

# **A Study on the Intervention of Campus Gardening Therapy on College Students' Aesthetic Education**

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**Abstract:** Horticultural therapy is currently being revived by the medical community, and its use in colleges and universities has unprecedented opportunities. The intervention of horticultural therapy in college students' aesthetic education and its application in colleges and universities is an important topic. Horticultural therapy enables students to use horticultural techniques and tools adaptively. Through the communication and cultivation of plants, students can realize the meaning of life, thus triggering in-depth thinking and solving the psychological problems of college students. It is of great significance to integrate gardening therapy into college students' aesthetic education.

## **1. Introduction**

Aesthetic education refers to the education to cultivate students' ability to know, love and create beauty, also known as aesthetic education or aesthetic education, which is an indispensable part of people's all-round development education. Horticulture Therapy means that people who need to improve physically and mentally cultivate and manage plants such as fruits, vegetables, flowers or ornamental trees by engaging in horticultural activities, and get emotional recovery in the embrace of nature and green; In the fresh and fragrant fragrance of flowers, you get spiritual pleasure. Popularizing and popularizing the concept of modern Horticulture Therapy can enrich the cultural and spiritual life of schools, arouse the emotional experience of college students, help cultivate noble sentiments, and widely and deeply influence the emotions, imagination, thoughts, will and character of college students. This can help them receive vivid ideological and political education, and promote their political quality, moral outlook and healthy growth of thoughts and feelings.

## **2. Overview of Horticulture Therapy**

From the late 17th century to the mid-20th century, scenery, sunshine and fresh air are all important components in the rehabilitation process in different hospital environments [1]. In the late 18th century, Benjamin Rush formally put forward the view that gardening has therapeutic effect on mental patients on the basis of his clinical practice [2]. In 1813, the famous Philadelphia Friendship Hospital was established, and the first flower house was built in 1879, which was the representative of the institutions that actively carried out horticultural treatment during this period.

After the Vietnam War, gardening activities had obvious effects in the rehabilitation of demobilized soldiers, which greatly promoted the development of Horticulture Therapy [3]. In 1973, American Horticultural Treatment and Rehabilitation Association was founded. In the same year, he accepted gardening as rehabilitation treatment [4]. Since then, the progress of Horticulture Therapy has become more vigorous. At this stage, the research focuses on the interaction between natural environment and human health [5].

In China, the domestic research on Horticulture Therapy still stays at the level of introducing foreign research status and popularizing the relevant knowledge of Horticulture Therapy, and lacks the practical application of Horticulture Therapy [6].

In 1990s, it began to introduce the objects, implementation steps and precautions of Horticulture Therapy from the medical point of view [7]. At the beginning of the 21st century, a richer and more comprehensive introduction to horticulture therapy and related studies from different disciplines were published. For example, in the study of patients with chronic schizophrenia, Ban Ruiyi found that

the rehabilitation training of horticulture therapy was helpful to alleviate the severity of mental disability and improve the initial deficiency [8]. In recent years, researchers have gradually considered Horticulture Therapy from the perspective of landscape architecture, which is considered as the fundamental trend of landscape architecture in the 21st century [9]. In addition, scholars at home and abroad began to cooperate and exchange, and made a more in-depth and comprehensive introduction to the current situation of Horticulture Therapy [10].

Due to the accelerated pace of life, many college students are facing great academic and employment pressure, and there will be a great demand for Horticulture Therapy in Chinese aesthetic education.

### **3. Theoretical Basis of Campus Horticulture Therapy's Intervention in Aesthetic Education of College Students**

#### **3.1 Emotional Aesthetics Theory**

The emotional experience of beauty includes feeling, perception, representation, imagination and idea in the category of consciousness, as well as psychological synaesthesia effect. The so-called psychological synaesthesia refers to the psychological phenomenon that vision, hearing, touch and taste are unified with each other in the brain and are interrelated and induced with each other. For example, when an individual is in a pleasant situation, it can lead to comfortable and peaceful happiness.

#### **3.2 Flow Theory**

Flow theory emphasizes physical and mental experience, and individuals improve their self-confidence and adaptability by investing in new things. The actual operation process of Horticulture Therapy is the entity verification of this theory.

#### **3.3 Attention Recovery Theory**

Some environments can cause psychological contents different from the usual situations, and can cause unintentional attention, so that attention can be rested. It is by building this good environment that Horticulture Therapy can restore the focus.

### **4. Problems Faced by College Students in Aesthetic Education**

With the increasingly fierce competition, interpersonal relationships are becoming more and more complex. The survey shows that the current college students' self-satisfaction is not high, and some students show bad emotions such as depression [12]. College students' aesthetic education problems are complex and diverse, which are mainly realized as follows in psychological aspects.

#### **4.1 Poor Interpersonal Relationship Leads to Emotional and Personality Disorders**

College students are in the stage of psychological development from immaturity to maturity. Some students face communication difficulties and vent their emotions on the Internet, which will cause psychological problems such as emotional depression, autism and loneliness over time. Research data show that up to 48.0% of college students have interpersonal problems.

#### **4.2 Emotional Distress Causes Anxiety**

Most college students don't form a sound view of love. Once their feelings are frustrated, they are prone to insomnia, world-weariness and other gloomy emotions. This problem is particularly prominent among students from single-parent families or families with disharmony. Research shows that nearly 37% of college students are troubled by this problem.

#### **4.3 Psychological Stress Caused by Negative Emotions**

Influenced by bad social atmosphere, the erosion of utilitarianism, fierce competition in study, and worries about future employment, etc., some college students have been in negative emotions

such as inferiority, anxiety and depression for a long time [13].

## **5. Strategies of Intervention in Aesthetic Education by Campus Horticulture Therapy**

College students' aesthetic education should not only use traditional methods such as appreciation of works of art, psychological consultation, publicity and lectures, but also use Horticulture Therapy to make breakthroughs and innovations in different forms, so as to relieve the pressure of college students' needs in practical activities.

### **5.1 Starting from the Campus Landscape Environment, Create a Healthy and Ecological Activity Space**

Building a beautiful campus environment plays a vital role in the process of college students' learning and growth. Beautiful campus environment can subtly produce positive emotions, eliminate negative emotions and improve the aesthetic education of college students. The campus landscape of this book is designed based on the North China University of Science and Technology where the author works.

(1) In the center of the campus, the “Yanzhao Famous Special Plant Park” is specially designed. Taking 12 urban parks in Hebei Province as the representative, the characteristic or native plants in the urban area are planted separately, separated by natural terrain, and each plant is attached with an instruction board. In their spare time, students can visit the land of Yan and Zhao, which can not only strengthen their physique and increase their botany knowledge, but also help students relax and relieve stress by wandering in this colorful and beautiful garden.

(2) There are many waterfront spaces in the campus. Relying on the campus natural topography and gardening design and planning, using the combination of rocks, artificial lakes and various waterfront plants or ornamental grass and colored leaf plants, an ecological wetland landscape effect is formed, which makes the whole campus full of nature and wild interest. Whenever the seasons turn, the banks of “Yuxiu Lake” are colorful and colorful, attracting countless teachers and students to stop and linger.

(3) Fruit trees with certain ornamental value are selected as street trees in the greening of individual branch roads in the campus, such as begonia, peach trees, apricot trees, mulberries, etc. When the fruits are covered with branches, the students scramble to pick them, and the campus is full of vitality.

(4) The flower boxes around the core teaching area of campus and in front of the teaching building are selected with hollyhock and amaranth. The flower image is natural and graceful, and the fragrance of flowers is elegant and pleasant.

### **5.2 Offering Courses and Lectures on Horticulture Therapy**

The research on Horticulture Therapy in China is slightly later than that in some developed countries. At present, it is only applied in hospitals, rehabilitation centers, nursing homes and some high-end residential communities in some developed areas, while the research and practical application of campus Horticulture Therapy is still in its infancy. At present, colleges and universities can offer relevant courses and lectures to popularize knowledge of the concept, principle and practice of Horticulture Therapy, so as to guide college students to actively participate in the construction of campus Horticulture Therapy and improve the existing aesthetic education problems.

University has abundant spare time, so the school can offer elective courses related to Horticulture Therapy, such as plant cultivation, flower arrangement and embossing, plant modeling design, etc., so that students of various majors can learn as interests and hobbies, thus understanding the origin and life texture of plants, approaching the world of plants and exploring the mysteries of life. The essence of its course belongs to applied technology, so it is necessary to attach importance to practical teaching and organize as many field visits and experimental verifications as possible, so as to deepen the teaching effect [14]. Through the course study, students can have a new understanding of roadside green plants, experience the value of life in the process of hands-on

operation, cultivation management or flower arrangement and embossing, realize the beauty of everything in the world, and cultivate students' optimistic and confident attitude towards life.

In addition, lectures on Horticulture Therapy and even related horticultural culture are few and far between, so more universities should be encouraged to give lectures on Horticulture Therapy.

### **5.3 Establishing the Horticulture Therapy Association**

Community associations in universities are a good place for college students to enrich their extracurricular life. Establishing associations related to Horticulture Therapy is an important form of application of Horticulture Therapy in campus. In the community, gardening planting or gardening beautification activities can be organized, so that students can understand the whole process of plant growth through cultivation and management, realize the value of life and guide positive and healthy psychology; Floral production exhibitions can be held from time to time. From scheme design to hands-on operation, each floral work embodies the designer's ingenuity and sentiment. Plants can stimulate people's sensory systems such as vision and smell, so as to achieve the effect of physical and mental pleasure.

## **6. Conclusions**

At present, Horticulture Therapy has not been widely used and popularized in Chinese university campuses, but its role in improving college students' aesthetic education should not be underestimated. Facing the increasingly severe mental health problems of college students, campus Horticulture Therapy should be regarded as a new direction of college students' aesthetic education.

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