

dramatic performers has the greatest impact on the dance comprehension, music appreciation, and posture and temperament of stage performance, while the impact on physical skills, humanistic qualities, and breath is relatively small. Therefore, it is necessary to alleviate the psychological anxiety of performers and improve their stage performance.

**Conclusions.** The psychological anxiety state of theatrical performers has a significant impact on their stage performance, dance comprehension, music appreciation, and physical temperament. In the process of cultivating theatrical performers, attention should be paid to their psychological anxiety state and appropriate improvement should be made to their psychological quality.

## Positive psychological intervention and Morita therapy in alleviating mood disorders of salespeople under economic development

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**Background.** With the rapid development of the market economy, the competition between enterprises has become increasingly fierce, and the pressure on sales management personnel has become even greater. Most sales management personnel generally suffer from psychological disorders, which will have a negative impact on corporate performance. In response to this psychological problem, the study proposed a combination of positive psychological intervention and Morita therapy.

**Subjects and Methods.** A total of 1600 experimental subjects were selected from the sales management of 100 small and medium-sized enterprises and divided into two groups based on the average number of people. The experimental group received positive psychological intervention combined with Morita therapy, while the control group received traditional psychological disorder treatment. The entire treatment period was 6 months. After completion, the Symptom Checklist SCL-90 was used to evaluate the symptoms of all personnel, and SPSS23.0 software was used to statistically analyze the results.

**Results.** The statistical results show that the experimental group of students showed significant improvements in their ideological cognition, emotional control, and work attitude. The negative emotions of management personnel decreased by about 34%.

**Conclusions.** The research results indicate that positive psychological intervention combined with Morita therapy has a significant therapeutic effect on mood disorders in management personnel, which can improve their mental health level and work performance. It is recommended that enterprises strengthen positive psychological intervention and the application of Morita therapy in employee mental health management.

## A teaching model combined with cognitive psychology on students with attention deficit

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**Background.** In the current mode of higher education, students' attention in class is generally flawed, which seriously affects teaching order and efficiency, and brings many troubles to students' learning and teachers' teaching. The aim of this study is to optimize the impact of attention deficit on students' development by combining a teaching model in universities based on cognitive psychology.

**Subjects and Methods.** The study selected 2000 college students from three universities in a certain city as the experimental subjects. They were randomly divided into an experimental group and a control group based on the number of people. The experimental group adopted a teaching model combining cognitive psychology, while the control group adopted a traditional teaching model. The experimental duration was one semester. Conners Rating Scales was used to evaluate the attention deficit disorder of all students, and SPSS23.0 software was used to statistically analyze the results.

**Results.** The research results indicate that the experimental group of students showed significant improvements in class attention, learning status, and satisfaction with efficient teaching, with a 25% increase in classroom learning efficiency.

**Conclusions.** The statistical research results indicate that the college teaching model combined with cognitive psychology has a significant effect on improving students' attention deficit, providing new ideas for efficient classroom teaching models. It is recommended that universities strengthen the application of cognitive psychology in student teaching management.

## Ideological and political education combined with psychological care on patients with bipolar disorder

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**Background.** In today's society with enormous work and study pressures, people's mental health issues are increasingly receiving attention. Bipolar disorder is one of the serious mental illnesses that has a significant impact on patients' lives and mental health. This study aims to explore the impact of ideological and political education combined with psychological care on patients with bipolar disorder.

**Subjects and Methods.** The study selected 200 patients with bipolar disorder as the experimental subjects and randomly divided them into an experimental group and a control group, with 100 patients in each group. The experimental group received treatment with ideological and political education combined with psychological care, while the control group received traditional psychological intervention treatment for a duration of 6 months. After completion, the patient's symptoms were evaluated using the Bipolar Disorder Control Scale and the results were statistically analyzed using SPSS23.0 software.

**Results.** The research results showed that patients in the experimental group showed significant improvements in emotional control and the attitudes toward work and life, with an overall decrease of 20% in depression and arrogance levels.

**Conclusions.** The research results indicate that combining ideological and political education with psychological care is an effective comprehensive intervention method that can improve the overall rehabilitation level of patients with bipolar disorder, and is worth promoting and applying in clinical practice.

## An emotional interaction-based intervention for emotional understanding in a college design course for individuals with autism spectrum disorder

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**Background.** Individuals with Autism Spectrum Disorder (ASD) often exhibit difficulties in socialization and communication, especially in emotional understanding. These challenges not only affect their relationships with peers and families, but may also impact their learning and daily life. The aim of the study was to investigate the effectiveness of an emotionally interactive college-designed curriculum based intervention on emotional understanding for individuals with ASD, in order to help individuals with ASD better understand and express their emotions, and thus improve their social interactions and quality of life.

**Subjects and Methods.** The study divided 130 students with ASD into an experimental group and a control group. Students in the experimental group were enrolled in a college-designed course based on emotional interaction; students in the control group were enrolled in a regular course and the experiment was maintained for one semester. The study used the Reading the Mind in the Eyes Test (RMET), a mental health measurement scale, to assess patients' understanding of emotions.

**Results.** Students in the experimental group had significantly higher emotional comprehension scores at the end of the

experiment than before the experiment began ( $P < 0.05$ ), as well as significantly higher emotional comprehension scores at the end of the experiment than students in the control group ( $P < 0.05$ ).

**Conclusions.** A college-designed curriculum based on emotional interaction helps students with autism to make emotional understanding and produce positive effects for intervention treatment for students with autism.

## Effect of art painting on preschool children with from psychological anxiety the perspective of art psychology

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**Background.** In recent years, the psychological anxiety problem among preschool children has received widespread attention from parents, educators, and researchers. From learning pressure to social interaction with peers, these factors can all lead to the accumulation of psychological stress, resulting in psychological anxiety. Art painting is seen as a way to facilitate individual emotional expression and psychological adjustment, providing children with a stress-free environment where they can freely express their emotions and thoughts without worrying about being judged or misunderstood. The research aims to explore the impact of art painting on the psychological anxiety of contemporary preschool children from the perspective of art psychology.

**Subjects and Methods.** The study randomly divided 88 preschool children with psychological anxiety into an experimental group and a control group. The control group received routine intervention, while the experimental group received art painting from the perspective of art psychology on the basis of routine intervention. The study used the Preschool Anxiety Scale (PAS) to assess the level of psychological anxiety in preschool children.

**Results.** After the experiment, the psychological anxiety scores of the experimental group children were significantly lower than before ( $P < 0.05$ ), and meanwhile significantly lower than the psychological anxiety scores of the control group students after the experiment ( $P < 0.05$ ).

**Conclusions.** From the perspective of art psychology, art painting has a positive and positive effect on alleviating psychological anxiety in preschool children, and can serve as an auxiliary means of intervention.

**Acknowledgement.** Research results of the Teaching Reform Research project of Colleges and Universities in Hunan Province, (Hunan Jiaotong (2021) No. 298:HNJG-2021-0200).