

Objective: To understand the current performance of people's emotional and mental trauma and the current management situation of Hengqin Shimen entertainment world, and to analyze the causes of people's emotional and mental trauma. On this basis, this paper puts forward the development strategy of Hengqin Shimen entertainment world. Enrich the types of films in the theme park, so that tourists with different hobbies can find their favorite films, immerse themselves in them, feel the emotions conveyed by the films, appease the hearts of tourists with emotional and mental trauma, and alleviate their mental trauma. Carry out the real setting of the theme film, improve the tourists' sense of experience, and let them feel in the film, enhance the tourists' sensory stimulation, and further reduce the negative emotions of emotional and mental trauma tourists.

Subjects and methods: The research objects are emotional and mental trauma tourists. 120 tourists are randomly selected from Hengqin Shimen entertainment world film theme park. These tourists come from different occupations, ages, genders and political faces, and their income levels are different. Understand the mental health status of these tourists and their views on the film theme park, and record the relevant data of tourists during their tour in Hengqin Shimen entertainment world film theme park. Through statistical analysis software, the emotional and mental trauma scores of tourists before and after tourism are studied. 1-5 scores are adopted, and 1-5 scores respectively mean no, slightly, general, obvious and complete.

Results: When an individual is betrayed by a close person, there will be emotional and mental trauma. This kind of psychological trauma will make individuals feel inferior, feel that they have nothing, very small, and feel that they are not worthy of love. After emotional and mental trauma, the individual's ability to control his own emotions becomes worse. Some small things will cause violent fluctuations in individual emotions, such as sadness, anger, emotional collapse and so on. By visiting Hengqin Shimen entertainment world film theme park, the hearts of tourists with emotional and spiritual trauma were opened and their negative emotions were alleviated. Among them, the anxiety score of young tourists is 2.43, and the results are shown in Table 1.

Table 1. The impact of different risk prevention and control measures on the consumption psychology of financial consumers

Age group	Uneasy	Lack of security
Youth	2.43	2.05
Young and middle-aged	2.61	2.35
Middle age	2.48	2.64

Conclusions: As a kind of psychological trauma, emotional trauma will make people show low self-esteem, lack of security, poor emotional control and other characteristics. Some people will calm their emotions by crazy eating, which is an unhealthy practice. People with emotional and mental trauma can choose to have an immersive film tour, enjoy the pioneering, immersive and diversified experience brought by the film theme park, let them feel the world in the film, forget their troubles and alleviate the harm brought by emotion.

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STUDY ON THE FACTORS OF ATHLETES' PHYSICAL HEALTH AND PRE-COMPETITION ANXIETY IN THE PROCESS OF PHYSICAL TRAINING

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Background: Individual health includes not only physical health, but also mental health. Physical health is the basic guarantee and necessary premise of individual life. Mental health is one of the important conditions to achieve a long and orderly life and maintain a good mental state. The standard of mental health refers to that individuals have good psychological adjustment ability and emotional control ability, can make better psychological response and state to the changes and stimuli of surrounding environmental differences, and will not continue to fall into negative and depressed emotions. Anxiety, as a common emotional problem and psychological disorder, is affected by many factors, such as the stimulation of the external environment, the difference of their own cognitive level, the pressure exerted by others and so on. From the perspective of psychology, anxiety is a kind of psychological feeling and action tendency in the

face of future uncertainty. It is mainly characterized by widespread persistent anxiety or recurrent panic, and the anxiety psychology shown by different audiences has individual differences. Appropriate and reasonable anxiety can effectively promote individuals to produce enterprising, positive psychological state, emotional orientation and behavior mechanism. Excessive and negative anxiety will make individuals doubt their ability and value identity, and show a depressed emotional state towards the surrounding environment and personnel, which is not conducive to their interpersonal communication and daily life. According to who statistics, the number of people with anxiety disorder has shown an increasing trend in recent years, and its affected groups also tend to be younger and more serious. As professional athletes, athletes' daily life is endless sports training and single regular living habits. Their physical and mental health will affect career planning and competition results. Among them, the level of anxiety is one of the important factors affecting athletes' psychological state and competition results. The evaluation of outsiders, public opinion, psychological regulation level, cognitive level and professional skills will cause athletes' pre competition mood fluctuations and anxiety. If this anxiety cannot be alleviated and guided in time, it will cause great interference to the competition results. In serious cases, it will make it difficult for athletes to concentrate and cause competition accidents or miss competition opportunities. In order to properly adjust their physical functions and psychological emotions, it is necessary to carry out dynamic management and psychological attention to athletes in normal sports training, help them strengthen their psychological adjustment ability and health level, and reduce their negative emotions and psychological diseases.

Objective: Under the basic condition of mastering the physical health level and psychological state of athletes, improve the related sports training methods, so as to improve the physical health quality of athletes and the adjustment and cognition of their own psychological emotions, enhance their psychological pressure resistance and alleviate their anxiety.

Subjects and methods: The study selected athletes from a sports institute as the research object. Firstly, the basic information of their physical health, physical training and psychological level was collected. Then improve the sports training of athletes, such as adding psychological guidance and event simulation in the training process, in order to provide appropriate intervention and active guidance. This paper explores the improvement mechanism of physical training on athletes' physical health and pre competition anxiety by different physical training methods.

Method design: Firstly, the physical health level and learning anxiety of the subjects were evaluated and graded, and then the subjects were divided into psychological intervention group (group A), training mode improvement group (group B), mixed psychological intervention and training mode improvement group (group C) and original physical training mode group (group D). The experimental time is three weeks. After the experiment, the data of anxiety and physical health of different groups of experimental objects after one week, two weeks and three weeks are counted and analyzed in order to explore the improvement mechanism of physical training on athletes' physical and mental health. The physical health rating scale and Self-rating Anxiety Scale were used to make experimental data statistics on the physical level and anxiety of athletes before and after the experiment.

Methods: With the help of SPSS22.0 statistical analysis tool to statistically analyze the differences between the physical test scores and anxiety scale scores of the subjects before and after the experiment, and get the experimental results.

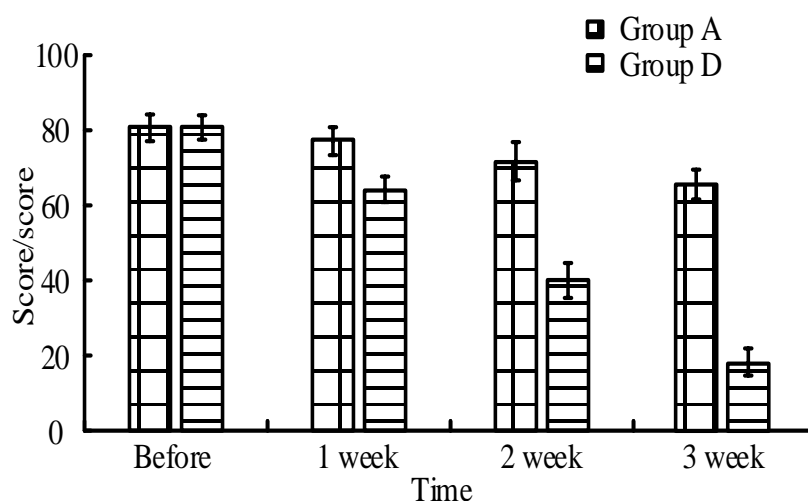


Figure 1. The scores of anxiety scale in psychological intervention group (group A) and original physical training group (group D)

Results: After investigating the basic situation of physical health test level and anxiety score of most athletes, it is found that they are easy to show anxiety before the competition, and there is an inappropriate relationship between physical training methods and their professional level and ability. The improvement and intervention of sports training methods can effectively carry out targeted intervention according to the characteristics of athletes, and greatly improve their physical quality and mental health level. Figure 1 shows the score statistics of anxiety scale in psychological intervention group (group A) and original physical training group (group D).

Conclusions: The improvement and effective intervention of sports training mode can effectively carry out targeted intervention according to athletes' physical quality and mental health, effectively improve their physical function quality and alleviate their anxiety. Psychological intervention on athletes in long-term sports training can enhance their cognition of their own professional ability and psychological evaluation level, promote the development of self-consciousness and show a better level of professional quality.

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RESEARCH ON ENVIRONMENTAL DESIGN OF AGING RURAL INFRASTRUCTURE UNDER ENVIRONMENTAL BEHAVIORAL PSYCHOLOGY

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Background: Environmental behavior psychology is a psychology course derived from psychological research. Its main research direction is centered on the psychology course, involving the knowledge content of architecture, landscape, psychology and other disciplines. Its main content is to study the relationship between human psychological behavior and environmental design, so as to meet people's higher-level needs for the environment. Perceptual psychology in environmental behavioral psychology is an important theoretical content. Some scholars believe that human response to the environment must be explained through cognitive process. Behavior has a purpose orientation, and human internal behavior and external forces will have an important impact on the environment. Environmental behavior psychology focuses on the interdependence between material environment system and human system. From the perspective of psychology, it pays attention to people's internal psychological process, including the impact of environmental factors such as perception, cognition and learning on individuals. In addition, it also pays attention to the coordinated development of man and environment and the dialectical unity of environment and behavior. Environmental behavioral psychology believes that people and the environment are interactive and coordinated, that is, the volume, shape, color, light, smell and other factors of the environment can ensure the rational and effective use of space only if they conform to people's behavioral psychological model. The depth and shade of color will cause different emotional experiences for people's psychological changes. The dark light space will cause people's psychological state of tension, anxiety and fear, and then produce an induction mechanism for people's behavior. In the context of the current aging trend, the increase of rural elderly population makes the limited elderly care infrastructure face greater bearing pressure. At present, there are some problems in the infrastructure of rural elderly care, such as insufficient supply and demand, extensive management and lack of services, and environmental design is difficult to meet the needs of the elderly. As a result, the service quality of the overall elderly care facilities is relatively low, and the elderly care service security of the elderly is difficult to be satisfied to a large extent. The level of basic elderly care service will be closely related to the psychological impact of the elderly. It will unconsciously produce negative emotions such as anxiety and boredom. The quality of basic environment will have different emotional experience and psychological value to individual psychology to a certain extent. To explore the environmental design of aging rural infrastructure under environmental behavioral psychology, so as to provide a more comfortable service environment for the elderly and help them reduce the occurrence of psychological diseases.

Objective: To improve the basic elderly care service facilities in rural areas with the help of relevant theories of environmental behavioral psychology, so as to improve the elderly care service security, reduce their negative emotions and psychological problems caused by elderly care service facilities, and effectively improve their basic elderly care level and mental health.

Subjects and methods: The research take the elderly aged over 65 in a rural area as the research object. Firstly, the information on the situation and level of basic elderly care service facilities in their location is