

**Table 1.** Comparison of the mental status of the two groups before and after the experiment.

Group	Before and after the experiment	Emotional situation	Healthy body	Interpersonal communication
Test group	Before the experiment	2	2	2
	After the experiment	4	3	4
Control group	Before the experiment	2	2	2
	After the experiment	2	2	2

The mental condition of the experimental group changed significantly before and after the experiment. According to the change of the mean value, the mental illness of the elderly was relieved. Observing the green plants can relieve the mood, encourage the elderly to go outdoors to increase the number of exercises, and effectively obtain interpersonal communication.

**Conclusions:** The etiology of senile mental disorders is more complicated, with both physical and external reasons. With age, the brain gradually ages and loses weight, slows down in response speed, and memory loss. In severe cases, Alzheimer’s disease is triggered. At the same time, the elderly is prone to chronic diseases. In addition, some elderly people have poor mental and ideological capacity, and are more agitated and restless when encountering things, which increase the incidence of neurological disorders. Therefore, through the architectural greening layout, green plants of the same or similar shape, color, texture, and size are selected to emphasize a consistent sense of rhythm; the point-shaped plants are used as the key points in the indoor and outdoor environment of the building to highlight the greening effect. Effectively alleviate the onset of senile neuropathy.

**Acknowledgement:** The research is supported by: “Panzhuhua City Science and Technology Talents” Fund “Science and Technology Talents” Project, Panrenshe No. [2020]1.

\* \* \* \* \*

## THE INFLUENCE OF IDEOLOGICAL AND POLITICAL COURSES ON ADOLESCENTS’ ANXIETY

Jun Zhao & Yi Zhang

*Rongcheng College, Harbin University of Science and Technology Rongcheng Campus, Rongcheng 264300, China*

**Background:** Adolescents are a very sensitive group and have weak psychological tolerance to external pressures and changes, so these factors often make them fall into depression and anxiety. The anxiety of young people has become more prominent at present. The weakening of family structure, rapid urbanization, and the changes caused by new technologies have disproportionately had a huge impact on young people’s psychology. Anxiety is mainly caused by excessive stress. Patients themselves can cheer themselves on, relax, and take deep breaths when they are nervous. Parents should also guide and encourage their children to promote the recovery of patients’ diseases. When the condition is more serious, patients who are unable to heal on their own should use medication or psychotherapy as directed by their doctor. Adolescents’ anxiety has always been a hot spot and focus of attention from all walks of life.

Adolescents with anxiety disorders mostly show mild anxiety, which is less difficult to treat, but they are prone to repetition, which seriously damages the physical and mental health of adolescents with anxiety, and affects their academic achievements, social skills, and social development. Relevant studies have pointed out that timely psychological intervention and health education for adolescents with mild anxiety disorder can effectively reduce their anxiety and depression, maintain a healthy and optimistic positive attitude, and help improve their quality of life, and prevent their daily life from being affected by the aggravation of the disease.

**Objective:** The mental health education of adolescents often comes from school education, family education and social education. If adolescents lack mental health education, it may cause mental health problems, generate anxiety, and trigger a variety of wrong behaviors. Therefore, evaluating the current state of adolescent anxiety from the perspective of college ideological and political courses and analyzing its influencing factors is conducive to exploring more effective mental health intervention methods and providing a reference for the construction of a mental health evaluation mechanism for middle school students.

**Subjects and methods:** Ideological and political courses in colleges and universities have a positive

guiding role, which can help young people to establish correct values and learning concepts, and alleviate anxiety. It can be seen that the anxiety of adolescents needs to be relieved by the use of ideological and political courses in colleges and universities, especially to make full use of positive language. This article mainly conducts research on adolescents' intellectual development, emotional pleasure, mental health, interpersonal relationship, and personality stability from the ideological and political courses in colleges and universities. Primary schools, junior high schools, and high schools were selected as the research objects, and questionnaires were issued to their students to count the influence of language on various aspects.

**Study design:** A stratified cluster random sampling method was used to survey 1,000 adolescents. Randomly select 1 elementary school, junior high school and high school, randomly select 1 class for each grade, and conduct a questionnaire survey among 12 classes of students. 983 questionnaires were distributed and 939 valid questionnaires were collected.

**Methods:** Excel was used to calculate the alleviating situation of anxiety disorder of teenagers of all ages by ideological and political courses.

**Results:** Under the influence of college ideological and political courses, teenagers will have different effects on their own anxiety disorders. Elementary school students are not mentally sound, so the effect is small, while junior high school students and high school students have matured with respect to mental and physical development, so the ideological and political courses have a greater impact on all aspects of it.

In the survey results, five levels of 1-5 are used to quantify the impact value of specific factors. 1 represents irrelevant, 2 represents slight impact, 3 represents general impact, 4 represents significant impact, and 5 represents sufficient impact. In order to reduce the impact, the individual subjectively caused a large error. Take the assessment value of 1000 students and take the average, and the result is determined by rounding off. The specific statistical table is shown in Table 1.

**Table 1.** Relief of anxiety in adolescents of different ages.

Factor	Mental development	Emotional pleasure	Mental health	Interpersonal relationship	Stable personality
Primary school	4	3	4	5	3
Junior high school	5	4	4	4	5
High school	5	5	5	4	4

**Conclusions:** Adolescent anxiety from the perspective of ideological and political courses in colleges and universities is affected by language attributes. Positive language will have a good role in promoting young people, develop harmonious classmate relationships, be diligent in communicating with parents, and improve academic performance. The research on anxiety of adolescents in ideological and political courses in colleges and universities overcomes the defect that traditional research methods only target a small number of students with outstanding psychological problems. How teachers communicate with students, treat and deal with students' psychological problems with a positive perspective, correct, develop and supplement traditional adolescent anxiety treatment models can effectively improve the positive psychological quality of adolescents.

\* \* \* \* \*

## THE EFFECT OF NURSING INTERVENTION FOR PATIENTS WITH MENTAL ILLNESS IN NEUROLOGY DEPARTMENT

Lie'e Li<sup>1</sup>, Xiaohua Xie<sup>2</sup> & Lijie Ren<sup>3</sup>

<sup>1</sup>Teaching Management Office, Shenzhen Second People's Hospital (The First Affiliated Hospital of Shenzhen University), Shenzhen 518000, China

<sup>2</sup>Nursing Department, Shenzhen Second People's Hospital (The First Affiliated Hospital of Shenzhen University), Shenzhen 518000, China

<sup>3</sup>Internal Medicine-Neurology, Shenzhen Second People's Hospital (The First Affiliated Hospital of Shenzhen University), Shenzhen 518000, China

**Background:** The contemporary medical form advocates nursing to intervene in the diagnosis and treatment of patients, but monotonous nursing methods cannot fully meet the actual needs of patients. Comfort care is a form of overall care with a strong pertinence, which is essentially to allow patients to achieve the highest quality status in the overall aspect, thereby improving the actual diagnosis and