

Snow and ice culture sports tourism development on patients with post-traumatic stress disorder in Jilin Province from the perspective of healthy China

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Background. Psychological changes caused by traumatic stress, if left untreated for a long time, may become chronic symptoms lasting throughout the second half of life. Sports can make people happy, and can stimulate people's inner potential. With the development of ice and snow culture and sports tourism in Jilin Province as the background, this study analyzed the influence of ice and snow sports on patients with stress psychological disorders.

Subjects and Methods. A total of 300 patients with PTSD were selected as experimental subjects in various hospitals in Jilin Province, and an equal number of experimental and control groups were set up. SCL-90 self-test scale was used in both the experimental group and the control group for the questionnaire survey before and after the experiment. During the 3-month experiment, the control group received conventional treatment, while the experimental group received ice and snow sports extension training in addition to conventional treatment.

Results. The scores of Obsessive-Compulsive Disorder (OCD), depression, anxiety, hostility and terror disorder were significantly different before and after the experiment ($P < 0.01$). The two factors of interpersonal relationship and paranoia were significantly different before and after the experiment ($P < 0.05$). It was worth noting that there was no significant difference between somatization symptoms and psychiatric symptoms ($P > 0.05$).

Conclusions. Ice and snow sports intervention can release the tense emotions of patients with post-traumatic stress disorder, so as to restore the psychological balance.

interrelated. Depressive Personality Disorder (DPD) is a common and severe mental illness that is common among college students worldwide. Exploring the factors influencing depression among college students from the perspective of ecological psychology, with a focus on the effects of attachment anxiety, self-esteem cognition, and academic adaptation on depression among Chinese college students.

Subjects and Methods. In this study, 452 college students from Nanjing University in Jiangsu Province were assessed by Self-rating Depression Scale (SDS), Adult Attachment Scale (AAS) and Self-esteem and Academic Adjustment Scale (SES). Amos software was used to conduct confirmatory factor analysis on the survey results.

Results. There were significant differences in the dimensions of academic adaptation, self-esteem and adult attachment ($P = 0.000$, $P < 0.05$), and there were significant differences between gender and total score of depression ($t = -2.098$, $P < 0.05$). Attachment anxiety not only predicts depression directly but also indirectly through self-esteem. Academic adaptation not only predicts depression directly but also influences depressive anxiety through the mediating effects of self-esteem and attachment.

Conclusions. Academic adjustment, depression disorder, attachment anxiety and self-esteem were significantly correlated with depression disorder in college students. Self-esteem plays a mediating role between attachment anxiety and depression, and attachment anxiety and self-esteem play a mediating role between academic adaptation and depression.

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Intelligent teaching innovation of film and television media on mental health of patients with attention deficit under educational psychology

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Mental health based on ecological psychology on college students with personality disorder

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Background. In the current field of contemporary psychology, ecological psychology has become a new theoretical orientation, believing that everything in the ecosystem interacts and is

Background. Attention deficit is the most common chronic neurodevelopmental disorder in adolescents, mainly characterized by inattention and short attention time, hyperactivity and impulsivity that are not commensurate with age and developmental level. With the rapid development of electronic media, intelligent media teaching is gradually popularized, and the time for teenagers to contact film and television media is becoming longer. This study explores the impact of intelligent media teaching on the mental health of patients with attention deficit.

Subjects and Methods. A total of 500 adolescent patients with attention deficit were selected as experimental subjects, and the same number of experimental and control groups were set up. Both the experimental group and the control group were subjected to a questionnaire survey with the Attention Deficit