

philosophical thought of Yangming school in Japan to intervene college students. The results show that from the perspective of social psychology, the influence of Japanese Yangming school on students with different levels of social activities is more significant, which can effectively improve students' depression and anxiety and enhance students' positive psychology. Therefore, in college education, using traditional philosophy to intervene students' psychology is not only an important way to effectively improve students' negative psychological emotions, but also an important method to improve the level of college education.

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## THE INFLUENCE OF THE APPLICATION OF ARCHITECTURAL ENVIRONMENTAL PSYCHOLOGY IN COLLEGE ARCHITECTURAL DESIGN ON COLLEGE STUDENTS' MENTAL HEALTH

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**Background:** With the development of China's economy, the construction industry has gradually become an important economic industry in China. Therefore, colleges and universities pay more and more attention to the student education of the construction industry. In college education, college students are an important object of concern in the development of education in China. In college teaching, students are easy to breed obvious negative emotions. Students' negative emotions generally include psychological anxiety, depression, low spirits, excessive pressure and so on. In order to alleviate students' negative emotions and help students promote the cultivation of mental health, colleges and universities have put forward a lot of solutions. Architectural design in colleges and universities is a key course in architecture major. In the study and practice of architectural design, the complexity of buildings is more likely to lead to students' mental health problems in the teaching process. At the same time, the teaching of architectural design is a comprehensive test of teachers' innovation and practical ability of students, which shows that architectural design teachers have high requirements for students' comprehensive ability, while college students are affected by the early teaching mode, their comprehensive ability obviously cannot meet the needs of teachers. Therefore, how to put forward the means to improve mental health according to the negative psychological emotions of college architectural design students is the main direction of the development of college education. At present, college teachers need to focus on putting forward the teaching scheme based on the cultivation of students' mental health.

Among the main teaching contents of architectural design course in colleges and universities, architectural environment design is more important. For course students, how to improve their cognition of architectural environment is one of the ways to reduce students' psychological negative emotions. Environmental psychology explores the relationship between residents and the environment, mainly to meet people's physiological and psychological needs. From the perspective of human psychology, environmental psychology is applied to architectural design through space shaping, plant selection, color application and collocation, so as to create a regional landscape planning and design that meets people's psychological changes in the architectural environment. Applying environmental psychology to architectural environment design can realize the harmonious unity of environment and people, meet people's psychological and aesthetic satisfaction, and stimulate people's yearning for and active participation in buildings. At the same time, people's aesthetic appreciation of the architectural environment proposed by environmental psychology can help college students build the direction of architectural design, which can promote the establishment of college students' architectural design self-confidence in course learning to a certain extent. Therefore, the research will use architectural environmental psychology to analyze the psychological problems of college students in college architectural design courses, and put forward the training path of architectural students' mental health.

**Objective:** This paper discusses the research status and application effect of architectural

environmental psychology, analyzes the mental health problems of middle school students in the teaching of architectural design course in colleges and universities, and discusses the impact of environmental psychology on the cultivation of college students' mental health.

**Subjects and methods:** Taking the students majoring in architecture in a university as the research object, 120 students were randomly selected. The students were divided into intervention group and routine group, with 60 students in each group. The students in the intervention group added environmental psychology to the architectural design teaching design, and the students in the conventional group adopted the traditional teaching curriculum design.

**Results:** The anxiety score is used to reflect students' negative psychological emotions, and the aesthetic psychology of students is evaluated to reflect the curriculum application of environmental psychology. The evaluation of students in the teaching process is shown in Table 1. Table 1 shows that in the process of increasing teaching time, the anxiety score of students in the intervention group is significantly lower than that of students in the routine group ( $P < 0.05$ ). At the same time, the aesthetic psychology of the students in the intervention group has also been significantly improved under the influence of teaching.

**Table 1.** Changes of anxiety and aesthetic psychology of the two groups of students

Time (month)	Anxiety score		Aesthetic psychology	
	General group	Intervention group	General group	Intervention group
0	69.57±2.31	68.54±2.19	1	1
3	64.32±2.11	58.42±1.99*	2	4*
6	57.86±1.97	42.06±1.07*	3	5*

Note: \* indicates that compared with the intervention group,  $P < 0.05$ .

**Conclusions:** Aiming at the mental health problems of students in architectural design course in college education, this paper puts forward a teaching scheme of architectural design course based on environmental psychology, and verifies the feasibility of the scheme through teaching practice. The results show that under the influence of environmental psychology teaching, students' anxiety changes more obviously, and students' aesthetic psychology has also been improved more obviously. The above results show that environmental psychology can not only help students establish a good psychological system to a certain extent, but also improve students' aesthetic ability, so as to promote students' comprehensive development. Therefore, in the teaching of architecture major in colleges and universities, teachers should cultivate students' comprehensive ability, adopt environmental psychology to promote students' aesthetic psychological growth, so as to alleviate students' negative psychological emotions, improve students' comprehensive ability and improve the teaching level of colleges and universities.

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## THE INFLUENCE OF ANXIETY ON ENGLISH STUDENTS' LANGUAGE LEARNING UNDER COGNITIVE PSYCHOLOGY

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**Background:** Anxiety psychology is a very special psychological reaction. The generation of individual anxiety is caused by the interaction of internal cognition and external environment. Psychology believes that anxiety is a negative emotion of self-doubt and worry. The generation of anxiety will seriously affect the normal life of individuals, affect their normal thinking ability and hinder their development. In college English learning, for Chinese college students who do not take English as the first language, the language particularity in English learning and its input and output in teaching have high requirements for students' basic ability, which also leads to language anxiety in students' language output in English learning. College English language learning is that students receive and output language through listening, speaking and writing. In the process of language reception, students will have unique and complex self-cognition and