

ANALYSIS ON THE INFLUENCING FACTORS OF COLLEGE STUDENTS' ANXIETY DISORDER

Yuefang Guo

Publicity Department, Jiangxi University of Technology, Nanchang 330098, China

Background: Anxiety Disorder is a psychological disease easily produced in the context of great mental stress, which is very harmful and common in life. Now college students' anxiety is the most common in society, many college students because of a variety of factors leading to anxiety. College students' anxiety can be divided into many types, such as employment anxiety, social anxiety and test anxiety, which are the concentrated embodiment of typical College students' anxiety.

It is normal for college students to have some anxiety and depression in the process of employment. Mild anxiety has a certain positive effect, which can arouse their potentiality and sense of urgency. Once excessive anxiety, up to the "anxiety disorder" should be given timely attention and psychological intervention, so as not to aggravate the disease, resulting in excessive disappointment of depression and anxiety, resulting in excessive behavior. Social anxiety disorder: The development of college students' social anxiety to the extreme is social anxiety disorder or social phobia. Performance for emotional tension, anxiety, worry and even fear, accompanied by autonomic dysfunction, such as: rapid heartbeat, sweating, face red, trembling, dyspnea, urinary frequency, urgency and other physiological performance. Behavior is accompanied by avoidance. Test anxiety: The examination room on the brain is very chaotic, the original review of the content cannot remember, anxious sweating, panic, reluctantly handed in the examination papers, the examination results failed. Test anxiety as the center of psychological disorders, accompanied by sleep disorders, mainly due to too heavy psychological burden. Above several kind of university student's anxiety sickness type. If found to have emotional changes or physical abnormalities, should be timely to the regular hospital for examination, cannot be ignored, to avoid more serious consequences.

Objective: College students are a special group in the critical period of physical and mental development. With the increasingly fierce social competition, more and more college students suffer from anxiety disorders. Anxiety is a significant and lasting depression as the main feature of the syndrome, when encountered setbacks, stress and other negative life events, many people will have emotional depression, showing anxiety symptoms. Moderate anxiety is helpful for students to work hard and generate positive energy. However, inappropriate communication will lead to anxiety, thus affecting the progress of students, only timely adjustment, to continue to be successful. In addition, patients with anxiety disorders should pay more attention to prevention and pay more attention to it. Therefore, it is very important to analyze the influencing factors of college students' anxiety disorders.

Subjects and methods: By stratified and cluster sampling, 300 college students were selected from a certain university. 293 valid questionnaires were collected. The effective recovery rate was 97.67%, and the average age was 22 ± 1.5 years.

Study design: Counselors shall organize students to fill in the Depression Self-Rating Scale (SDS) and the Anxiety Self-Rating Scale (SAS) at a unified time and place. Answer them in 20 minutes. In order to understand the evaluation results of the College Students' Anxiety Self-Rating Scale (SAS), the data were analyzed by the χ^2 test in the nonparametric test.

Main Indicators: The screening criteria for SAS are: "no anxiety" if the SAS standard score is less than 50; "mild anxiety" if the SAS standard score is ≥ 50 but less than 70; "moderate anxiety" if the SAS standard score is ≥ 70 but less than 85; and "severe anxiety" if the SAS standard score is ≥ 85 . One is the comparison of the mean of the self-rating anxiety scale among different groups. Second, the detection rate of anxiety symptoms among different groups was compared and analyzed.

Methods: All data were input into SPSS13.0 statistical software package and established database. Carries on the statistical analysis to each data. Draw with an excel table.

Results: The statistical results of the questionnaire are shown in Table 1. The results showed that there was no significant difference in the prevalence of anxiety among the students in different grades. Academic achievement and interpersonal relationship were important factors affecting college students' mental health. These conclusions have yet to be confirmed. Therefore, it is necessary to strengthen the pertinence of mental health education for college students and use limited resources to solve the common psychological problems among students.

Conclusions: To sum up, the mental health status of college students is not optimistic. Academic performance and interpersonal relationship are important factors affecting college students' mental health. Studies have shown that cognitive style and sports games have a positive effect on college students with anxiety tendency. Relevant data also show that anxiety is related to the decline of brain function in frontal lobe and temporal lobe. Psychological intervention methods such as relaxation therapy and biofeedback therapy can also obtain better effect. It is suggested that effective measures should be taken to improve

students' mental health level through the guidance of learning and the training of interpersonal skills.

Table 1. Comparison of the prevalence of anxiety among college students (n/%).

		SAS evaluation results				X ²
		No anxiety	Mild	Medium degree	Severity	
Grade	1	203/67.8	92/30.6	4/1.3	1/0.3	10.9
	2	187/62.4	102/33.8	11/3.8	0/0	
	3	202/67.5	91/30.4	6/1.9	1/0.2	
Gender	Man	197/65.9	95/31.6	7/2.3	1/0.2	3.5
	Lady	202/67.3	93/30.9	5/1.8	0/0	
Academic achievement	Excellent	229/76.2	66/22.0	5/1.8	0/0	21.6**
	Good	206/68.7	87/28.9	7/2.4	0/0	
	Medium	188/62.5	105/35.1	6/2.1	1/0.3	
Interpersonal relationship	Difference	186/62.1	93/30.8	17/5.7	4/1.4	21.5**
	Good	216/71.9	78/26.0	6/2.1	0/0	
	General	193/64.4	100/33.4	6/2.1	1/0.2	
	Relatively poor	157/52.5	113/37.5	30/10.0	0/0	

Note: ** means $P < 0.01$, * means $P < 0.05$.

* * * * *

RELATIONSHIP BETWEEN THE RISING INCIDENCE OF MENTAL DISEASE IN CHILDREN AND ADOLESCENTS IN THE LEGAL PERSPECTIVE AND SOCIETY

Ping Liu

Yunnan Rural Revitalization Education College, Yunnan Open University, Kunming 650223, China

Background: Mental illness is a general term for mental problems, mental disorders and mental illnesses. Mental disorders are mainly grouped into behavioral groups. A disease of the nervous system characterized by disorders of mental activity. At present, it is mainly due to external reasons such as family, social environment and physiological genetic factors of patients. Neurochemical factors and other intrinsic causes of interaction caused by psychological activities. A disorder characterized by disorders of behavior and nervous system function. There are many kinds of psychological diseases, including personality disorders, neurosis, psychosomatic diseases and severe mental illness. For example, antisocial personality disorder, obsessive-compulsive disorder, anxiety disorder, psychosomatic diseases such as asthma, hypertension, depression, schizophrenia, mental illness. Childhood and adolescent mental disorders refer to mental diseases that are less than 18 years old. In addition to schizophrenia, emotional disorders, mental retardation, organic mental disorders and mental and behavioral disorders caused by the use of psychoactive substances that are common to adults, Childhood and adolescent mental disorders also include some mental disorders that particularly occur in children and adolescents, such as generalized developmental disorders, attention-deficit hyper disorder (ADHD), conduct disorders, childhood emotional disorders, tic disorders, etc. Mental disorders and mental problems are closely related to and different from human psychosomatic phenomena. The main difference is that the former mental symptoms have reached a certain extent and affected the social, life and learning functions of children and teenagers.

Objective: Psychosis is caused by mental factors, or to mental symptoms as the main clinical manifestations, or a group of diseases that can be cured by psychotherapy. With the acceleration of the pace of life and the increase of psychological pressure, people with mental disorders are also increasing. At present, the incidence of mental illness among children and adolescents is also on the rise. In order to curb the malignant occurrence of this phenomenon, it is necessary to analyze the relationship between the increasing incidence of mental illness among children and adolescents and society. At the same time, the legal anthropological method reinterprets the mental disease, and holds that mental disease is only a kind of alienation from the main culture. Therefore, the analysis of the mental state of children and adolescents in the legal field can guarantee the effect of mental disease relief in policy support to a certain extent, and provide some help and reference for reducing the psychological burden of children and adolescents and alleviating mental diseases.