

psychotherapy. A self-administered psychological assessment scale was used to score the mental health of the subjects before and after the treatment. The scale included indicators of perception, memory, emotion, behavior and self-awareness.

**Results.** The degree of self-awareness retained by the two groups of subjects under the self-awareness index was selected for analysis before and after the experiment. The results in Table 1 show that the number of subjects in the experimental group with high, low and no self-awareness were 0, 9 and 19 respectively before the rational emotive behavior treatment; after the treatment, their numbers changed to 5, 21 and 2. On the contrary, the number of subjects in the control group before the general psychotherapy was 0, 7 and 21; after the treatment, their numbers changed to 1, 15 and 12.

**Conclusions.** Through questionnaires and a comparative experimental setup, it was demonstrated that the hysteria of unemployed people caused by the economic recession in the context of the COVID-19 manifested itself in the areas of perception, memory, emotion, behavior and self-awareness. The use of rational emotive behavioral therapy was able to treat their hysteria phenomenon and alleviate their psychological state of low or even no self-awareness.

and their negative psychological conditions were evaluated with Self-rating Depression Scale (SDS), and statistics were made. Then the positive psychology education intervention was carried out for these college students for 2 months. After the intervention, the negative psychological situation was evaluated again by SDS scale and compared with that before the intervention.

**Results.** Table 1 showed the evaluation results of depression college students before and after positive psychological education intervention. It can be found that after the intervention of positive psychology education, students' depression scores decreased significantly, and their negative psychology eased significantly, with a statistically significant difference ( $P < 0.05$ ).

**Conclusions.** Under the COVID-19, the negative psychology of college students has seriously affected their normal life and study, and a considerable number of students are suffering from depression. The study intervened the negative psychology of college students through positive psychology education, and evaluated it through SDS scale. The results showed that the negative psychology of college students was significantly improved after the intervention, indicating that positive psychology education can effectively alleviate college students' depression, and has certain clinical application value.

**Table 1.** The degree of retention of self-awareness in the two groups of subjects before and after the experiment

Group		High self-awareness	Low self-awareness	No self-awareness
Experimental group	Before treatment	0	9	19
	After treatment	5	21	2
Control group	Before treatment	0	7	21
	After treatment	1	15	12

## Analysis of the intervention effect of positive psychological education on depressed college students under the COVID-19

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**Background.** The COVID-19 pandemic not only seriously threatens the health of contemporary college students, but also causes the spread of negative psychology to a certain extent, leading to the occurrence of depression. Positive psychology advocates to deal with psychological problems with a positive attitude. The study takes the COVID-19 as the background to explore the impact of positive psychology education on depressed college students.

**Subjects and Methods.** 116 college students suffering from depression were randomly selected from a university in China,

**Table 1.** Evaluation results of depression undergraduates before and after positive psychological education intervention

Classification	Positive psychology group
Before intervention	62.5±3.7
After intervention	41.3±2.6
<i>t</i>	35.70
<i>P</i>	0.00

## The intervention effect of humanistic ideological and political management on ruminant thinking of college students and on depression and anxiety

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**Background.** Learning anxiety has become a common problem among college students. Anxiety is also called psychological abnormality. The main symptoms of college students' anxiety and depression include fear of negative evaluation in all aspects, excessive employment pressure, economic pressure, and inability to solve problems independently. Anxiety can cause symptoms such as insomnia and autism, and sometimes lead to adverse consequences or personal safety. Therefore, based on the healthy physical and mental development of college students, we can

avoid learning anxiety through effective ideological and political management of humanism.

**Subjects and Methods.** The study combined mental health and ideological and political courses, and selected 40 students from a university as research objects through random sampling. Before the activity, the ruminant thinking was evaluated, and after the evaluation, 40 students were instructed to participate in ruminant thinking under ideological and political management. The self-designed communication anxiety scale was used to evaluate the students. The scale included two dimensions: positive rumination and negative rumination. Positive rumination includes two indicators: positive coping and enjoyment of happiness, while negative rumination includes three indicators: negative attribution, inhibition of happiness and self-denial. The scale uses a four-level scoring method, which is inconsistent (4 points), uncertain (3 points), frequent (2 points), and completely consistent (1 point). The higher the total score, the higher the degree of positive or negative rumination.

**Results.** The results of intervention control experiment under different ideological and political management are shown in Table 1. It can be seen from the table that after the rumination intervention, the level of students' communication anxiety has significantly decreased, and the average level of active rumination has significantly increased. Different students can get more positive feelings and have a better way of thinking in the ideological and political curriculum under the integration of ruminant intervention.

**Conclusions.** Research ruminant intervention to improve the ideological and political curriculum in colleges and universities, so as to alleviate college students' depression and anxiety thinking. The research results show that the ideological and political courses after intervention have a certain effect on students' communication anxiety, social anxiety relief, and effectively improve their psychological anxiety.

**Acknowledgement.** The research is supported by: General Project of Quality Project of Anhui Provincial Education Department: Research on Construction of Innovation and Entrepreneurship Courses in Universities under the Perspective of Curriculum Civics (No. 2020jyxm0357); Anhui Jianzhu University 2022 Party building and ideological and political education key topics, the new era of college students' network ideological and political education implementation path research and practice, project number: 2022djszzd02.

**Table 1.** Students' psychology before and after rumination intervention

	Average	quantity	Standard deviation	Mean value of standard error
IAS pre-test	48.54	40	7.639	2.299
IAS post test	38.62	40	3.816	1.165
Before active rumination	23.65	40	4.698	1.412
After active rumination	27.56	40	3.253	1.965
Before negative rumination	27.65	40	8.236	2.468
After negative rumination	23.92	40	7.051	2.135

## Clinical study on aromatherapy combined with physical exercise in treating insomnia symptoms of adolescent depression

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**Background.** Depression is a mental disorder caused by many factors. Aromatherapy of traditional Chinese medicine delivers aromatic drugs to the human body to effectively prevent and treat diseases. In addition, appropriate sports can also improve the depressive symptoms of adolescents. Therefore, the study will combine traditional Chinese medicine aromatherapy with sports to intervene and treat adolescents to improve their symptoms.

**Subjects and Methods.** In this study, 72 patients with insomnia symptoms of adolescent depression in a hospital were taken as the research object and randomly divided into groups A and B, with 36 patients in each group. Group A was given traditional methods, while group B was intervened with the combination of traditional Chinese medicine aromatherapy and sports. Pittsburgh Sleep Quality Index (PSQI) was used to quantify the score of insomnia symptoms in adolescents with depression. SPSS25.0 statistical software was used for the statistical analysis of relevant data. The results are shown in Table 1.

**Results.** After the intervention, the total score of component B decreased from  $12.10 \pm 1.77$  to  $8.78 \pm 1.67$ . To sum up, there is a big difference between group B and group A before and after the intervention, indicating that the combination of traditional Chinese medicine aromatherapy and sports has obvious advantages, which can effectively alleviate the symptoms of insomnia in young people.

**Conclusions.** Depression is easy to cause insomnia in young people, so the combination of traditional Chinese medicine aromatherapy and sports was used in the study. The results showed that the combined treatment was significant for the treatment of insomnia in adolescent depression patients.

**Table 1.** PSQI score results of two groups of patients before and after the intervention

		Sleep quality	Sleep time	Sleep duration	Sleep efficiency	Sleep disorders	Daytime function	Total score
Before intervention	A	2.10±0.53	2.90±1.05	1.83±0.94	1.87±1.06	1.10±0.39	2.47±0.67	12.27±1.95
	B	2.00±0.44	2.50±0.76	1.80±0.83	2.07±1.10	1.17±0.37	2.57±0.61	12.10±1.77
After intervention	A	1.97±0.40	2.87±0.33	1.60±0.55	2.13±0.76	1.00±0.25	2.43±0.71	12.00±1.95
	B	1.76±0.50	1.45±0.72	1.14±0.86	1.35±0.94	0.72±0.44	2.38±0.48	8.78±1.67