

equivalent to that of a placebo, with no statistically significant difference (RR=0.97, 95% CI=0.90-1.05,  $P=0.5$ ). Significantly higher than the lack of mathematical teaching model reform, with a statistically significant difference (RR=1.26, 95% CI=1.07-1.49,  $P=0.006$ ).

**Conclusions.** College students' anxiety disorder is an important factor affecting their mental health, and effective measures and timely intervention and treatment are urgently needed. Based on the perspective of healthy personality cultivation, the study of the impact of percussion teaching on college students' anxiety disorder is of great significance for the comprehensive development of college students' physical and mental health.

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## Integrating psychological education into aviation service teaching on social anxiety of flight attendants

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**Background.** This study examines the influence of optimized aviation service education integrated with psychological education on social anxiety disorders among cabin crew members. Social anxiety disorders are prevalent among individuals working in high-demand social interaction professions, such as cabin crew members, and interventions targeting these disorders are crucial for their well-being.

**Subjects and Methods.** The study involved a sample of 150 cabin crew members, aged 25 to 35, from a major airline. Participants were randomly assigned to two groups: the experimental group ( $n=75$ ) and the control group ( $n=75$ ). The experimental group received optimized aviation service education integrated with psychological education, while the control group received standard aviation service education. The Stanford Acute Stress Response Questionnaire (SASRQ) and the 3-min Confusion Assessment Scale (3D-CAM) were used to assess social anxiety levels before and after the intervention. The intervention was conducted over six months, with weekly sessions of optimized education for the experimental group.

**Results.** Analysis using SPSS23.0 showed that the experimental group demonstrated a significant reduction in social anxiety levels compared to the control group ( $P<0.001$ ). The experimental group experienced an average decrease of 55% in social anxiety symptoms, indicating the positive impact of optimized aviation service education integrated with psychological education on social anxiety disorders among cabin crew members.

**Conclusions.** Incorporating psychoeducation into aviation service education can effectively alleviate social anxiety disorder in flight crews. Optimized educational methods produce better outcomes than standard education alone. Implementing this integrated intervention can greatly support the mental health of cabin crew and contribute to improved performance and passenger satisfaction.

## National music culture inheritance and music education on college students' anxiety

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**Background.** This study examines the impact of ethnic music culture inheritance and music education on anxiety levels among college students. Anxiety is a prevalent issue affecting college students. Exploring the potential influence of ethnic music culture and music education could provide insights into effective interventions to address anxiety among this population.

**Subjects and Methods.** The study involved a sample of 200 college students from different ethnic backgrounds, aged 18 to 25, studying at a university. Participants were divided into two groups: the experimental group ( $n=100$ ) and the control group ( $n=100$ ). The experimental group received ethnic music culture inheritance classes and music education programs, while the control group proceeded with their regular curriculum. Assessments of anxiety levels were conducted using standardized psychological scales, including the State-Trait Anxiety Inventory (STAI) and the Depression, Anxiety, and Stress Scale (DASS). The intervention period lasted for one academic semester.

**Results.** Analysis using SPSS23.0 showed that the experimental group, which received ethnic music culture inheritance and music education, exhibited significantly lower anxiety levels compared to the control group ( $P<0.001$ ). Both the STAI and DASS scores demonstrated a 30% reduction in anxiety symptoms among the experimental group, indicating the positive impact of ethnic music culture inheritance and music education on reducing anxiety among college students.

**Conclusions.** The results show that incorporating ethnic music cultural inheritance and music education into university curricula can effectively reduce students' anxiety levels. The integration of cultural elements and music education not only promotes the preservation of national music culture but also contributes to the mental health of students.

## Cognitive behavior group counseling on alleviating social anxiety disorder marketing majors' students

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**Background.** Social anxiety often poses challenges for students majoring in marketing, as social interaction is a requirement for marketing majors. Understanding the potential effectiveness of

cognitive behavioral group counseling in addressing social anxiety disorders is crucial for developing appropriate intervention measures.

**Subjects and Methods.** The study comprised a sample of 120 marketing major students aged 20 to 25 from a university. Participants were randomly assigned to either the experimental group (n=60) or the control group (n=60). The experimental group received cognitive-behavioral group counseling sessions, focusing on cognitive restructuring and social skills training, while the control group did not receive any specific intervention. Standardized psychological measures were used to assess anxiety levels in both groups. The intervention period lasted for three months, with weekly group counseling sessions designed for the experimental group.

**Results.** The data analysis indicated that the experimental group, which received cognitive-behavioral group counseling, showed a significant reduction in social anxiety levels compared to the control group ( $P<0.001$ ). This finding suggests that cognitive-behavioral group counseling has a positive impact on reducing social anxiety disorders among marketing major students.

**Conclusions.** Cognitive behavior group counseling is an effective intervention measure to address social anxiety disorders among marketing students. Combining cognitive restructuring and social skills training in counseling courses to provide students with skills to manage and overcome social anxiety symptoms. Implementing cognitive behavior group counseling as a positive measure can enhance the psychological health of marketing students and enhance their ability to handle social interactions.

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## Amalgamation of university education management and health education for students with bipolar disorder

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**Background.** Bipolar disorder is an emotional disorder with complex clinical manifestations. Patients may experience irregular and repetitive emotions, as well as various symptoms of disorder and mental illness. In addition, bidirectional affective disorder has been a common psychological disorder among students in recent years. With the development of society, higher education management and health education are gradually being valued, and some universities are already exploring innovative models of higher education management and health education.

**Subjects and Methods.** To analyze the impact of university education management integrated with health education on students with bidirectional disabilities, this study selected 60 students with bidirectional disabilities from a certain university and divided them into two groups: an observation group and a control group, with 30 cases in each group. The control group only

received olanzapine medication treatment, while the observation group received university education and health education based on medication treatment. The treatment period for both groups was 6 weeks. The analysis tools selected for the study include the Self Rating Depression Scale, Yang's Mania Scale, Quality of Life Scale, and SPSS23.0.

**Results.** The research results showed that after treatment, there was a significant decrease in depression and manic scores in both groups of patients, and the observation group showed the highest decrease ( $P<0.05$ ). In addition, after treatment, the quality-of-life scale scores of both groups of patients showed a significant increase, and the observation group showed the highest increase ( $P<0.05$ ).

**Conclusions.** From this, the combination of higher education management and health education is beneficial for the recovery of students with bidirectional disabilities.

## Long-term labor on borderline personality disorder of building workers

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**Background.** A borderline personality disorder is a common personality disorder characterized by unstable emotions, interpersonal relationships, and behavior. In addition, there are many causes of borderline personality disorder, including genetic factors, biochemical factors, and psychosocial factors. At the same time, prolonged work is also one of the causes of borderline personality disorder.

**Subjects and Methods.** 100 building workers with BPD in a certain area were selected as participants in this study and divided into two groups, the observation group, and the control group, with 50 cases in each group, to analyze the impact of prolonged work on borderline personality disorder (BPD) among construction workers. Both groups received medication for basic treatment. In addition, patients in the control group only need to work for a fixed time, 8 hours a day, and weekends are off. The observation group's patient needs to work for a long time, 15 hours a day and has a weekend off. The treatment period for both groups of patients is one month. The analysis tools used in the study include the Hamilton Depression Scale, Hamilton Anxiety Scale, Personality Diagnosis Questionnaire Edge Scale, and SPSS23.0.

**Results.** The results showed that after treatment, the marginal symptom score of the treatment group was significantly higher than that of the control group, and there was a significant difference between the two ( $P<0.05$ ). After treatment, the depression and anxiety scores of the treatment group were significantly higher than those of the control group, and the difference between the two was significant ( $P<0.05$ ).

**Conclusions.** prolonged labor is not conducive to the rehabilitation of borderline personality disorders among construction workers.