

and anxiety level. There is no correlation between floor height and anxiety level, with a *p*-value greater than 0.05. There is a correlation between bedroom layout and anxiety level, with a *p*-value less than 0.05. There is a correlation between residential orientation and anxiety level, with a *p*-value less than 0.05. There is a correlation between building type and anxiety level, with a *p*-value less than 0.05. Moreover, the anxiety level of residents in residential areas is lower than that of residents in apartment buildings.

Conclusions. Reasonable architectural environment design has a positive impact on individuals with psychological anxiety. By introducing reasonable lighting design, spatial layout, and functional zoning, the tension and anxiety of anxious individuals can be reduced.

Positive influence of teaching models on improving students' anxiety

Zhexi Yao

Yangtze University College of Arts and Sciences, Jingzhou 434020, China

Background. The blended teaching model refers to the combination of online and offline teaching methods, using both online platforms and physical classrooms, to provide students with a more flexible and diverse learning experience. The learning experience of online and offline blended teaching mode can help students better adapt to learning pressure and anxiety.

Subjects and Methods. According to the principle of random sampling, 50 freshmen to seniors from a certain university were selected, including 25 males and 25 females. According to the results of the Anxiety Self Test Scale, there were 5 students with severe anxiety, 10 students with moderate anxiety, and 15 students with mild anxiety. A mixed online and offline teaching mode was used to teach students. Six months later, statistical analysis was conducted using SPSS3.0 software based on the results of the anxiety self-test scale.

Results. All students with severe anxiety improved, with 2 showing mild anxiety and 3 showing no symptoms of anxiety. Among students with moderate anxiety, 8 have mild anxiety and 2 have no symptoms of anxiety. Students with mild anxiety have no symptoms of anxiety. The *p*-value of the results before and after intervention treatment is less than 0.05, which is statistically significant.

Conclusions. The combination of online and offline teaching modes has a positive impact on improving students' anxiety disorder. Through flexible time arrangements, diverse learning methods, social support networks, and personalized learning experiences, it can help alleviate students' anxiety symptoms, and improve learning outcomes, and mental health.

Service quality in tourist attractions on tourists' psychological anxiety

Xiaomin He^{1*} and Yue Huang²

¹Shanxi Institute of Technology, Yangquan 045000, China and ²Northeast Normal University, Changchun 130024, China

*Corresponding author.

Background. The development of the tourism industry has led to an increasing number of tourists, demanding better service quality from scenic spots. The improvement of service quality in tourist attractions can provide tourists with a safer and more reliable travel environment, reducing their anxiety about risks and uncertainties.

Subjects and Methods. Based on the principle of random sampling, the population aged between 18 and 60 in a certain scenic area were selected and distributed a service quality demand questionnaire. It includes four criteria: safety services, navigation services, employee attitudes, and service processes. The score was filled out on a scale of 1 to 10. The higher the score, the more valued the content is by tourists. A total of 1000 demand forms were distributed, and 985 were actually collected, with a recovery rate of 98.5%. Statistical analysis was conducted on the table data using SPSS23.0 software.

Results. According to the statistical results, there is a negative correlation between the four aspects of scenic area safety services, scenic area navigation services, employee attitudes, and service processes and tourists' psychological anxiety, with a *P*-value less than 0.05, indicating statistical significance.

Conclusions. By providing a sense of safety and security, accurate and complete scenic area information, friendly and enthusiastic service attitude, and convenient and efficient service processes, scenic area managers can reduce tourists' anxiety, and improve their satisfaction and experience.

Acknowledgement. In 2019, the Youth Fund for Humanities and Social Sciences Research of the Ministry of Education (No. 19YJC790043).

Three-dimensional Japanese text translation teaching on college students' foreign language learning anxiety

Liwen Zhang

Yancheng Institute of Technology, Yancheng 224000, China

Background. The anxiety of college students in learning a foreign language may affect their learning results, so it is very important