

**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

go to the Grand Canal National Park with theme landscape and count the overall behavioral psychological state. The psychological measurement tool used in the study was Symptom Checklist 90 (SCL-90) as the scale of comprehensive psychological state.

**Results:** Table 1 describes the SCL-90 test results before and after the experiment. It can be seen from Table 1 that after the experiment, the total score, total average score and the number of positive items of SCL-90 of tourists have decreased significantly, indicating that the psychological state of tourists has changed significantly. After statistical analysis, it was found that the three indexes showed significant differences after the experiment ( $P < 0.05$ ).

**Table 1.** SCL-90 self-test results of tourists

	Before the experiment	After the experiment
Total score	157.43	130.36
Total average	1.75	1.45
Number of positive items	29.64	18.81

**Conclusions:** Behavioral psychology is a branch of psychology that studies the behavior of individuals and groups for psychological analysis. For tourists, their behavioral psychology is mainly reflected in the transformation of their psychological state in the process of tourism. When the psychological state of tourists is positively affected by their behavior, their psychological state will also change in a positive direction. According to the behavioral psychology of tourists, the theme landscape design of Grand Canal National Park is carried out, and the psychological state of tourists is studied based on time, so as to analyze the effect of theme landscape design on tourists' behavioral psychology. The experimental results show that the theme landscape design of the Grand Canal National Park has a significant positive effect on the comprehensive psychological state of tourists, and can effectively improve the overall negative emotional state.

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## THE INTEGRATION AND DEVELOPMENT OF TRADITIONAL RADIO PROGRAMS AND NEW MEDIA IN THE ERA OF INTEGRATED MEDIA HAS A VISUAL CURE FOR PEOPLE'S MENTAL ANXIETY

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**Background:** With the rapid development of national economy and the increasingly fierce market competition, people's mental health problems are becoming more and more serious. This phenomenon has been widely concerned by experts and scholars at home and abroad. At this stage, the psychological problems of urban and rural residents take various forms. Different from the psychological problems caused by urban residents' insomnia, high-intensity work and fast-paced life, the mental anxiety of rural residents is mainly manifested in neighborhood relations, cadre mass relations, mother-in-law and daughter-in-law relations, which are often hidden and long-term. Although it seems that the masses will not have particularly big problems, if their psychological problems exist for a long time and cannot be effectively solved, these problems will further develop into malignant events. In the process of social differentiation and market competition, the rural people usually have frustrated and vulnerable people, which will make these groups feel anxiety, helplessness, resentment and other negative emotions. Usually, if they are in a state of emotional tension, they will have physical and emotional diseases. At this stage, the most common intervention methods can alleviate mental tension, but the scope of application is greatly limited, and the implementation is difficult, the effect is poor, and the real-time performance is low. Therefore, their promotion value is not particularly great.

Under the background of the new media era, the integrated development of traditional broadcasting and