

University music and ideological reform on treating depression through fostering healthy personality

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Background. Depression poses a serious threat to the physical and mental health of students. Music and ideology courses have an important position in college education, which is significant for improving the mental health of students.

Subjects and Methods. 100 college students with depression were selected for the study. They were randomly divided into an experimental group and a control group, with 50 people in each group. The experimental group received music and ideology and politics curriculum reform based on sound personality cultivation; the control group received traditional music and ideology and politics curriculum education. The Hamilton Depression Scale (HAMD) and Hamilton Anxiety Scale (HAMA) were used to assess before treatment, after treatment and during the follow-up period, respectively, and the data were analyzed by using SPSS23.0.

Results. The mean HAMD scores of the experimental and control groups decreased by 9.8 and 7.3 points after treatment, respectively. The mean HAMA score decreased by 6.8 and 5.2 points in the experimental and control groups, respectively. During the post-treatment follow-up period, the symptoms of depression and anxiety in the experimental group continued to improve while the symptoms in the control group rebounded, and the results showed that the difference was significant ($P < 0.05$).

Conclusions. The reform of music and ideology courses in colleges and universities based on the cultivation of sound personality has a positive impact on the treatment of students' depression and has a positive role in promoting the improvement of students' mental health.

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Investigating the psychological intervention effect of music teachers' teaching methods on posttraumatic stress disorder patients

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Background. Patients with Post-Traumatic Stress Disorder (PTSD) suffer from mental illnesses as a result of certain

psychological stimuli. The recipient's psychology is somewhat regulated by music education as an art form, and the efficiency of psychological regulation is also influenced by the educational methods used. As a result, people with post-traumatic stress disorder may benefit psychologically from music therapy.

Subjects and Methods. In order to explore the impact of different music teaching methods on the psychological intervention effect of patients with post-traumatic stress disorder, this study selected 150 patients with post-traumatic stress disorder and randomly divided them into three groups on average. The first group is a blank group, which does not receive any form of music education. The second group is the online teaching group, which accepts online music education and teaching. The third group is the offline teaching group, which receives offline music education and teaching. The treatment effect is analyzed by using the Psychological Resilience Scale (CD-RISC).

Results. The CD-RISC scores for the blank group, online group, and offline group were 40.26 ± 2.89 , 41.06 ± 1.52 , and 40.53 ± 1.26 , respectively. After receiving different forms of music education, the CD-RISC scores of the blank group, online group, and offline group were 41.83 ± 1.42 , 68.46 ± 3.26 , and 75.26 ± 2.55 , respectively.

Conclusions. Both online and offline music teaching methods can improve the psychological state of patients with post-traumatic stress disorder, and offline teaching methods have better improvement effects.

Cross border e-commerce English curriculum system on students' English learning anxiety

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Background. Cross border e-commerce English is the business English used by cross-border operating enterprises, which is highly frequently used in daily work and mostly communicates with foreign customers, creating a strong language environment.

Subjects and Methods. In order to explore the impact of cross-border e-commerce English course construction on students' English learning anxiety, the study randomly selected 100 students as experimental subjects in a certain university and divided them into two groups. One group is a blank group, where students only receive traditional English education and learning, while the other group is an experimental group. The experimental group received cross-border e-commerce English course learning. The Hamilton Anxiety Scale (HAMA) and Pittsburgh Sleep Index Assessment (PSQI) were used as statistical scales to analyze the relief effect of learning anxiety.

Results. The HAMA scores of the blank group and experimental group before the experiment were 22.16 ± 2.13 and 25.13 ± 1.26 , while the HAMA scores of the two groups after the experiment were 21.83 ± 1.43 and 17.73 , respectively. In the index evaluation

of PSQI, the scores of the blank group and the experimental group before the experiment were 15.23 ± 3.12 and 16.29 ± 2.54 , respectively. The scores after the experiment were 11.26 ± 2.99 and 9.46 ± 1.76 , respectively. The anxiety score and sleep score of the experimental group showed a greater downward trend.

Conclusions. The construction of cross-border e-commerce English curriculum system can effectively alleviate students' English learning anxiety.

The role of college English teaching reform in overcoming students' learning anxiety disorders

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Background. In the study of colleges and universities, students are under greater pressure to learn English, so the reform of the teaching mode of English in colleges and universities is of great significance to alleviating students' learning anxiety.

Subjects and Methods. This study chose 150 students with English learning anxiety as its experimental subjects at a particular university in order to investigate the impact of English teaching reform on helping students overcome their learning fear. The experimental employees were split into two groups using the random approach. One group was designated "blank," and that group was taught using conventional English methods. The experimental group, which uses a multimedia-reformed approach to English instruction, is the other group. The experimental statistical scale uses the Anxiety Disorder Somatic Symptom Assessment Scale, and the experimental period lasts for 3 months.

Results. The panic index scores of the blank group and the experimental group were 78.49 ± 2.32 and 79.50 ± 2.26 , respectively, after the evaluation of the Anxiety Disorder Somatic Symptom Assessment Scale, and the tension index scores were 84.65 ± 2.42 and 83.17 ± 1.58 , respectively, prior to the start of the experiment. Following the experiment, the scores for stress indicators were 83.79 ± 1.87 and 72.49 ± 4.01 , while the scores for panic indicators were 77.76 ± 2.46 and 67.65 ± 1.28 , respectively, in the blank group and experimental group. The experimental group's scores for somatic symptoms of anxiety displayed a considerable decline.

Conclusions. The reform of college English teaching through multimedia can effectively alleviate students' learning anxiety.

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University management decision execution on teacher Mania from the perspective of social psychology

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Background. The rapid development of education and teaching in universities requires teachers to possess more professional and solid comprehensive subject knowledge during the teaching process, and different management decisions in universities have a clear constraint on teachers. The impact of university management decision-making on teacher workplace mania has always been a highly concerning issue. From the perspective of social psychology, the execution of management decisions may have a significant impact on teacher workplace mania.

Subjects and Methods. This study selected 124 teachers suffering from mania from a certain university and randomly divided them into an intervention group and a control group, with 62 teachers in each group. The intervention group carried out work under the innovative university management decision-making execution mode, while the control group did not make any changes. From the perspective of social psychology, the Sykes Setman Mania Test Scale (CSSRS) was used to evaluate the manic symptoms of two groups of teachers before and after the intervention. All data were calculated using Excel tables and SPSS24.0, with $P < 0.05$ indicating statistically significant differences.

Results. The results show that innovative university management decision-making execution models from the perspective of social psychology have a significant alleviating effect on teacher workplace mania.

Conclusions. In order to improve the professional environment and mental health of teachers, universities should pay attention to the effective implementation of management decisions, provide good work support and environment, strengthen cooperation and collaboration between teachers, and reduce the occurrence of mania.