

Relieving youth work stress anxiety through computer information processing technique

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Background. In today's fast-paced, technology-oriented business environment, anxiety among young people arising from work-related stress is a growing concern. The use of computer information processing techniques has been identified as a potential intermediary in alleviating this anxiety. Computer information processing technique has a potential mediating role in alleviating young people's work stress and anxiety, but comprehensive intervention is still needed to integrate other factors to improve their mental health and professional life quality.

Subjects and Methods. The study involved a population of young workers exhibiting anxiety symptoms due to work-related stress. The Stanford Acute Stress Response Questionnaire (SASRQ) and the 3-min Confusion Assessment Scale (3D-CAM) were utilized to measure participants' stress and anxiety levels pre-and-post intervention. The intervention involved the implementation of computer information processing techniques in their work routine. The outcomes were statistically analyzed using SPSS 23.0.

Results. After the application of computer information processing techniques, a significant reduction in SASRQ and 3D-CAM scores was observed, indicating decreased levels of work stress anxiety among the population. In addition, as a result of being able to manage tasks more efficiently, participants reported increased job satisfaction and improved work-life balance.

Conclusions. The results underscore the potential of computer information processing techniques in alleviating work-induced stress anxiety among young employees. Such techniques not only provide improved work efficiency but could also contribute to better mental health among the youth workforce.

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Digital finance application design under drug intervention on quality of life of patients with organic mental disorders

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Background. With the rapid development of the Internet, psychiatric patients are inevitably exposed to related applications of

digital finance. The research will explore the impact of digital finance applications on the quality of life of patients with organic mental disorders under drug intervention.

Subjects and Methods. The study will select 98 patients with organic mental disorders admitted to a certain hospital from January 2021 to January 2022 as the data for the study. The patients will be randomly divided into an observation group and a control group, and the improvement of the total quality of life score (SQLS) of patients who are not exposed to digital financial applications, one month and three months after exposure, with and without drug intervention, will be calculated.

Results. The total SQLS scores of patients who underwent drug intervention were higher than those of corresponding patients who did not undergo drug intervention; Among patients who underwent drug intervention, after 1 month and 3 months of exposure to digital finance applications, the total SQLS score was lower than that of the control group; The total SQLS score of patients in the observation group was lower than before exposure to digital finance applications; After 3 months of comprehensive nursing, the total SQLS score of the patient was significantly lower than that after 1 month of comprehensive nursing intervention.

Conclusions. Under drug intervention, exposure to digital finance applications can affect the quality of life of patients with organic mental disorders, and the impact becomes more pronounced with the extension of exposure time. In clinical psychiatric care, patients should reasonably arrange the duration of exposure to digital finance applications.

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Influence of dramatic performers with psychological anxiety on stage performance

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Background. The stage performance determines the overall infectivity and artistry of theatrical performance, and anxiety is the main factor affecting the performance state of theatrical performers. This article will study the impact of psychological anxiety state of theatrical performers on stage performance.

Subjects and Methods. The study will be based on the importance of stage performance to theatrical performers. Through questionnaire surveys, statistical analysis, and other methods, a scientific analysis will be conducted to investigate the extent to which anxiety affects the factors related to stage performance of theatrical performers. The psychological anxiety state of theatrical performers affects the factors related to stage performance, including body shape and skills, dance comprehension, music appreciation, humanistic quality, body shape and temperament, and breath

Results. Dramatic performers' stage performance may decrease under psychological anxiety. Among them, the anxiety of

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.