behavioral psychology is a branch of psychology. Its core is to study the actual behavior of individuals and groups from an objective perspective, so as to organically predict or guide the subsequent behavior of individuals or groups from a psychological perspective. The behavior of behavioral psychology is mainly divided into two categories: classical conditioning and operational conditioning. The former is based on unconditioned reflex and the latter is based on conditioned reflex. For the behavior psychology of tourists, individual behavior psychological analysis is conducive to the positive adjustment of tourists themselves in the process of tourism, and plays a positive role in individual life and physical and mental health. Group behavior psychological analysis is conducive to the more active participation of tourists in tourism, and can effectively improve the positive psychological level of groups in tourism, promote the development of tourism and promote the mental health of groups at the same time, Make the group have a more relaxed and pleasant comprehensive psychological state.

The Grand Canal National Park refers to the Tongzhou section of the Grand Canal. Its key protection objects are the ruins of the old city of Lu County, the ancient city of Tongzhou, the ancient city of Zhangjiawan and the ancient city of Shexian county. In terms of historical and cultural landscape, the Grand Canal National Park deeply excavates the cultural relics and historical stories along the canal, prepares to build Lu county ancient city ruins park and Canal Museum, scientifically plans the functions and supporting facilities of the scenic spot, and fully displays the connotation of canal culture through sacrifice, ceremony, education, forum and other forms. In terms of natural landscape, the Grand Canal National Park integrates the surrounding scenic spots to form the Grand Canal tourism belt, which is combined with a variety of garden design landscapes to form a unique natural landscape. Due to the special historical and cultural connotation of the location of the Grand Canal National Park, the landscape design of the park should focus on the historical and cultural landscape, that is, the cultural landscape. As a scenic spot with unique significance, the Grand Canal National Park is favored by many tourists. Therefore, the design and construction of the theme landscape of the park is also of great significance. The theme landscape design of the Grand Canal National Park enriches the cultural connotation of the Grand Canal National Park, helps to promote the development of local tourism and improve the psychological state of individuals and groups from the behavior and psychology of tourists. Therefore, it is worthy of attention and has certain research value.

**Objective:** To analyze and explore the impact of the theme landscape design of the Grand Canal National Park on the psychological state of tourists in behavioral psychology, in order to improve the psychological state of tourists, promote the development of tourism and form a virtuous circle.

**Subjects and methods:** 200 tourists with similar basic psychological state who intend to go to the Grand Canal National Park were selected to travel to the Grand Canal National Park without theme landscape and count their overall behavioral psychological state. After an appropriate time interval, they were allowed to