

their abilities. In the competition, we can temper people's will, stimulate people's fighting spirit, cultivate children's courage to compete, and enhance their psychological endurance.

Conclusions: For children, game teaching can improve their learning enthusiasm and learning efficiency, increase their interest in learning, so that they develop confidence in the communication and cooperation with others, learn how to effectively communicate with others important interpersonal skills. Teachers use this new teaching strategy to change the previous monotonous and boring teaching mode and improve the teaching quality.

Acknowledgement: The project of this paper is supported by Center for Early Childhood Education Research, Sichuan. Project Name: Practice Research on Kindergarten Teachers' Scientific Literacy (NO.CECER-2020-B03).

* * * * *

TREATMENT OF MUSIC COMBINED WITH PSYCHOTHERAPY ON PATIENTS WITH SLEEP DISORDERS

Lin Hu

Conservatory of Music and Dance, Yantai University, Yantai 264005, China

Background: Sleep disorder (SD) is one of the most common symptoms, with an incidence of 65%-95%. The clinical symptoms of patients include insomnia, excessive daytime sleepiness, sleep attack, sleep apnea syndrome, behavioral disorder during REM sleep, restless leg syndrome, and periodic limb dyskinesia. It seriously affects the quality of life of patients. At present, most SD symptoms of PD patients are drug intervention, but most of the drug treatment to improve sleep will aggravate the motor symptoms and excessive daytime sleepiness degree of patients. The study combined with music and psychotherapy was used to intervene 64 PD patients with SD. Before and after treatment, polysomnography (PSG) was used to evaluate the sleep status of patients, and found that the clinical effect was satisfactory.

Subjects and methods: A total of 200 patients with sleep disorders, aged 30-50 years, with a course of 6 months to 12 years, were selected from March 2019 to September 2020; all patients had signed informed consent. The patients were randomly divided into control group, psychotherapy group, music therapy group and combined therapy group.

Study design: The patients in the control group were treated with conventional anti PD drugs (such as dobutamine, dopamine receptor agonist, etc.), and the drug dosage and compatibility were adjusted according to the actual condition of each patient. The music group and the psychological group were supplemented with music or psychological intervention on the basis of the above drug treatment, while the combined treatment group was supplemented with psychological counseling and music therapy on the basis of the above drug treatment. The specific treatment is as follows.

Music therapy: mainly using listening method, training and treatment are carried out in a special music therapy room to avoid external disturbance. The whole treatment process is divided into two stages, relaxation training stage: music therapists evaluate the music hobbies of patients, and then select the music that patients are interested in and feel happy. Accompanied by music and guidance language, patients successively carry out music with breathing training, music muscle gradual relaxation training and guided music imagination training in three forms, morning, afternoon and before going to bed the above music training lasted for 6 months.

Psychotherapy: collective psychotherapy professional psychotherapist, neurology specialist and nurse in charge participate in psychotherapy for patients hospitalized in the same period at 4 p.m. every day to fully activate the mutual assistance, suggestibility and interaction among group members. The psychological status of patients is evaluated by psychotherapist every day, and the psychotherapy formula is adjusted according to individual psychological status the treatment lasted for 6 months.

Combined therapy: the patients were treated by music therapy combined with psychotherapy. After the patients adapted to the above training, they began treatment. Half an hour before going to bed, they listened to the music selected by the musicians according to their hobbies (such as slow-paced light music, classical music, opera, folk songs, folk music, etc.), and according to the requirements of training, they were instructed to lie down with eyes closed, relax and breathe gently in the process of music imagination, we should keep the language communication with the musician. Psychological suggestion was used to adjust the psychotherapy plan, once a day for 6 months.

Effect score of patients with sleep disorders: evaluated by neurology specialists, the possibility of patients dozing in the following eight common situations during the day was asked, including: reading books and

periodicals in silence; watching TV; sitting inactive in public places (such as theater or meeting); taking a car to ask > 1 h. There is no rest in the middle of the meal: stay in bed in the afternoon if the environment permits; sit and talk with others; do not drink alcoholic drinks at lunch and sit quietly after the meal; stop for several minutes in case of traffic jam. The results were scored according to the 4-level scoring standard of 0-3 points. 0 points indicated never dozing; 1 point indicated mild dozing; 2 points indicated moderate dozing; 3 points indicated severe spitting. The total score range was 0-24 points. If the score was ≥ 0 points, the patient could be considered as abnormal sleepiness.

Methods of statistical analysis: The measurement data obtained in this study are expressed as $(X \pm X')$. SPSS 13.0 statistical software package is used for data analysis. The measurement data are first tested for homogeneity of variance. The training data of normal distribution are compared with t test, and the counting data are compared with X test. $P < 0.05$ indicates that the difference is statistically significant.

Results: 200 patients with sleep disorders were randomly divided into 4 groups, 50 in each group. Each group was treated with music therapy, psychotherapy, music psychotherapy and no operation for 3 months. The results are shown in Table 1.

Table 1. Analysis of curative effect of different methods on patients with sleep disorders.

Group	Number of people	Gender (male / female)	Course of disease (years)	Effect score
Control group	50	27/23	6.12±6.87	20.84±2.16
Music group	50	21/29	6.33±7.53	19.57±6.53
Psychological group	50	22/28	6.67±6.87	18.37±2.32
Combined treatment group	50	26/24	6.42±7.27	12.57±8.13

According to the results of Table 1, for the control group without any operation, the curative effect score of sleep disorder patients was 20.84±2.16; for the music therapy group, the curative effect score of sleep disorder patients was 19.57±6.53; for the psychotherapy group, the curative effect score of sleep disorder patients was 18.37±2.32, while for the combined treatment group, the curative effect score of sleep disorder patients was 19.57±6.53, 12.57±8.13. This method can effectively improve the effect of patients with sleep disorders, indicating that music psychological combined therapy can achieve better curative effect.

Conclusions: In this paper, music therapy and psychotherapy were used to treat patients with sleep disorders for a period of 6 months. The experimental results show that this method can effectively improve the sleep quality of patients, and has good clinical effect.

* * * * *

INTERVENTION EFFECT ANALYSIS OF CLASSICAL MUSIC IN THE TREATMENT OF MENTAL ILLNESS

Qi Fan

School of Music, Xianyang Normal University, Xianyang 712000, China

Background: Music therapeutics is a new and interdisciplinary subject integrating music, medicine and psychology. It is the application and development of music outside the traditional art appreciation and aesthetic field. Music intervention therapy refers to the use of music based on the theory and method of psychotherapy, physiological and psychological effects. With the participation of music therapists, the patients can experience music experience, eliminate psychological barriers, and recover or improve their physical and mental health. However, in music, classical music is different from popular music and folk music because of its complex and diverse composing techniques and the heavy connotation it can carry. Therefore, we can consider the use of classical music in the treatment of mental illness. Because classical music can give people a powerful form of sensory stimulation and multiple sensory experiences. Music can give people a variety of stimuli, such as auditory stimuli, tactile stimuli, visual stimuli, kinesthetic stimuli, and classical music structure experience can be a long time to attract and maintain people's attention, promote people's attention. Different classical music can make people have different physiological reactions, different music can also cause different emotional reactions. Music can help establish a good relationship between doctors and patients. Music can also serve as an effective medium to help those who withdraw from reality and society to return to the real world and establish contact with the outside world. Most people with mental health problems must first accept themselves correctly before they can