

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