

Conclusions: Nowadays the whole education system of higher vocational education in China should be built on the basis of educational psychology with healthy perspective, since combining educational psychology can be very important to the higher vocational education since it is very helpful to improve students' mental health and shape correct personalities. Building a perfect classroom organization system relying on educational psychology can ensure the effectiveness of classroom teaching. Therefore, it is necessary for teachers to regard students as the center of the application of educational psychology, apply the knowledge and theories of educational psychology to guide students to achieve more healthy mentality and a campus life with higher happiness level, make sure that students' psychological needs are satisfied and encourage students to improve and develop themselves more effective.

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EXPLORATION ON THE IMPLEMENTATION OF ARCHITECTURAL DRAWING CURRICULUM FROM THE PERSPECTIVE OF RELIEVING STUDENTS' PSYCHOLOGICAL ANXIETY

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Background: In the process of vigorous development construction industry in China, it is very important to quickly cultivate the mental health and positive attitude talents for the steady development of the industry. At the same time, with the development of science and technology, the demand for professional talents has also changed from quantity to quality, thus put forward higher requirements on teaching efficiency. Besides, with the fast development of contemporary science, especially the further development of cognitive psychology, strong scientific support has been provided for the college curriculum reform. Therefore, the curriculum design based on educational psychology and inspiring students' positive attitude is bound to have a huge impact on the improvement of teaching efficiency.

Subjects and Methods: This article, based on the theories of educational psychology and the student-centered teaching system, takes the cultivation of students' active learning mentality as the main line, explores the possibilities to reform the teaching methods in college from the perspective of psychology, deeply discusses the implementation of architectural drawing curriculum from the perspective of educational psychology combining with the OBE concept, and advocates the student-oriented teaching concept for professional core curriculum. This article summarizes the related theories of educational psychology by deeply collecting and studying related professional documents and works, and analyzes the current teaching situation of curriculum architectural drawing by investigating both college teachers and students from the school of architecture in college.

Results: The study of teaching reform in this article clearly embodies the characteristics of broad international vision and solid local action, and specifically discusses the critical thinking that contemporary teaching psychology provides for the reform of curriculum architectural drawing, and provides guides to the orderly reform of the architectural drawing curriculum in order to achieve the teaching target of cultivating comprehensive and professional talents, and a self-renewable architectural drawing teaching system.

Conclusions: By analyzing the combination of educational psychological theories and architectural drawing teaching reform, it is concluded that the theories from educational psychology can have important guiding significance for promoting not only the reform of curriculum architectural drawing, but also the college education and teaching system nowadays, and undoubtedly have a high reference value for the reform of architectural drawing teaching.

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STUDY ON THE SYSTEM DYNAMICS OF COVID-19 PSYCHOLOGICAL PANIC SPREAD MECHANISM BASED ON URBAN TRAFFIC DATA

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Objectives: To control the spread of COVID-19 panic, many countries have implemented a series of social distancing control policies. The research results show that strict social distancing control is one of the most effective epidemic prevention and control measures, but long-term strict city and country lockdown measures will lead to economic recession, social instability and other problems. The long-term nature of COVID-19 determines how to control the epidemic to a minimum and maximize the national economic and social stability, which is one of the most important issues in the prevention and treatment of COVID-19 panic.

Methods: Based on the urban travel volume data, the travel rate of the crowd can be obtained. Then the article established the COVID-19 panic spread dynamics model to study the quantitative relationship between the urban travel rate and COVID-19 panic spread. According to the molecular motility theory, people have a certain probability of coming

into contact with infected people or infected areas during the process of moving, and there will be a probability of being infected. This paper established a COVID-19 panic spread model based on travel rate to study the transmission mechanism of COVID-19 panic spread.

Results: The experiment results show that the dynamic model in this study can predict the change of epidemic situation well. The study found that there was a quantitative relationship between urban travel rate and COVID-19 outbreak. On this basis, targeted COVID-19 epidemic prevention and control policies could be further proposed.

Conclusions: The positive correlation between the spatial distribution of urban travel volume and the number of people diagnosed with COVID-19 indicates that when the epidemic reappears, according to the experimental results, the regions with higher spatial effect level should be cared first. In the COVID-19 panic spread model based on travel rate, we found that there is a relative travel rate threshold, which determines whether there will be an outbreak or not. This provides a quantitative yardstick for pandemic control, which can determine whether the government can reopen or force a secondary shutdown.

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THE INFLUENCE OF TAI CHI EXERCISE ON PSYCHOLOGICAL ANXIETY OF COLLEGE STUDENTS

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Background: Using the questionnaire, experiment and other methods, using the psychological lecture scale of college students, the exercise effect of Changchun Guanghua University students' Tai Chi psychological status test. The results showed that there were 10 significant factors among the students after the Tai Chi exercise, especially in the interpersonal relationship, emotional adjustment, adaptability and psychological endurance. It is concluded that Tai Chi exercise has a detailed effect on college students' psychological anxiety.

Objective: College students, as the group with a higher cultural level in Chinese society, have always been recognized as the most active and healthy group, but in the society with the rapid development, the accelerated pace of life and the fierce competition, many college students begin to feel at a loss and have a psychological discomfort. Studies at home and abroad show that 10% to 30% of college students in Chinese universities have psychological anxiety problems of varying degrees, and the psychological anxiety status of college students is facing a serious threat, and it is not optimistic. Whether the psychological anxiety is directly related to the comprehensive development of college students and the early success of. Therefore, maintaining and improving the psychological anxiety level of college students and reducing and avoiding the occurrence of various psychological problems have become one of the contents of college education.

Methods: Take two types of college students practicing Tai Chi and non-practicing Tai Chi. In Zhoukou Normal University, 100 people were randomly selected, and 100 non-practitioners were randomly selected in total Of 200 college students, 200 questionnaires were distributed, 200 were recovered and 192 valid questionnaires. The psychological scale of Chinese college students was used as a measurement tool. The scale has 80 evaluation items, and can be classified as 10 factors, namely: interpersonal tension and sensitivity, poor psychological tolerance, poor adaptability, psychological imbalance, emotional disorders, anxiety, depression, hostility, paranoia, and somatization. SPSS18.0 and Excel were used to analyze and process the obtained data, and the reliability test, correlation analysis and T-value test were mainly used for data collation. In consultation with the relevant psychology research experts of Zhoukou Normal University, to provide reference opinions and suggestions for the writing and design of the paper.

Results:

Test results of the psychological scale

Scale reliability test

Internal consistency coefficient (homogeneous reliability, also known as Cron-bach coefficient) is used as the reliability index of the questionnaire. For the total and subscales ranged from 0.625 to 0.938, with poor adaptability was 0.808, 0.800 for anxiety, and 0.809 for depression, all three subscales had good reliability indicator [3]. Interpersonal tension and sensitivity were 0.774, psychological tolerance difference was 0.750, psychological imbalance was 0.798, paranoia was 0.760, and somatization was 0.791, indicating that these five subscales also have good reliability indicators. Emotional disorders and hostility were 0.625 and 0.651, respectively, which were also acceptable. The details are shown in Table 1.

Table 1 Reliability tests of the total scale and subscales

Subject	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Z1
a	0.774	0.750	0.808	0.798	0.625	0.800	0.809	0.651	0.760	0.791	0.938