

# Sports Rehabilitation Base in Natural Environment Helps College Students' Psychological Anxiety

## -- Taking Huaiyuan County as an Example

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### Abstract

For the growing number of college students with anxiety, how to help college students control anxiety or cope with anxiety has become the focus of social and mental health research. Through the questionnaire data on college students' anxiety factors and the analysis of the treatment methods for the corresponding symptoms in China, we can learn that there are some drawbacks in the common anxiety symptoms of college students and the existing treatment methods for middle and low levels of psychological anxiety in China. Therefore, based on the results of relevant papers, our team summarized several relevant research on treatment methods, synthesized two more effective treatment methods, put forward the idea of "setting up a base in an outdoor natural environment, and then carrying out aerobic exercise", and established the feasibility of Huaiyuan County's environment through the evaluation of relevant indicators and the field survey of the scheduled treatment sites, It also predicts that aerobic exercise in the base set up in the outdoor natural environment has practical effect on the treatment of psychological anxiety.

### Keywords

College Students' Psychological Anxiety Treatment; Outdoor Natural Environment; Aerobic Exercise.

## 1. Introduction

Nowadays, the rapid pace of life, the general lack of unified standards and norms, the general rise of social requirements for college students, and the neglect of interpersonal relations have led to a general state of anxiety among college students. With the accelerated pace of life, college students do not have enough time to understand and adapt to social changes, and the pace of social changes will only accelerate. Some college students will choose to escape and completely indulge themselves, and then find themselves in anxiety. This also makes college students have more requirements for more practical and feasible treatment methods in the field of psychological anxiety treatment.

Now the research work on the treatment of mild and moderate psychological anxiety of college students has also been carried out in many aspects, including the use of natural environment to treat psychological anxiety: some scholars pointed out that natural environment has a positive effect on the cure of psychological problems such as psychological anxiety. For example, scholar Payne Emma A and other scholars arranged 200 college students to participate in the experiment for three weeks, The content of the experiment is that some college students spend 20 minutes a week alone in the natural environment, and the remaining students do not carry out any intervention. Three weeks later, the intervention effect is tested. The results show that the stress and anxiety of college students participating in the natural environment intervention

are significantly reduced; [1] The scholar Raman Thivya Laxshmy and other scholars further studied the recovery effect of specific types of natural environment on psychological anxiety and other aspects. They set up three natural environment points (community forest area, recreation park and urban green corridor), arranged an equal number of participants to walk for 30 minutes in three natural environment points, and assessed the psychological effects under different environments through the DASS21 table, POMS table, PANAS table and ROS table. They found that the urban natural environment is most helpful for the recovery of psychological problems such as anxiety.

[2] There are also ways to treat psychological anxiety with drugs, but drug treatment often brings some side effects. For example, in the experiment of Keither J. Zullig and other scholars on the impact of antidepressant and anxiety drugs on college students, they add up the days of poor physical and mental health within 30 days, and subtract the total days from the 30 days, Health days were calculated in demographic data and among users and non-users of each prescription drug category, and there was also a significant difference in health days among individuals who reported antidepressant NMU ( $P < .001$ ). As a result, compared men and women who did not take any drugs and NMU ( $P < .01$ ), it was found that women who took NMU antidepressants lost 62 additional days per year. For men using NMU antidepressants, it is estimated that 82 days will be lost every year. The results showed that NMU of antidepressants and NMU of any drug had significant damage. At the same time, the method of aerobic exercise to treat psychological anxiety has also been promoted, and research on aerobic exercise in the treatment of psychological anxiety has also been made to a certain extent, for example, Li Hongwei, a scholar, conducted exercise intervention on 49 college students with mild depression through SDS and Hamilton Depression Scale (Divided into two groups: the control group and the exercise group. Both groups introduced psychological and behavioral therapy. The exercise group added a number of aerobic exercises. After two months of treatment, the depression of both groups decreased significantly. Comparatively speaking, the effect of reducing the symptoms of the exercise group was more obvious. In conclusion, the early psychological anxiety treatment mentioned in the conclusion was better when combined with aerobic exercise.[3] In view of this, our team envisages that aerobic exercise and natural environment will be combined to improve the treatment effect when treating college students' psychological anxiety in the early and middle stages. Namely, set up a psychological anxiety treatment base in the natural environment, and carry out aerobic exercise in the base.

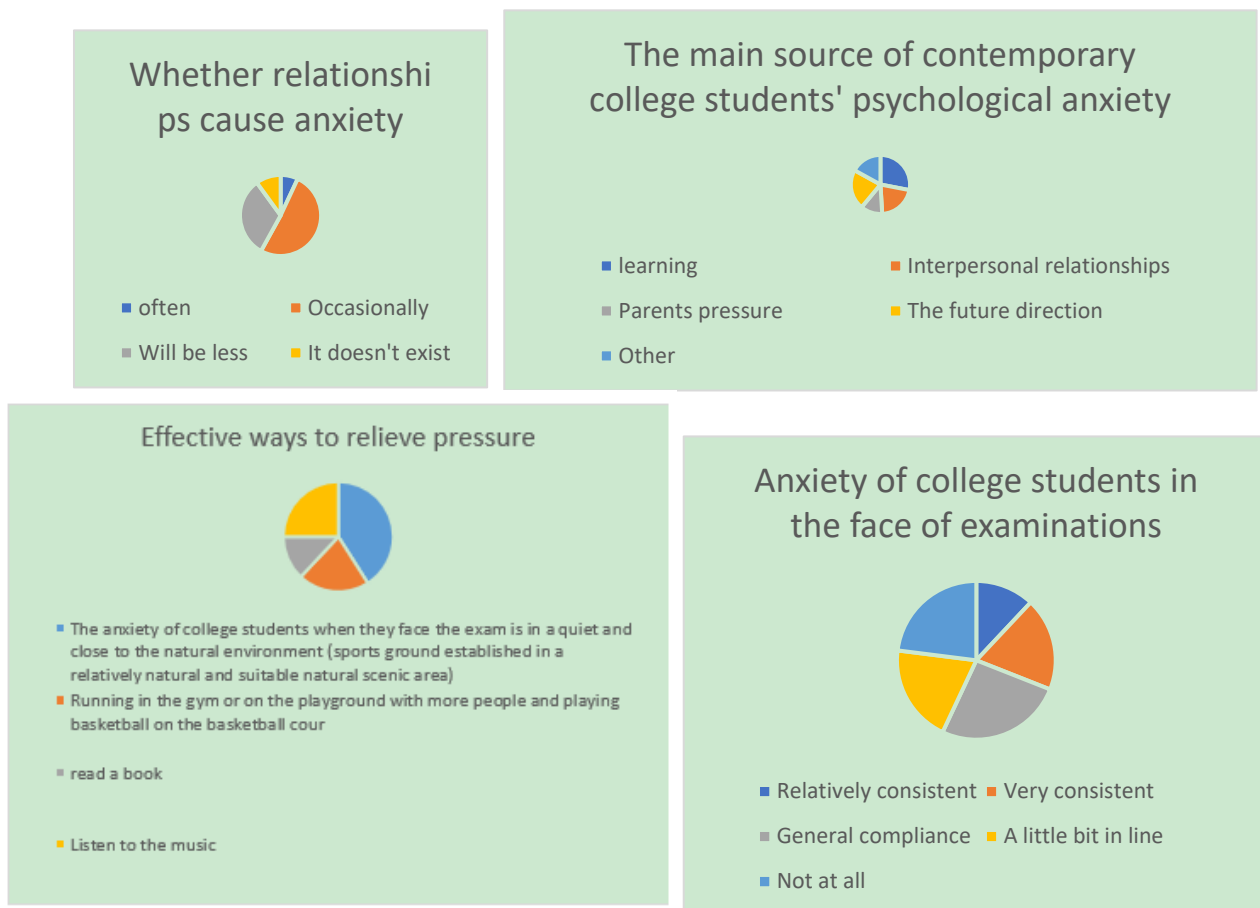
## 2. The Causes of College Students' Anxiety

### *(1) Online questionnaire results*

The number of respondents in this survey is 78, 42 men, accounting for 53.85%; 36 women, accounting for 46.15%. The subjects were all students who had experience of anxiety and treatment of anxiety. The mean age was ( $18 \pm 1.7$ ) years. We selected the two factors most likely to cause anxiety from the first pie chart and carried out further research.

It can be seen from the previous three pie analyses that dealing with interpersonal problems in the face of learning and examinations has become the main cause of anxiety among college students. According to the statistical analysis, the existing anxiety symptoms can be divided into: 1. Square anxiety disorder, a dependent type of anxiety symptoms lacking independent personality, often occurs in college student groups that have been in a state of indulgence for a long time, lack of life experience, and have defects in some aspects, but also have strong self-esteem and sensitivity; 2. Social phobia, an anxiety disorder that is afraid of group activities, is common among college students who are introverted, emotionally unstable, pursuing perfection or have low self-evaluation, and sensitive feelings; 3. Obsessive compulsive disorder is an anxiety disorder that runs through repetitive thinking. It is common among college

students who pursue perfection, have great learning pressure (can't adjust in time and force themselves to do unnecessary things), have strict family education, and have high requirements at home. The above anxiety symptoms are all caused by too little contact in a certain field and excessive worry in the face of some unknown situations; 4. Perfection anxiety disorder, in which the pursuit of perfection leads to the inability to accept some normal (imperfect in the eyes of this kind of anxiety group) results and becomes anxious in emotion. In college students, if they have the above symptoms, they are often accompanied by moderate to low levels of anxiety.



**Figure 1.** Preference survey for releasing anxiety

**(2) Data analysis and supplement:** we can analyze from the fourth pie chart "Effective methods for anxiety treatment" that college students have a preference for quiet aerobic exercise methods when coping with anxiety. In this regard, we also quoted the data collected by the statistical method in the article "The influence of sports health care on the regulation and treatment of college students' psychological anxiety" for comparison.

The experimental group was anxious college students who received outdoor aerobic exercise, while the control group did not take outdoor aerobic exercise. We can see from the changes of p values in the second, fourth, sixth and eighth weeks before the experiment that there is a comparative effect (starting from the second week) between the mild college students' anxiety group and the moderate college students' anxiety score data we collected, that is, the mild college students who have received outdoor aerobic exercise have a significant effect in the recovery process, and the moderate college students also have a rapid therapeutic effect, It is confirmed that outdoor aerobic exercise has a certain positive effect on college students' anxiety symptoms.

**Table 1.** Regular data comparison of therapeutic effect of aerobic exercise  
(Mild anxiety college students)

group	Number of cases	Before experiment	Two weeks of experiment	Four weeks of experiment	Six weeks of experiment	Eight weeks of experiment
experience group	40	52.7±2.5	51.4±2.3	50.1±1.2	48.3±1.6	46.8±1.5
control group	40	52.6±2.4	52.2±1.8	52.4±2.1	53.1±1.8	52.2±2.3
P value		0.8210	0.0000	0.0000	0.0000	0.0000

(Moderately anxious college students)

group	Number of cases	Before experiment	Two weeks of experiment	Four weeks of experiment	Six weeks of experiment	Eight weeks of experiment
experience group	30	66.7±1.60	64.7±1.52	63.2±1.60	61.5±1.58	60.8±1.62
control group	30	67.8±1.80	66.9±1.95	66.4±1.62	66.6±1.80	67.5±2.10
P value		0.7006	0.0043	0.0000	0.0000	0.0000

\*When p value is <0.0005, it proves that there is statistical significance in the comparison of college students' psychological anxiety scores.

\*The total score is 100, 50 is the critical value, 50-60 is the mild anxiety standard, and 61-70 is the moderate anxiety standard. (The score is the value under the number of experimental weeks). [4]

**(3) Current psychological anxiety treatment methods and their negative effects**

At present, the commonly used interventions for anxiety include drug therapy, psychotherapy and physical therapy.

1. medication

At present, there are mainly four kinds of anti-anxiety drugs

**Table 2.** Analysis of therapeutic effect of various anxiety drugs

Sedative	Benzenediazepines	Methylalanine esters	Diphenylmethane	Discomfort symptoms: may cause dizziness, drowsiness, fatigue, and uncoordinated fine movements
	All of them have a hypnotic effect. Most of the drugs are aimed at mild anxiety (such as Dingtaile in diphenylmethane)			Large dose: application will cause ataxia, motor dysfunction, rash and leukopenia
Other classes	Finnalu		Oryzanol	In addition, long-term use of such drugs may lead to physical and mental dependence on these drugs.
	It can regulate the mental state and help sleep.			

Conclusion: Drug treatment has a certain impact on the mental state of patients. While anti anxiety, it reduces the enthusiasm of college students. For college students with mild and moderate anxiety, drug treatment can be carried out according to the doctor's instructions but the side effects of drugs can not be ignored.

### 3. Natural Environment Assessment System of Huaiyuan County

The natural environment assessment system of Huaiyuan County selected by our team is assessed based on suitability index and human fitness level, air quality (concentration of harmful particles or gases in the air) and air quality level (concentration of negative ions in the air)

#### 3.1. Human Fitness and Fitness Grade

Environmental suitability refers to the adaptability of environmental status to human living conditions and the growing demand for beauty, comfort and convenience. High environmental suitability is conducive to the development of human physical and mental health; Comfort Index of Human Body is a commonly used method to characterize human comfort in daily life, which mainly depends on three indicators: temperature, humidity and wind speed. Temperature is the main indicator to judge climate comfort, while humidity and wind speed are auxiliary indicators. Human activities in the atmospheric environment are subject to the comprehensive effect of meteorological elements. People usually use the temperature to express the cold and hot environment. If the human body feels uncomfortable, it will lead to corresponding stress reactions. The appropriate human fitness level reflects the excellent environmental conditions and is a standard for evaluating the comfortable natural environment

#### 3.2. Air Quality

High quality air quality is an important standard to judge the natural environment. High quality air quality not only solves the problem of smooth breathing, but also helps to promote healthy blood circulation, build a strong physique and make the body energetic. Pure air can soothe the nerves - calm and tranquilize the mind. The natural environment often has high-quality air quality. Forest oxygen bars and other health bases are built with this feature

#### 3.3. Air Quality Index (Negative Oxygen Ion Concentration Grade)

Negative ion concentration

Air molecules are composed of atoms, which include atomic nuclei and electrons. The nucleus is positively charged, and the electrons are negatively charged. Air molecules or atoms are generally neutral. When the air molecules are affected by the outside world, such as the ionization source, some of the outer electrons of the neutral molecules or atoms in the atmosphere can overcome the binding of the atomic nucleus and break away from the original orbit to form free electrons, which will soon attach to the gas molecules or atoms to form negative ions, which are called air negative ions. Negative ions are one of the standards of air quality, known as "vitamins" in the air. Generally, the concentration of negative ions is high in high-quality natural environments, such as Mengshan Mountain, Lingnan Green Pearl Dinghu Mountain, Xishuangbanna, Hulun Beier Grassland and other natural environments.

We judge the environmental quality of Huaiyuan County according to the above three indicators.

### 4. Relevant Environmental Data and Index Evaluation of Huaiyuan County

Brief description of Huaiyuan County: Huaiyuan County is located in the north of Anhui Province, the west of Bengbu City, and the middle reaches of the Huaihe River. It belongs to temperate semi humid monsoon climate zone, with annual average precipitation of about 900mm, abundant rainfall, four distinct seasons and pleasant climate. First of all, we need to know that Huaiyuan County will complete 14000 mu of afforestation in 2020, with an average annual afforestation area of 857 mu, a total area of 4285 mu, and a forest coverage rate of 26.3%. [5] Secondly, according to the data in the Task Schedule of Bengbu City's 2021 Urban Landscaping Improvement Action Goals, Huaiyuan County will increase the green space area

by 300000 m <sup>2</sup> and transform the green space to 270000 m <sup>2</sup>, both of which are the largest in the city, and the proportion of increased green space in these areas is large. It can be seen that Huaiyuan County is an ecological natural county that pays attention to the key development of green environment and has a high degree of green coverage and green development.

In order to more effectively verify the natural environmental conditions of Huaiyuan County where we are located, we collected the relevant environmental data of the three solar terms (January to March, July to September, October to December) of Huaiyuan County in 2020: average temperature (T), average humidity (H), wind speed (U), negative ion concentration index (I), etc., and calculated the comfort of the local environment by using the human comfort calculation method:  $I = 1.8 * T - 0.55 * (1 - H) + 32 - 3.2 * \sqrt{u}$ , Compare the ideal comfort level in the local environment, and specify that the comfort level is between 60 and 75 as 3 to 5, and that below 60 is between 1 and 2, 75-85 are Grade 6-8 (The forecast of human comfort index is generally divided into 10 levels. Level 10, slightly cold. Level 9, slightly cold, comfortable. Level 8, cool, comfortable. Level 7, comfortable. Level 6, relatively comfortable. Level 5, slightly hot. Level 4, comfortable in the morning and evening, slightly hot at noon. Level 3, normal at noon, slightly hot at night. Level 2, slightly hot, beware of heatstroke. Level 1, very hot, heatstroke is strictly prevented. Level 1 to 2 are specified as general comfortable environments; Level 3 to 5 are high quality and suitable environments Environment; Grade 5~8 is the best suitable environment; Level 9 or above is a poor environment)

**Table 3.** Analysis of therapeutic effect of various anxiety drugs

(Environmental data analysis of Huaiyuan County in the third quarter of 2020 -- from weather forecast query in Huaiyuan)

2020	Average	Temperature	Wind speed U	Suitability index I	Ideal fitness index	Rating	Average suitability index and grade evaluation
January	8.1	66%	3.5	40.4063	46.58	1~2	50.755(level 1~2)
February	16.0	74%	3.5	54.6703	60.8	1~2	
March	17.4	74%	3.5	57.190	63.32	1~2	
July	25.25	90%	3.5	71.411	77.45	3~5	72.4971(level1~2)
August	28.6	84%	3.5	77.408	83.48	6~8	
September	23.75	83%	3.5	68.6725	74.75	6~8	
October	16.4	74%	3.5	55.39	61.52	1~2	44.3316(level1~2)
November	11.4	79.8%	3.5	46.33	52.52	1~2	
December	3.0	74.9%	3.5	31.275	37.4	1~2	

(The air quality and air anion concentration in Bengbu in 2020 -- from the air environment data query of Anhui Bureau of Statistics in 2021) [6]

To sum up, the average level of environmental suitability of Huaiyuan County in 2020 is about 55.8612, which falls within the range of 1 to 2 levels, and is general environmental comfort. Further analysis shows that the average suitability from July to September is about 72, belonging to 3~5 levels, which is a high-quality environmental suitability. Considering that this period is mostly a student holiday, it further indicates that this period is conducive to a series of psychological anxiety rehabilitation activities. Secondly, according to the National Air Anion Concentration and Air Grade, the analysis of the air anion concentration grade and the proportion of days in Huaiyuan County shows that the average air anion concentration in

Huaiyuan County is below 1500~2000, that is, the average grade is at Grade II air grade. The air is fresh, which is of great help in calming emotions and calming emotions (air anion is called the "air vitamin" needed by the human body); Furthermore, according to the analysis of air indicators in Huaiyuan County, the average content of two kinds of solid particles in the air is about half of the national limit, and the harmful gases such as SO<sub>2</sub> and NO<sub>2</sub> account for 30% and 12.5% of the national limit respectively, which is a perfect standard. This proves that the air quality in Huaiyuan County is good and belongs to a natural and fresh environment. To sum up, Huaiyuan County belongs to a natural environment, which is predicted to be helpful for the treatment of college students' psychological anxiety.

**Table 4.** Analysis of air quality index in 2020

Air indicators in 2020	Particulate matter (particle size <= 10um) (pm10)	Particulate matter (particle size <= 2.5um) (pm2.5)	sulfur dioxide	Nitrogen dioxide	Unit: microgram/m3	Proportion of days with air quality reaching or better than Grade II
	72	43	13	31		81.4%
National High Quality Air Quality Index	150	75	500	240		The average air anion concentration is between 1500 and 2000
If the difference is more than 100, the standard is perfect, and if the difference is less than 100, the standard is reached	Up to standard	Up to standard	Perfect standard	Perfect standard [7]		Conclusion: The air anion concentration is high and the air quality is good
<p>Note: National Air Anion Concentration and Air Grade</p> <p>It is specified that the air quality below 500 is poor, and the air grade is V; 500~1000 refers to the average air quality, and the air grade is IV; 1000~1500 means the air is relatively fresh, and the air grade is III; 1500~2000 means fresh air, the air level is II; Those above 2000 are very fresh, and the air level is Grade I [7]</p>						

## 5. Therapeutic Effect of Outdoor Natural Aerobic Exercise and Precautions for Aerobic Exercise

**Table 5.** Therapeutic effect and precautions

Physiological effects: relieve skeletal muscle tension; Accelerate the metabolism of excessive thyroid and adrenal hormones, and relieve alert tension; Improve the level of brain serotonin, which is helpful to release the depressive state; Promote the secretion of endorphins and enhance the well-being of patients	Note: First of all, consider the physical conditions of the patients. For some college students, some physiological diseases will restrict some aerobic exercise. Therefore, physical examination should be carried out for the patients before the exercise. Secondly, we should pay attention to the movement rules. Disordered movement rules will bring physical pressure, and the treatment effect is counterproductive.
Psychological influence: increase subjective well-being; Reduce the dependence on the above drugs, so as to reduce the side effects of drugs; Sleeping aid is beneficial to the regulation of mental state; Improve the sense of control of anxiety, which is conducive to long-term and stable maintenance of therapeutic effect.	Finally, the site is suitable and the equipment is in place. The proper site can bring a smooth aerobic exercise process, and excellent equipment can give you good protection during exercise. Under the appropriate physical conditions and exercise rules, safe aerobic exercise in the appropriate site will bring less injury and long-term sustainable treatment effect.



To sum up, we can learn that aerobic exercise therapy can be tried during drug therapy, which will bring about the effect of adjuvant therapy. That is, regular and safe outdoor aerobic exercise will bring about a lasting, long-term stable and less damaging therapeutic effect. At the same time, it can also reduce the dependence of some drugs, thereby reducing the side effects of drugs.

## **6. Construction Plan of Outdoor Natural Psychological Anxiety Treatment Base and Proposal Plan of Launching Aerobic Exercise Treatment**

### **6.1. Base Construction Address and Base Equipment**

In 2020, the total amount of state-owned construction land in Huaiyuan County will be about 6153 mu, including 766 mu for public services, medical care and other purposes. This is the land source that we can consider to build the base. According to the Land Acquisition and Development Plan for Four Areas, including Liucheng Park, Liucheng Town, Huaiyuan County, issued in 2021, it is mentioned that 52% of the total area of the four scenic sites, namely, the land in Liucheng Park, Liucheng Town, Huaiyuan County, the land in the south of Wohe Wuqiao, Jingshan Town, Huaiyuan County, the land in the east of China Resources Beer Factory, Liucheng Town, Huaiyuan County, and the land in the east of Wucha Road, Liucheng Town, Huaiyuan County, will be expropriated for development, The proportion of other public welfare land is nearly 50%. This proves that Huaiyuan County has many undeveloped lands, most of which are scenic spots, which can provide us with sufficient land resources for base construction.

The base is located next to the Luohe River at the foot of Tushan Mountain. It is expected to set up a basketball court with a total area of 420 square meters, including 28 meters in length and 15 meters in width; A 400m sports ground with eight plastic runways. The specific area is subject to the standard 400m eight plastic runways: semicircle radius: 36.5m, straight line 84.39m, and lane width 1.22m. The size of the playground is 180m \* 96m, and the total area is 17280m<sup>2</sup>; Secondly, the first scale of construction is: 50m long, 21m wide, 1.8m-2.0m deep, with a standardized chlorine free swimming pool equipped with a departure platform of 0.5 \* 0.5; The above facilities are all located inside the base, and are scheduled to be located near the grazing area of Tushan (most of the area is flat, and the geographical conditions of the grazing area are better).

An additional trestle road with a width of about 1m and a length of 5km is planned to be set beside the Luohe River. The base is also equipped with a psychological anxiety therapist office, which can monitor the emotional changes of patients in real time and make corresponding measures quickly. The base is also equipped with corresponding psychological treatment rooms: reception room, reading room, individual consultation room, psychological sand table room, etc. The reading room is equipped with corresponding psychological anxiety relief books, simple and fresh potted plants, thus creating a relaxed natural environment to assist in the treatment work; The reception room is equipped with self-help psychological tester, tea table, computer and other daily office appliances, which can help psychotherapists to work without distance; The psychological sand table room shall be located in a ventilated and lighted place. The color of the room and props shall be light beige as far as possible. At the same time, a yoga room shall be set up, with a total area of 50~60 square meters [8]. Sand tables, sand table racks, yoga mats, etc. are placed to meet the conditions for psychological anxiety therapists and college students with psychological anxiety to carry out psychological therapy normally.

### **6.2. Development Plan of Aerobic Exercise Therapy**

The best frequency of aerobic exercise: 4~5 times a week, the duration of exercise is 20~30 minutes or more, and the best intensity: maintain exercise status within 10 minutes



Running: 3-mile jogging 4~5 times a week (about 30 minutes); Speed up to 20 minutes and 1 km can bring fitness effects.

Warm up before running and jog for 1-2 minutes; Adhere to the plastic runway inside the base.

Swimming: practice freestyle to achieve the effect of aerobic exercise, swimming for 20-30 minutes each time, 4-5 times a week, and pay attention to moderate intensity relaxation training; Stick to the swimming pool of 23~26 °C in the base for sports.

Aerobic exercise: It is performed in the yoga room for 45~60 minutes each time, 3~5 times a week.

Walking: walk along the riverside corridor set up outside the base as far as possible to about 3km within an hour. From the above "environmental comfort" survey, it can be seen that the effect will be better during July to September; During this period, dumbbells and other equipment can be equipped. When walking, try to swing the watch naturally on both sides of the body with the amplitude [9]

Basketball: It is carried out on the standardized basketball court inside the base. Warm up before the activity, and stretch after jogging for 2 minutes to reduce sports injuries. Basketball matches will be held 2-3 times a week, lasting about 45 minutes, to improve the speed of metabolism in the body.

The three kinds of sports are not separated, but they are carried out in the way of cross sports. There are 2 to 3 kinds of cross sports on different days. Cross exercise is for patients with different muscle groups to exercise with a balanced intensity, so as to achieve a healthier condition.

Conclusion: Exercise should have enough regularity and intensity, and enough duration can bring effective psychological anxiety treatment effect. At the same time, we predict that the facilities in the base will bring timely assistance to these aerobic exercise therapy activities, and the anxiety depressive symptoms of college students' anxiety groups will be reduced.

## 7. Summary and Suggestions

Anxiety is a psychological phenomenon that contemporary college students often experience. Moderate anxiety is conducive to the growth of students. On the contrary, excessive anxiety will cause great harm to college students. Therefore, psychological treatment is needed in the face of excessive anxiety. The traditional psychotherapy has great disadvantages, which may bring great pain to patients. Moreover, the traditional psychotherapy has the characteristics of high frequency and long period, which is not suitable for college students. Therefore, there is a lack of special therapy for college students. Therefore, it is necessary to explore a more scientific and healthy method to improve the existing treatment.

Through a number of papers and experimental analysis, we can see that aerobic exercise can regulate the state of the body in coping with stress. Aerobic exercise can stimulate college students to appropriately regulate the stress level of the body, and the higher the stress level is, the greater the extent of college students to reduce their own stress is. At the same time, college students with higher stress levels will have stronger resilience and more positive emotions in their spare time. They will be more energetic and get more happiness the next day after sports, that is, more positive emotional state and performance. Aerobic exercise can effectively enhance the ability of the respiratory system to absorb oxygen, the cardiovascular system to load and transport oxygen, and the ability of the organization to metabolize and utilize oxygen. Therefore, aerobic exercise has a good impact on human physiology, psychology and other aspects. At the same time, aerobic exercise with planned and protective measures will bring the most effective treatment effect to patients, and the effect is the most persistent and the damage is the least. It is an ideal treatment method.

The natural environment is an important factor affecting the exercise effect. Sports should be carried out in parks, forests, gardens, grasslands, fields and other places where the air is fresh and the natural environment is good and quiet. In addition, exercise should avoid smog and dust weather, stay away from congested roads, and avoid inhaling a lot of floating dust, car exhaust and other pollutants, which will affect your health. Especially when doing aerobic exercise, exercise in bad environment is no different from human flesh "vacuum cleaner". Therefore, we believe that aerobic exercise in the natural environment has a certain alleviating effect on college students' psychological anxiety and will not have side effects in a large probability. However, through our field survey and survey of Huaiyuan County and the official data report provided by Anhui Bureau of Statistics in 2020, we can see that Huaiyuan County has a superior natural environment and is suitable for building a psychological treatment base for college students to carry out aerobic psychological treatment.

Therefore, we believe that the establishment of outdoor natural psychological anxiety treatment base and the development of aerobic exercise treatment plan in Huaiyuan County are feasible and practical.

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