

The psychological guidance of traditional culture music education to college students with social anxiety disorder

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Background. Social anxiety disorder is a common mental health problem, especially prevalent among college students. Excellent traditional culture is a treasure of the Chinese nation and plays an important role in cultivating the comprehensive qualities of college students. Music education is an effective psychological guidance method that can help alleviate stress. Therefore, the study explored the psychological guidance of the collaborative development of music education among excellent traditional cultural college students with social anxiety disorder.

Subjects and Methods. A group of college students with social anxiety disorder were selected from different universities and randomly divided into an experimental group and a control group. The experimental group received collaborative intervention through excellent traditional culture and college students' music education, while the control group received intervention through traditional psychological guidance. Acute stress response before and after the intervention was assessed using the Stanford Acute Stress Response Questionnaire (SASRQ), and delirium was assessed using the 3-minute Delirium Diagnostic Scale (3D-CAM). **Results.** After the intervention, the level of social anxiety in the experimental group decreased significantly, and the difference was statistically significant compared with the control group. At the same time, the experimental group has significantly improved in the aspects of emotional regulation, social ability and self-cognition, indicating that excellent traditional culture and college students' music education have a better psychological guidance effect.

Conclusions. By actively promoting the combination of traditional culture and music education, it can help college students alleviate social anxiety, improve emotional regulation, social skills, and self-awareness, thereby effectively promoting their mental health development.

patients. The intervention methods of educational psychology have been widely used in the treatment of patients with mood disorders. Suzhou folk art is a unique cultural tradition with rich artistic expression and emotional expression, which may play a positive role in the psychological function of patients with mood disorders.

Subjects and Methods. Sixty patients diagnosed with mood disorders were randomly divided into an experimental group and a control group. The experimental group received a 12-week Suzhou folk art intervention to improve their mental health through learning and participating in Suzhou folk art forms, and the control group received regular treatment and nursing. Both groups were evaluated using the Stanford Acute Stress Response Questionnaire (SASRQ) and the Three-Minute Delirium Diagnostic Scale (3D-CAM) before and after the intervention.

Results. The results showed that there was a statistical difference compared with the control group (significance level less than 0.05). In the experimental group, the degree of mood disorder was significantly reduced, and the mental health status was also significantly improved. At the same time, the experimental group showed more positive emotional expression and participation in artistic creation activities during the intervention period.

Conclusions. Suzhou folk art can promote the emotional release of patients with mood disorders and enhance their mental toughness. The introduction of Suzhou folk art into local higher vocational art education is helpful in improving the mental health level and quality of life of patients with mood disorders.

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Educational psychology and red culture identity education for college students with borderline personality disorder: art design collaboration

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The intervention effect of Suzhou folk art on patients with mood disorders in vocational art education

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Background. Mood disorder is a common mental health problem, which has a negative impact on the quality of life and work of

Background. Borderline personality disorder is a common psychological disorder, especially among college students. Red culture is an important historical and cultural aspect of China, with rich educational significance. Red culture identity education plays an important role in university education, but its effectiveness for students with borderline personality disorder has not been fully studied.

Subjects and Methods. A total of 100 college students with borderline personality disorder were selected as experimental subjects and divided into two groups, respectively receiving art design education and routine education. Data were collected by the Stanford Acute Stress Response Questionnaire (SASRQ) and

the 3-minute Delirium Diagnostic Scale (3D-CAM) and statistically analyzed using SPSS23.0 software.

Results. The results showed that after participating in red culture identity education, the mental health status of students with borderline personality disorder was significantly improved. They exhibit higher emotional stability, self-confidence, and a sense of self-worth. At the same time, they are also more willing to express themselves and have a deeper understanding and identification with the core socialist values.

Conclusions. Art and design education can effectively improve the level of red cultural identity of college students with borderline personality disorder. The collaborative educational approach of art and design education can help college students with borderline personality disorder better adapt to the social environment, and enhance their mental health and self-development ability. Therefore, educational psychology should incorporate art and design education into the education plans of students with borderline personality disorders to promote the development of their red cultural identity.

Inheritance and development of ethnic dance culture on anxiety disorders in college students

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Background. Anxiety disorder is one of the common psychological problems faced by college students, which has a negative impact on their studies and lives. As a traditional cultural form, folk dance not only carries the essence of national culture, but also has potential mental health benefits by means of body movement, music, and emotional expression. Therefore, it is of great significance to explore the efficacy of the inheritance and development of folk-dance culture on the anxiety disorder of college students.

Subjects and Methods. The study first involved a subset of participants receiving anxiety disorders treated with a folk-dance intervention. The intervention can be conducted through classroom teaching, group activities and other forms. It mainly includes personalized exercise, key training, emotional regulation, etc. In the traditional drug treatment of the control group, the effect of the folk dance was analyzed during the experiment.

Results. The analysis found that the incidence of anxiety disorders decreased by 65.87% after the experimental group participants received the folk-dance intervention 83.23% of the patients showed significant disease improvement. Among the participants in the control group, only 62.36% of the patients with anxiety disorders had improved. It was 20.87% lower than the experimental group.

Conclusions. The experiment found that by participating in folk dance activities, college students can release tension through body movement while experiencing traditional culture, and adjust their emotional state with the help of the rhythm and expression form of music. Therefore, participating in the inheritance and

development of folk-dance culture can produce positive effects on the intervention of college students.

The psychological and emotional relief effect of tourism on residents with autism

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Background. In the context of rural revitalization, the tourism industry, as an important economic growth point, has been widely concerned. At the same time, as a special group, autistic residents are facing the challenges of psychological and emotional distress and social integration. Therefore, it is of great theoretical and practical significance to explore the development path of the rural tourism industry to alleviate the psychological emotions of autistic residents.

Subjects and Methods. The rural tourism industry provides opportunities for autistic residents to work and social integration. In the tourism service industry, autistic residents can play the role of tour guide, receptionist or handicraft producer. Through the accumulation of work experience, they can improve their self-confidence and social skills, and increase their sense of identity in society, which can help to improve their emotional state and self-feeling.

Results. Through the analysis of the psychological and emotional relief effect of autistic patients, it is found that the development path of the tourism industry under the background of rural revitalization has an emotional regulation effect on 80.65% of autistic patients. About 22.65% of people with autism showed significant improvement.

Conclusions. The rural tourism industry is characterized by diversity and interaction, which provides rich experience and participation opportunities. By participating in tourism activities, autistic residents can get the opportunity for physical and mental relaxation, emotional pleasure, and social interaction. Elements such as natural environment, cultural landscape and animal proximity in tourism activities provide autistic residents with sensory stimulation and emotional connection and help to improve their emotional state and self-feeling.

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