

have sports psychological disorders.

Other factors. Many students in the process of learning movements due to improper teaching methods or too many practice times, will also produce psychological fatigue and physical fatigue resulting in fatigue obstacles.

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## PSYCHOLOGICAL PROBLEMS AND INTERVENTION STRATEGIES OF COLLEGE STUDENTS DURING COVID-19 EPIDEMIC

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**Background:** In the face of the sudden COVID-19 epidemic, due to the lack of experience in dealing with emergencies, some college students experienced panic, anxiety, depression, and other negative emotions, which resulted in physiological reactions such as insomnia, fatigue, loss of appetite, chest tightness and headache, which seriously jeopardized the physical and mental health development of college students. If appropriate intervention measures are not taken, it is highly likely to have a negative impact on their future studies, growth, and work.

**Objective:** Through the investigation of college students' psychological problems during the epidemic period, this study understood their psychological state, analyzed its causes, and took appropriate intervention measures to safeguard the mental health of college students.

**Objects and methods:** College students in Huanggang, which was seriously affected by the epidemic, were selected as the research objects. From May 21, 2020 to May 28, 2020, "Questionnaire Star" platform was used to generate online questionnaires, convenience sampling method and snowball sampling method were adopted, and questionnaires were distributed through WeChat and QQ group. All respondents participated voluntarily. A total of 358 questionnaires were collected. After trial evaluation, 320 questionnaires with the answering time of more than 120 seconds were obtained, and the effective rate was 89.38%. The SCL-90 scale was used to test students' mental state. The scale included nine symptom factors, including somatization, obsessive symptoms, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia, and psychosis. A factor scores of more than 2 indicates that the subject has psychological problems with the item.

**Results and discussion:** The study found that 99.71% of college students used mobile network media to learn about the epidemic during COVID-19. Due to the spread of the epidemic more channels, part of the students has a bad mood. It is mainly manifested in the following aspects:

One is fear. Statistics showed that during the COVID-19 epidemic prevention and control period, 46% of parents of students showed a state of fear, and 14.5% of students showed insomnia, fidgeting and other adverse behavior reactions. The reason is that college students are "self-enclosed" at home. They receive news by network media and observe the confirmed cases, new cases and death cases every day. Some media guide the public opinion, causing people's psychological burden and causing students and their parents to be in a state of panic.

Second, anxiety. Mood control during the normalized huanggang regional anomaly detection rate was 17.8%, the college students' mental health self-assessment anxious state detection rate was 22.5%, the cause is a major public health emergencies, in the face of the large variation of the social environment of college students' psychological impact, in self sealing time is long, serious, degree of disease prevention and control of pressure, under the influence of Some college students show excessive tension and anxiety

The third is depression. During COVID-19 epidemic prevention and control period, the detection rate of depression was 35.4%. One of the reasons is that college students receive constant reports on the epidemic from the news media every day. Some people pay too much attention to the information related to the epidemic, plus lack of self-discrimination, and are prone to be affected by some untrue negative information, resulting in negative emotions. Second, the isolation environment at home is relatively closed, the lack of external communication, is likely to be trapped in self-anxiety, depression, tension, and other emotions can not extricate themselves, a strong sense of helplessness filled with the heart, and eventually lead to the emergence of depression. Third, it is due to the pressure of college entrance and employment. On the one hand, colleges and universities carry out online course teaching with Internet platforms such as Rain Classroom, Superstar and Dingjian. Recent graduates must not only adapt to the changing teaching patterns, but more importantly, they must also face the pressure of graduation, higher education, and employment. In addition, some enterprises in the society can not return to work and production due to the

outbreak, personnel recruitment has been affected, and corporate internships have also been stranded. IELTS test, postgraduate entrance examination retest and so on have also been postponed, so that graduates have a great psychological burden and pressure, resulting in anxiety, irritability, disappointment, and other bad psychology.

**Intervention measures:** One is to guide college students to take corresponding intervention measures, self-emotional guidance to control. Correct and comprehensive understanding of novel coronavirus. We should get more information from the official media, learn basic medical knowledge, follow the advice of doctors, and take basic protective measures to deal with the epidemic with a healthy mental state. We should not believe rumors, do not spread rumors, believe in science, and actively prevent the epidemic. Learn to use a variety of ways such as empathy, talk to the negative emotions of self-digestion, self-relaxation, mood adjustment. Second, the school carries on the appropriate intervention to the college student's psychological problem. Establish an online psychological consulting platform to conduct psychological evaluation and assessment for college students. Provide online psychological counseling for college students with psychological problems in time, answer questions and solve doubts, and help them to channel negative emotions and restore their normal psychological state. The third is to carry out online psychological lectures to guide them to adjust themselves. Fourth, the establishment of home-school cooperation mechanism, jointly solve students' mental health problems.

**Conclusion:** In the face of this sudden COVID-19 epidemic, some college students cannot adjust their emotions in time, resulting in excessive negative emotions such as fear, depression and anxiety, which seriously affects their mental health. For the negative emotions of college students, students themselves, parents and schools should take corresponding psychological intervention measures, so that students can eliminate the negative emotions and return to normal life.

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## APPLICATION OF DRAMA THERAPY IN ESTABLISHING SCHOOL-AGE CHILDREN'S CONFIDENCE

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**Background:** Lack of self-confidence is a timid, fearful, and inactive psychological manifestation in daily life. This phenomenon can be seen in many children today. Children with this mental state are often relatively silent in social collective life, depressive, is not good for the healthy development of young children.

Drama therapy is being paid more and more attention because of its interest and the conformity with the physical and mental characteristics of school-age children. The British Theatre Therapy Association believes that drama therapy is a method to help people understand social communication, slow down mental problems, mental diseases or other physical and mental disorders. Drama therapy is mainly for the treatment of children's psychological problems such as obsessive-compulsive disorder and schizophrenia. Through role-playing, visitors can face the depths of their hearts that they dare not face, and face the deep-seated psychological problems.

This paper based on the viewpoint of drama therapy, through the strategies and methods of drama therapy, it can help children improve their timidity, enhance their self-confidence, and improve their expression ability, so as to promote the physical and mental health of children.

**Subjects and methods:** Through the voluntary recruitment of 60 school-age children in a kindergarten, a 4-week self-confidence counseling was conducted. There are 28 girls and 32 boys.

**Study design:** The main goal of this program is to help members understand themselves, improve themselves and build self-confidence. Tutoring is a totally closed way. The time of tutoring is four weeks, twice a week, one hour each time. And carefully designed the dramatic game, situational performance, role play and other links, requiring members to know and explore themselves in the dramatic experience, understand the concept and cognition formed in the long-term living environment, accept themselves with a positive attitude, build confidence, and experience the unknown life and feelings in the drama.

**Methods:** The whole kindergarten teachers received four days of training on children's central play