

Healing Landscape Design Strategy of University Campus in the Post-Epidemic Era

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Abstract: In the post-epidemic era, university campuses have gradually returned to their former prosperity and vitality. However, the epidemic has brought a great impact on people's mental health, especially among college students. In order to help college students relieve the pressure brought by the epidemic and improve their mental health, campus landscape design is particularly important in the post-epidemic era. By studying the practice and application of healing landscape design strategies in university campus, this paper discusses how to create an environment conducive to the mental health of college students through landscape design.

Keywords: post-epidemic era, mental health, healing landscape design

1. Introduction

Through studying the practice and application of healing landscape design strategies in university campus, this paper discusses how to create an environment conducive to the mental health of college students through landscape design. Firstly, through the investigation of the mental health status of college students, the impact of the epidemic on the mental health of college students is understood, which provides a basis for the subsequent landscape design. Secondly, some effective healing landscape design strategies are summarized, such as the increase of green vegetation, the introduction of natural elements, and the design of open space. Finally, combined with the actual situation, we put forward some healing landscape design schemes suitable for the university campus, such as adding leisure area on the campus, building yoga garden, setting up mental health consultation points, etc. Through the practice and application of these healing landscape design strategies, college students can effectively improve their mental health status, and improve their happiness and learning efficiency. At the same time, it also provides some references and inspiration for landscape design in other related fields.

2. Background and meaning

2.1. Impact of the epidemic situation on the landscape design of university campuses

The COVID-19 outbreak has had a huge impact on all fields around the world, and the field of university campus landscape design, is no exception. During the epidemic period, the design concept and practice mode of university campuses have been re-examined and challenged. First of all, the outbreak has made people realize the importance of health and safety issues in public places. For the landscape design of the university campus, we need to pay more attention to the ventilation and ventilation of the space to reduce the possibility of virus transmission. Secondly, long-term home isolation and online learning make people's desire and attention to nature and outdoor space more prominent. Therefore, the landscape design of university campus needs to better meet people's needs for the natural environment, and provide more outdoor activity space and green leisure places^[1].

In addition, the epidemic has brought a certain degree of digital trend to the landscape design of university campuses. During the pandemic, the popularity of online courses and telecommuting has made people more dependent on technology and digital tools, so university campus landscape design also requires digital technology to provide more intelligent and convenient design solutions to meet the needs of contemporary students and staff.

2.2. Concepts and principles of healing landscape design

2.2.1. The concept of healing landscape design

Healing landscape design refers to creating an environment designed to promote people's physical and mental health and comfort. Its core idea is to integrate the natural and artificial landscape to provide a space for people to relieve stress, promote physical and mental health, and enhance social interaction. Healing landscape design is a green, quiet, comfortable, interactive environment, in which people can get spiritual guidance and pleasant experience.

2.2.2. The principle of healing landscape design

In practice, the healing landscape design must follow some principles. First of all, landscape design needs to respect nature, make full use of natural resources, protect the ecological environment, and create a harmonious space for man and nature^[2]. Secondly, the design should conform to the principles of ergonomics, consider people's behavior habits and needs in the space, and make the design closer to people's life. Thirdly, the healing landscape design should take into account the needs of different groups of people, including different age levels, occupation, health status, etc., to provide a variety of experiences and services. Finally, the design should focus on sustainable development, considering environmental protection, resource recycling and other aspects, so that landscape design can continue to play a healing role in the long term.

2.3. Necessity of healing landscape design on university campus in the post-epidemic era

The epidemic has brought a huge impact on people's mental health and lifestyle. As an important place for students to study and live, the landscape design of college campus is not only to beautify the environment, but more importantly, to provide a space that can soothe and heal people's minds. Therefore, in the post-epidemic era, the healing landscape design of university campuses is particularly necessary.

First, healing landscape design can create an environment conducive to students' physical and mental health.

Through reasonable green vegetation design, waterscape and garden water system design, as well as the planning of hiking and leisure space, students can effectively improve their emotional state, relieve their learning pressure, and promote their physical and mental health^[3]. Especially during the epidemic, students were in closed environments for a long time, and the desire for nature and the outdoors was stronger, so the need for healing landscape design became increasingly apparent.

Secondly, the university campus healing landscape design in the post-epidemic era can also improve the quality of the campus environment and enhance students' sense of belonging and identity to the campus.

A beautiful, healing campus environment can stimulate students' learning and creativity, making them more actively engaged in their study and life. Improving the quality of the campus environment is also in line with the development trend of the contemporary university campus construction, which is conducive to the sustainable development of the campus.

Finally, the university campus should be a place full of social interaction and vitality.

Through the healing landscape design, students can provide more opportunities to communicate and interact with their classmates, and promote the communication and cooperation between each other. Especially during the epidemic period, the importance of social interaction is even more prominent, and the healing landscape design can create a safe and comfortable social space for students.

3. A key element of healing landscape design

3.1. Plant and greening design

As a representative of natural elements, plants can add vitality and vitality to the campus and improve people's psychological comfort level. In the campus greening design, the plant species should be reasonably selected and matched according to the characteristics and functional needs of different regions. For example, planting some enthusiastic and lively ornamental plants around the student activity area can enhance students' vitality and emotions, while choosing some green trees in the leisure

area to create a fresh and quiet atmosphere.

Secondly, the cover area and layout of vegetation should be considered. Reasonable vegetation layout can not only beautify the campus environment, but also bring fresh air and cool microclimate to the campus^[4]. In the design process, it can be guided by planting some plants with special forms or colors, creating a sense of landscape hierarchy, and providing students with a pleasant visual experience.

In addition, the plant and greening design can also create a variety of functional areas, such as leisure area, sports area, learning area, etc., to meet the different needs of students. At the same time, in the selection of plants, we can also consider some plants with aromatic, antibacterial or air purification functions, to add a fresh and pleasant atmosphere to the campus environment, and help to improve the quality of students' learning and life.

3.2. Design of water features and garden water system

Water is the source of life, and it has the characteristics of healing and relaxation. In the campus landscape design, the waterscape can provide a relaxed and pleasant environment for teachers and students by introducing water elements such as fountains, streams and lakes. The combination of water sound, water light, water shadow and other elements can not only create a quiet and harmonious atmosphere, but also can effectively purify the air, increase the air humidity, and improve the campus climate environment.

Garden water system design is the extension and development of the waterscape design. Through the clever design of the water system, different waterscape elements are organically integrated into the campus landscape. It can be designed into winding streams, crystal clear lakes, quiet pools and other forms, forming a beautiful waterscape painting. The design of garden water system can not only increase the green area of the campus, improve the quality of greening, but also provide a quiet place for teachers and students, so that they can relax their body and mind in the green water, reduce the learning pressure, and promote physical and mental health.

In the post-epidemic era, the importance of garden and water system design is becoming more prominent. During the epidemic, people were affected by staying at home for a long time, with increased psychological stress and less social interaction. As a place to study and live, the campus should provide a pleasant and comfortable environment for teachers and students. The design of garden water system can add a cool and quiet place to the campus, provide a place for teachers and students to relax and mind, promote mental health and enhance people's ability to resist disease.

3.3. Design of hiking and leisure space

Hiking and leisure space is an important place for college students to relax, relieve pressure and exercise. Therefore, designers need to consider how to enhance the comfort and attractiveness of these spaces through landscape design, so that students can better enjoy the benefits of these spaces^[5].

3.3.1. The design of hiking and leisure space should pay attention to the construction of environmental atmosphere

Through reasonable vegetation layout, landscape element setting and lighting design, a comfortable, quiet and pleasant space atmosphere is created, so that students can feel the beauty of nature, relax themselves and relieve pressure here.

3.3.2. The design of hiking and leisure space should take into account the needs and habits of students

Designers can set up a variety of leisure facilities, such as leisure benches, outdoor pavilions, sports venues, to meet the different leisure needs of students. At the same time, designers can also consider introducing some interesting interactive elements, such as colorful graffiti walls, outdoor music fountain, etc., to increase the interest and interactivity of the space.

3.3.3. The design of hiking and leisure space should also pay attention to safety and convenience

Designers need to plan roads and access facilities to ensure that students can walk and move safely and conveniently in the space. At the same time, designers can also consider setting up some information signs and safety warning signs to remind students to pay attention to safety and avoid accidents.

4. University Campus healing landscape design strategy in the post-epidemic era

4.1. Design strategies to promote students' mental health

The mental health of students on campus directly affects their study and quality of life, so it becomes an urgent task to improve students' mental health through landscape design.

First, to promote students' mental health, landscape designers can consider adding some natural elements to the campus, such as green plants and flowers. Studies have shown that contact with the natural environment can effectively relieve people's stress and anxiety, and improve their emotional state. Therefore, it is very necessary to design green Spaces, gardens and other areas in the campus to provide a place for students to relax^[6].

Second, waterscape design is also one of the important means to promote students' mental health. The flow and sound of water can bring a quiet and relaxing effect, helping to relieve students' tension. Setting up some small fountains, ponds or water systems on the campus can not only increase the beauty of the campus landscape, but also provide a space for students to relax and relax.

Thirdly, hiking and leisure space design is also one of the design strategies to promote students' mental health^[7]. Provide students with good hiking roads and comfortable leisure areas, can allow them to take a walk, rest, relax the body and mind, relieve pressure.

In short, by integrating natural elements, waterscape design and hiking and leisure space design into the campus landscape design, it can effectively promote students' mental health and improve their learning and life quality. For university campuses in the post-epidemic era, paying attention to students' mental health and creating a healing campus landscape design will be the key direction of future development.

4.2. Design strategies to improve the campus environment quality

A high-quality campus environment can not only improve the quality of life of teachers and students, but also promote their learning and work efficiency. When designing the quality of the campus environment, we need to take into account the following key elements:

4.2.1. We should pay attention to the design of campus buildings[8]

Architecture is the most prominent element in the campus environment, and its design style and quality will directly affect the overall environmental quality. Therefore, in the design of campus buildings, we should pay attention to the integration with the natural environment, advocate green ecological buildings, use environmentally friendly materials, and pay attention to the functionality and practicality of the building. At the same time, we should also fully take into account the needs and comfort of users, to create a livable, suitable for learning and working space.

4.2.2. To pay attention to the planning and design of campus greening

Plants are an important part of the campus landscape design, which can not only increase the green coverage rate and ecological environment of the campus, but also provide a comfortable and quiet learning and working environment for teachers and students^[9]. Therefore, in the campus greening design, we should pay attention to the selection and layout of plants, maintain the diversity of vegetation, and create a green campus environment.

4.2.3. The design of waterscape and garden water system is also one of the important strategies to improve the quality of campus environment

Water is an important element in nature, and its application in the campus environment can increase the sense of hierarchy and vitality of the landscape, and create a fresh and quiet atmosphere. Design of reasonable water features and garden water system can not only nourish the overall environment of the campus, but also improve the mood and mood of teachers and students.

4.3. Design strategies to increase social interaction

With the past of the epidemic, people have gradually regained their need for social interaction, and the design strategies of increasing social interaction have become particularly important in the healing landscape design of university campuses. Social interaction can not only promote the communication and interaction between students, but also improve the vitality and atmosphere of the campus

environment.

4.3.1. Create various space for communication and interaction to increase social interaction

For example, multi-functional squares, leisure areas and outdoor activities are set up in the campus to provide a place for students to communicate and interact. At the same time, designers can also consider introducing some social activities, such as symposiums, cultural exhibitions, sports competitions, etc., to attract students to participate and interact^[10].

4.3.2. Use modern technology to promote social interaction

By setting up electronic screens and intelligent interactive devices on campus, students can provide more opportunities for social interaction. At the same time, designers can also design some social and interactive mobile applications to provide a convenient platform for students to communicate and communicate.

4.3.3. Increase social interaction through the layout of landscape elements

For example, some interactive sculptures, fountains, rainbow trees and other landscape elements are set up to attract students to conduct social activities around them and enhance the atmosphere of interaction and communication.

5. Application prospect and prospect of healing landscape design in university campus

5.1. Development trend of university campus landscape design in the post-epidemic era

5.1.1. The landscape design of the university campus will pay more attention to the green ecology^[11]

During the epidemic period, people rely more on and yearn for the natural environment, so the landscape design in the future will pay more attention to creating a green, ecological and comfortable campus environment, so that students and staff can better get close to nature.

Secondly, the university campus landscape design will pay more attention to intelligence and digital. During the epidemic period, many schools have adopted the online education mode. In the future, the landscape design of university campuses will focus more on the introduction of intelligent facilities, such as intelligent lighting and intelligent rainwater collection system, to enhance the sense of technology and convenience of the campus.

5.1.2. Social interaction becomes the key to the landscape design of future university campuses

Despite the limitations for social interaction during the pandemic, the need for social interaction has not decreased. Therefore, the future university campus landscape design will pay more attention to creating an open and diverse social space to promote the interaction and communication between students.

5.2. Future research directions on the relationship between landscape design and students' health

With the continuous development of the society and people's attention to health, the role of landscape design in the university campus is becoming more and more prominent. In the future, the research on the relationship between landscape design and students' health will develop in the following directions:

(1) With the continuous progress of science and technology, emerging technologies such as artificial intelligence and virtual reality will be applied to landscape design, providing more innovative design solutions for university campuses. By combining modern technology, a deeper interaction between landscape design and students' health can be realized, and more healthy and active atmosphere can be created for the campus environment.

(2) Future research will pay more attention to the sustainability and ecological friendliness of landscape design. The principles of environmental protection, energy saving and emission reduction will run throughout the whole process of landscape design, so as to protect the environment, improve the climate adaptability of the university campus, so as to improve the physical and mental health of students.

(3) Future research will also focus on the impact of landscape design and students' social relationships. How to create more space for social interaction through design and promote the

communication and cooperation between students will become one of the priorities of future research. In the university campus, the landscape design can create an inclusive and friendly atmosphere, which helps to enhance the students' social communication ability and improve their comprehensive quality.

Overall, future research will focus on innovation, sustainability and social interaction to explore how landscape design can provide a better healthy environment for students on a university campus and promote their physical and mental health. These research results will provide important reference value for future landscape design practices and university campus management.

6. Conclusions

To sum up, the application prospect of healing landscape design in the university campus can not only improve students' mental health and quality of life, but also promote students' social interaction and cultural experience, which is of great significance and value to the construction and development of the university campus. Therefore, in the future in the university campus landscape design, the healing function will become an important aspect that cannot be ignored, leading the new trend of the university campus landscape design.

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