

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

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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.

Group	Number of cases	SAS	
		Before care	After care
Observation group	75	60.24±3.15	41.28±3.09
Control group	75	60.38±3.22	58.69±3.51
<i>t</i>	-	0.730	18.412
<i>P</i>	-	0.440	0.000

Conclusions: Depression is a relatively common mental disorder in clinical practice, and long-term emotional or mood changes are its typical clinical features. According to a recent report of the World Health Organization, the burden of disease caused by this disease ranks third among all diseases, only after cardiovascular events and malignant tumors. At the same time of treatment, it is necessary to cooperate with active and effective nursing intervention to strengthen the control of their depression. The research results show that percussion ensemble training is an effective psychological counseling auxiliary therapy, which can effectively alleviate the symptoms of depression patients, and good research results have been obtained.

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THE EFFECTORS OF DIFFERENT EXERCISE TRAINING INTERVENTIONS ON COLLEGE STUDENTS WITH ANXIETY AND DEPRESSION

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Background: The psychological problem of college students is becoming serious, so how to intervene and help solve the problem is the schools and society should seriously consider today. Higher education is also trying to change the situation. Among the psychological problems of college students, depression and anxiety are the serious ones. Studies have shown that the incidence of anxiety and depression among college students has been increasing year after year. Anxiety has become a more common mental illness among college students. This brings trouble to the life and study of college students, and meanwhile adds a certain burden to the body.

Objectives: To explore the exercise methods of anxiety intervention for college students, this paper takes aerobics and football exercise as examples to analyze its effects. 100 cases of students majoring in physical education in a certain school were selected and divided into groups by drawing lots, with 50 cases in the observation group and 50 cases in the control group.

Subjects and methods: The study was for 100 cases of college students with anxiety in physical education in a school. The group ingesting of 100 people was decided by drawing lots, of which 50 were in the experimental group (football group) and 50 were in the control group (aerobics group). Anxiety diagnostic criteria: (1) the presence of autonomic neurological symptoms and motor inactivity; (2) persistent or often no fixed content and clear objects. Clinical performance mainly has the following points: fear, nervousness, uneasiness, etc.; Experimental group: 22 male college students, 28 females, age distribution between 17 and 20 years old, the average age is (18.27±1.54 years old), grade distribution is: 20 cases of freshman students, 20 cases of sophomores, 10 cases of junior students. Control group: Male college students and female college students each 25 cases, age distribution between 18-21 years old, the average age of (20.47±0.45 years), grade distribution is: 18 cases of freshman students, 19 cases of sophomores, 13 cases of junior students. There was no significant difference in age, sex, and grade composition of college students in the experimental and control groups (*P*>0.05).

Interventions include normal elective courses, sports clubs including aerobics and football, exercise time of 60 minutes each time, frequency of 1 time per week, and the experimental cycle of 12 weeks. Both groups of college students maintained moderate intensity training, by monitoring the student's heart rate (120 to 150 times/min), so that the participant's training intensity is maintained in the medium range, and can be monitored every 15 min. According to the experimental tolerance, the amount of exercise can make appropriate increase. Exercise Intensity: Moderate-intensity exercise can promote improvements in mental health and others. Studies have shown that continuous regular moderate-intensity exercise, with a duration of about 20-60 min, can help people with emotional distress and improve bad moods. Aerobic exercise has an