

Results. The results showed that after treatment, the mental state and quality of life scores of both groups of students were increasing, and the scores of the treatment group were significantly higher than those of the control group ($P < 0.05$). In addition, there was a significant decrease in depression and anxiety scores in both groups of students, and the scores in the treatment group were lower than those in the control group ($P < 0.05$).

Conclusions. From this, it can be seen that the inheritance of ethnic music culture and music education in universities are beneficial for alleviating the bipolar disorder of college students.

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Urban rail transit design practice on cognitive obstacles in art and design majors

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Background. Students majoring in art and design exhibit a more assertive personality, emphasizing their interests and hobbies while emphasizing their major over culture. They are easily suffering from cognitive impairment under the influence of professional characteristics, family environment, and growth experiences. The research added practical content of urban rail transit design to some content of art and design majors. It is to achieve intervention in cognitive impairment of art and design students.

Subjects and Methods. Two classes of students majoring in design from art schools were selected as the research subjects and assigned to groups A and B. Group A adopts traditional art and design professional cognitive impairment treatment methods, while Group B participates in urban rail transit design practice for combined intervention. The experimental total lasted for six months, and the data were organized according to SPSS23.0. t-tests for comparison between the two sets of intervention pre and post were used.

Results. After intervention, the perceptual-cognitive function score of Group B increased to 54.46 ± 6.68 points, and the perceptual-cognitive function score increased to 20.32 ± 1.97 points, significantly higher than Group A. At the same time, the quality of life score increased to 11.68, resulting in a significant improvement of 1.66 cases.

Conclusions. The combination of traditional treatment methods with urban rail transit design practices has an effective intervention effect on treating cognitive impairment in art and design majors.

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Manifestations and treatment strategies of anxiety disorders among English Chinese translators in cross-cultural translation

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Background. Although English Chinese translators receive high salaries, their mental abilities are overwhelmed during long-term cross-cultural translation. In addition, the requirements for translation submission time and quality make them face long-term pressure, and over time, they develop anxiety disorders, mainly manifested as sleep disorders. To address this issue, research has added psychological intervention therapy to traditional drug therapy and used a combination of treatment strategies to treat anxiety disorders.

Subjects and Methods. 100 English Chinese translators with anxiety disorders were randomly divided into two groups: Group C and Group D. Group C received drug therapy, while Group D received psychological intervention in addition to drug therapy. The experiment lasted for 3 months and their psyche was evaluated by Hamilton Anxiety Scale and data treatment was analyzed using SPSS 21.0. Metrics were indicated in the shape of average \pm criterion variation and t-test was used.

Results. The Hamilton scale score of Group D was 25.52 ± 1.15 before the intervention, and 7.06 ± 0.88 after the intervention; Before the intervention, the score of Group C was 25.47 ± 1.06 , and after the intervention, it was 14.03 ± 1.55 . Overall, the combination of drug therapy and psychological intervention has a better therapeutic effect.

Conclusions. English Chinese translators often exhibit anxiety disorders such as neurotic tension and sleep disorders in cross-cultural translation, and the combination of psychological intervention strategies in drug therapy is effective in treating their anxiety disorders.

Music curriculum innovation construction on postgraduate mania from the perspective of curriculum ideology and politics

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Background. Graduate students, as highly intelligent individuals, are more likely to experience mania during their studies than the general population. They are affected by learning pressure,