

**Results:** By investigating travel mental illness and the mental health of tourists, specific impact values can be obtained. The results of the investigation are shown in Table 1. Anxiety and depression not only affect the quality of life of patients, but also affect the course and recovery of the disease, which should arouse our attention.

**Table 1.** Survey results of travel psychosis and the mental health of tourists.

Factor	Depression	Anxiety	Hostile	Fear	Paranoid
Tourist	5	5	3	3	4

**Conclusions:** As a special kind of mental disorder, travel psychosis is the result of multiple factors that combine physiological, psychological and social medical models. The onset of travel psychosis has a certain geographical and time distribution law: the geographical environment is the most on the Lanxin line from the inland to Urumqi. This section is located in the Gobi, with rare populations and trees, and belongs to the dry plateau climate, which easily leads to travel psychosis. In terms of time, the peak period of Spring Festival travel from January to March is the most, because during this period the number of people who take the train is the most, and it is prone to travel mental illness.

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## THE INFLUENCE OF THE INNOVATIVE DEVELOPMENT OF TRADITIONAL HANDICRAFT ART ON STABILIZING THE MOOD OF PATIENTS WITH MENTAL ILLNESS

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**Background:** Patients with mental illness often show obstacles in behavior, thinking, cognitive function, and emotion. The course of the disease is long, recurring and difficult to heal, and the prognosis is poor. Depression may occur at all stages of mental illness, and the symptoms may vary in severity. Depressive symptoms obviously affect the daily life of patients. Patients often show passive laziness due to depression and loss of interest, which affects the recovery of illness. A number of studies have found that depressive symptoms of mental illness play an important role in the occurrence of suicidal behavior. Traditional manual art Training is a branch of work and entertainment therapy, which enriches patients' spiritual life, mobilizes patients' subjective initiative, and cultivates their life and social adaptability. Traditional manual art training can alleviate and improve the symptoms of depression in patients with mental illness, enhance hands-on ability, improve defense capabilities, and help the recovery of mental illness.

**Objective:** Traditional manual art training can alleviate the mental symptoms of patients with mental illness and improve their mood. Mental illness may involve obstacles in behavior, thinking, perception, and emotion, and incoordination of mental activity. Patients with this disease have lateralization damage to the brain, and are manifested as hyperfunction of the right hemisphere and hypofunction of the left hemisphere, which can easily lead to emotional apathy, Loss of conversational ability, etc. For patients with mental illness, it is possible to achieve very good therapeutic effects with art therapy on the basis of drug therapy. Traditional manual art training requires the cooperation of the patient's hands, eyes, and brain to improve the patient's perception, observation and creativity, and exercise their coordination.

**Subjects and methods:** People are not unfamiliar with the art of origami. The operation is simple and easy to learn. You can learn all kinds of origami through short videos. The image is vivid, and the works that people with mental illness like can learn through short videos at any time. A random selection of female convalescent patients with mental illness who were hospitalized in a tertiary A-level mental illness specialist hospital from January to December 2019. A total of 64 cases met the entry criteria, and were divided into the experimental group and the control group according to the random number table method, each with 32 cases. The average age of the experimental group was (37.97±13.01) years, and the course of disease was (7.9±2.8) years. The average age of the control group was (43.63±11.61) years, and the course of disease was (8.6±2.1) years. There was no statistically significant difference between the two groups of patients in terms of age, course of disease, education level, etc. ( $P > 0.05$ ), and they were comparable.

In the survey results, five levels from 0 to 4 were used to quantify the impact of specific factors. 0 means

irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, and 4 means sufficient influence.

**Study design:** (1) Before the experiment, investigate the emotional relief of the experimental group and the control group;

(2) Starting the experiment, the control group was given routine care, including basic care, diet care, rehabilitation training, sports training, and psychological care. The experimental group conducted traditional manual arts training for mental patients on the basis of routine nursing;

(3) Twelve weeks after the implementation of the experiment, conduct a second survey on emotional relief, and once again understand the emotional stability of patients with mental illness in the experimental group and the control group;

(4) Compare the data before and after the experiment, and analyze the differences between the subjects before and after the experiment.

**Methods of statistical analysis:** The SPSS software was used to count and analyze the original data of the two questionnaires to test the emotional changes of the experimental group and the control group of patients with mental illness before and after the experiment.

**Results:** Comparing the difference in emotional stability between the experimental group and the control group before and after the experiment, the experimental results of the average score are shown in Table 1.

**Table 1.** Comparison of emotional stability between the two groups before and after the experiment.

Group	Before and after the experiment	Self-esteem	Self-confidence	Hands-on ability
Test group	Before the experiment	0	0	0
	After the experiment	4	3	3
Control group	Before the experiment	0	0	0
	After the experiment	1	1	1

Before and after the experiment, the emotional stability of the experimental group showed significant changes. According to the change of the mean value, the mood of patients with mental illness was relieved. Mental patients have exercised their ability to use their hands and brains through hand-made training, helping them win the respect of others and improve their self-esteem; at the same time, they also recognize their own advantages and stimulate self-confidence. Group activities encourage mentally ill patients to use the positive vocabulary they have learned to praise others, and at the same time accept positive comments from others about themselves. This process is a process in which patients with mental illnesses form positive perceptions and explore positive expressions, which can change the tendency of patients with mental illnesses to mechanically defend against the outside world.

**Conclusions:** Traditional manual art training is an effective auxiliary therapy for patients with mental illness. It enriches the patient's hospital life. Patients share the content of origami, share the experience of origami, and share everyone's thinking. Nurses use positive self-suggestion methods, allow patients to learn from each other and make progress together. Patients can recognize their own abilities, vent their emotions, and eliminate inferiority complex and aggressiveness. Traditional handcrafting can relax the mind and body of patients with mental illness through appropriate exercise and attention, which is conducive to the regulation and improvement of patients' emotions. When mentally ill patients use visual art as a means of expression, they will be driven by a strong desire to communicate with the outside world, allowing them to find happiness and inspiration. Traditional manual art training can promote the contact between patients with mental illness and real life, let patients see the beauty and hope of life, and help manage their own emotions.

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## THE PROMOTING EFFECT OF VOCAL MELODY ON THE REHABILITATION TREATMENT OF JUVENILE MENTAL ILLNESS

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