

Table 1. The treatment effect comparison between the experimental group and the control group.

	Test group	Control group	t
Course/month	31.5±10.3	28.9±9.6	1.02(P>0.05)
Number of psychotherapy/time	10.6±5.7	5.2±3.1	1.08(P>0.05)
Oil painting treatment times/time	50.3±15.4	0	5.52(P>0.05)
HAMD score before treatment	23.9±5.5	24.1±5.3	1.10(P>0.05)
HAMD score after treatment	11.5±4.6	20.8±5.3	0.57(P>0.05)
CGI-GI score after treatment	1.5±0.2	1.7±0.4	0.30(P>0.05)

Conclusions: The results of this study further show that the art of oil painting has a significant impulse inhibition effect on patients with depression, and has good clinical application value. It is helpful for patients to reflect deeply, find problems, solve problems, and have a deeper understanding and cognition of false suicidal concepts and behaviors that occurred in the past. However, in the course of clinical operation, we also found that the factors of whether oil painting art therapy can achieve good results also include: the on-site operation level of the treatment staff and the stability of their own performance, the degree of awareness and attention of the family members to the disease, and the personality of the patient whether there are defects and other factors related. How to train therapists, how to distinguish and treat different groups of people, to maximize the role of oil painting art therapy, and to suppress the impulse of suicide are also subjects of joint research by the majority of psychological colleagues.

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CLINICAL ANALYSIS OF THE EFFECT OF MUSIC EDUCATION ON PSYCHOLOGICAL ADJUSTMENT OF PATIENTS WITH DEPRESSION

Qin Jiang

School of music and dance, Changsha Normal University, Changsha 410001, China

Background: For patients with depression, concentration is a very difficult thing, listening to music can effectively focus their attention, but also enhance memory. Turn your attention to music, and your depression will be relieved. The etiology and inducement of depression are complex. It is generally believed that it may be related to genetic, biochemical, psychological and social factors, and it is still in exploration and research. Through the induction of music therapy, patients can show their personality charm. People with personality charm have more opportunities to realize themselves in their career and are more cheerful. It also enables people to explore their potential ability, arouse self-confidence and achieve success in their career.

Music is the lubricant of life, it can play a moving melody, have a wonderful effect. A large number of studies have shown that through the induction of the brain, the melody, rhythm and timbre of music can stimulate emotional response, thus affecting people’s psychological status. Therefore, for patients with depression, music can be used to relax the nerves and regulate the psychological state. Music therapy is an important means of school psychological education and counseling. It plays a very important role in the treatment of common psychological diseases, the regulation of students’ bad emotions, the cultivation of students’ healthy emotions, the elimination of interpersonal barriers, the cultivation of students’ spirit of cooperation, the development of innovative thinking and the cultivation of innovative ability.

Subjects and methods: UPI was used to screen the freshmen in the whole university, and 90 students were randomly selected as the research objects. Before, during and after music therapy, SCL-90 scale was used in the three groups. SCL-90 is the most widely used out-patient examination scale for mental disorders and mental diseases. It can evaluate whether a person has certain psychological symptoms and their severity from the perspectives of feeling, emotion, thinking, consciousness, behavior, living habits, interpersonal relationship, diet and sleep. It is composed of 90 items, each item adopts 5-level scoring system, which are: none, mild, moderate, fairly severe and severe; it is divided into 9 factors, which are somatization, compulsion, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia and psychoticism. Generally speaking, the factor score is more than 2, and the subjects have moderate or above psychological problems.

Methods of statistical analysis: The specific methods include group singing and solo singing. The subjects don't need to receive special music training or have any music skills. It doesn't matter whether the music is good or not. The important thing is to let them participate in music therapy. The music prescription was selected according to the emotional state, appreciation level and personal hobbies of the subjects.

Clinical efficacy criteria: symptoms significantly reduced or disappeared, and the total score of SCL-90 decreased by more than 50% is marked effect; symptoms relieved, and the total score of SCL-90 decreased by 20%-49% is improvement; symptoms without obvious improvement, and the total score of SCL-90 decreased by less than 20% is invalid.

Results: In the music group, 18 cases (60%) were markedly effective and 12 cases (40%) were improved; after two months of music and biofeedback therapy, the mental health of the students was significantly improved. Compared with before treatment, the scores of all test indexes of 90 people decreased after treatment. Among them, the total score, somatization, depression and anxiety index were significantly decreased, and there was significant difference in statistical treatment, $P < 0.05$, indicating that the mental health status was significantly improved after treatment.

Table 1. Comparison of music group before, during and after treatment.

	Before treatment	Under treatment	After treatment
Total score	181.45±13.06	160.25±13.05*	142.45±13.05**
Somatization	2.25±0.26	1.85±0.28*	1.48±0.28**
Interpersonal sensitivity	2.28±0.26	1.96±0.26*	1.50±0.27**
Depressed	2.25±0.25	2.03±0.26*	1.81±0.24**
Anxious	2.41±0.29	1.93±0.28*	1.63±0.29**

Note: *compared with before treatment, $P < 0.05$, **compared with before treatment, $P < 0.01$.

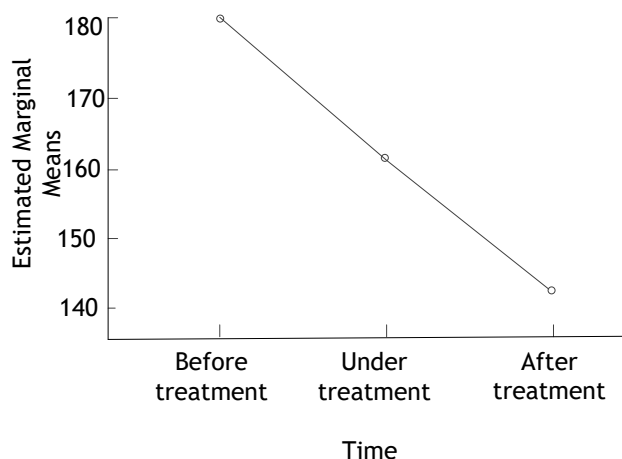


Figure 1. Comparison of SCL-90 total score before, during and after treatment in Music Group.

From the above before, during and after the three stages of pairwise comparison, $P < 0.05$, so the data between each stage has significant difference. Music therapy plays an effective therapeutic role by directly affecting the brain function, emotion and psychological state of the subjects, such as relieving tension and anxiety, promoting positive mentality and providing exciting and joyful experience. At the same time, it can be seen that music therapy can improve the anxiety and negative psychological state of depression, especially the combination of bright music and calming music.

Conclusions: Music is a good medicine for mental illness. The main function of music is to enter people's heart through its unique way of expressing life, so that people can get all kinds of association and imagination from the heart. Make yourself walk into the situation or scene that you imagine from the heart, and let this situation affect your mental state, so as to achieve the purpose of treatment. Music therapy has made efforts for them to gradually recover and maintain their social communication ability. Music has a stronger and more profound influence on people's psychology than other arts. Music therapy does not play a role through human rationality. Music therapy advocates the creative role of emotional emotion. It is an operable method that many patients with depression are willing to accept and try. It is worth studying and popularizing.

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INFLUENCE OF PERCUSSION ENSEMBLE TRAINING ON PSYCHOLOGICAL COUNSELING OF PATIENTS WITH DEPRESSION

Chunjie Wang

Art College, Shandong University. Weihai, Weihai 264209, China

Background: Depression is a common clinical disease. In recent years, with the acceleration of people's life rhythm and the change of behavior habits, the incidence of this disease has increased year by year and tended to be younger. During the onset, patients often suffer from depression, loss of interest, and slow thinking, and the clinical manifestations are often repeated, which will affect the patient's physical and mental health to a considerable extent, and even lead to suicidal thoughts, which is life-threatening. According to the latest statistics from the Ministry of Health, there are currently nearly 30 million people suffering from depression in the country, and the total number of suicides is about 250 000 each year. Among them, nearly 80% of suicides are due to depression. Music-assisted nursing is a nursing service model used to assist in the treatment of a variety of mental disorders in the new era. It advocates a series of measures such as music appreciation and music tasting to intervene in patients. In this way, it plays an important role in improving the patient's cognitive ability of the disease, reducing the psychological burden and improving the degree of cooperation in the treatment. It also has an ideal effect in the auxiliary treatment of the disease. In the music-assisted therapy, percussion ensemble training is a new emerging adjuvant therapy, therefore, this article analyzes its impact on the psychological counseling of patients with depression.

Objective: Analyze the effect of percussion ensemble training on the mental state of depression patients.

Subjects and methods: 150 cases of depression patients admitted to a hospital from July to December 2019 were randomly selected as the research subjects, grouped according to the time of admission, and 75 patients admitted to the hospital from July to September 2019 were used as the control group (conventional Nursing), 75 patients admitted to the hospital from October to December 2019 served as the observation group (percussion ensemble training combined with psychological counseling). Comparative analysis of the nursing effect of the two groups.

Study design: All study subjects were diagnosed as depression patients, and their family members gave informed consent and signed. Control group: 40 males and 35 females, aged 44-73 years, average age (65.2±5.5) years. The course of the disease was 1 to 10 years, with an average of (6.3±3.1) years. There were 31 cases with a junior high school degree or above, and 44 cases with a junior high school degree or below. Observation group: 29 males and 46 females, aged 47-76 years, average age (65.7±6.9) years, course of illness 2 years-14 years, average (6.7±3.2) years, there were 24 cases with junior high school education and above, and 51 cases with junior high school education and below. The clinical data of the two groups of patients were basically the same in gender, age, course of disease and educational background, and there was no statistical difference ($P>0.05$).

Methods of statistical analysis: The control group took routine care, including general care and complication care. The observation group adopted percussion ensemble training combined with psychological counseling on the basis of the control group. Therefore, in the process of training, attention should be paid to the training of the player's attention to ensure the quality of the player's training. Deliberate attention training can be carried out through special methods such as transfer method and adjustment method. For example, the melody and accompaniment can be adjusted by the adjustment method. Separate, and finally integrate. The transfer method means that when the performer processes the information, he must look at the structure of the information and analyze it in detail from various aspects such as percussion rate, structure, and pitch. Taking the Anxiety Self-Rating Scale (SAS) as a reference, SPSS version 17.0 software was used to process the data.

Results: The SAS scores of the two groups before and after nursing were compared, and the results are shown in Table 1.

The results of this study showed that the SAS score of the observation group after nursing was lower than that of the control group, and the difference was significant ($P<0.05$), indicating that percussion ensemble training combined with psychological counseling can effectively alleviate and even eliminate the patients' unhealthy psychology. This is because percussion ensemble training combined with psychological counseling can enable patients to fully recognize the disease through comprehensive care and help them relieve their own emotions. In addition, nurses actively communicate with patients with an amiable attitude to make them feel to fully respect and humanistic care, improve the patient's treatment compliance.

Table 1. Comparison of SAS scores between the two groups.