

analyzed to achieve the effect of early prevention. Discriminate the correlation between controllable risk factors and Alzheimer's, so as to provide certain theoretical guidance for the early prevention of Alzheimer's.

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## INFLUENCE OF MENTAL HEALTH EDUCATION IN PARTY SCHOOL ON ANXIETY DISORDER OF LEADING CADRES

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**Background:** Maintaining mental health of leading cadres is not only a prerequisite for the correct performance of various duties, but also an important foundation for cultivating and improving overall quality. Psychological surveys in recent years have shown that the overall psychological condition of leading cadres is good, but a considerable proportion of cadres have sub-health conditions such as serious job burnout, low happiness, and inner anxiety, and even some cadres have serious psychological disorders, leading to mental breakdown. The prevalence of mental health problems among cadres determines that there is a greater demand for mental health education. Therefore, in-depth research on methods and measures to alleviate the inner anxiety of leading cadres and strengthen the mental health education of cadres are of important practical significance.

Our country's mental health education started late. At present, only comprehensive mental health education courses are offered in large, middle and elementary schools, while the mental health education for leading cadres is seriously lagging behind. Most leading cadres rarely have it when they are students and after work. Opportunity to receive systematic mental health education and professional training. Due to the uniqueness of the educational object and educational environment, mental health education for leading cadres is different from general mental health education. How to realize the value and goals of education and maximize the effect of education is a question worthy of consideration by educators.

**Objective:** Mental health education in party schools helps to internalize mental health knowledge into psychological qualities. Traditional lecture-style teaching can teach a large number of mental health theories to leading cadres in a relatively short period of time. However, mental health education cannot solve problems with lectures alone. Mental health education is a process of emotion regulation and emotional experience, a process of ideological recognition and spiritual communication. Therefore, from the perspective of party school mental health education, research and analysis of the current situation of leadership anxiety and analysis of its influencing factors are conducive to exploring more effective Mental health intervention methods.

**Subjects and methods:** Psychological health education in party schools has a positive guiding role, which can help leading cadres to establish correct values and work views, and effectively alleviate anxiety in the process of work. This shows that the anxiety of leading cadres needs to be relieved by the use of mental health education in the party school. Mainly analyze the various influences of mental health education in party schools. 500 leading cadres were selected as the research objects, and questionnaires were issued to them to count the influence of various aspects of the party school's mental health education. Use Excel to calculate the mental health education of the party school to relieve the anxiety of leading cadres.

**Results:** Party school mental health education can effectively improve the cognitive level of leading cadres, enable them to have correct cognitive abilities, be able to look at things objectively, rather than emotionally, and make correct and rational judgments in the face of complex situations and reduce anxiety. The moral ability of leading cadres can be improved. Party school mental health education requires leading cadres to restrain themselves and control their thoughts and behaviors in accordance with the norms of social behavior. At the same time, when dealing with work problems, maintain a stable mental state, increase willpower, and improve personal charm.

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 of the assessment The individual subjectively causes large errors, and the obtained results are determined by rounding. The specific statistical table obtained is shown in Table 1.

**Table 1.** Relief of anxiety disorder of leading cadres.

Content	Cognitive level	Moral competence	Will quality	Personality charm
Leading cadres	3	5	3	4

**Conclusions:** The mental health of leading cadres plays an important role in the society, reflecting the civilization and harmony of a society to a certain extent. The psychological theory of the party school has broadened the content of mental health education. Mental health education needs to change the traditional situation of displaying mental problems and passively coping with mental problems. In the mental health education of leading cadres, more attention should be paid to positive attention to stimulate positive energy of leading cadres. Cultivate the positive experience ability of leading cadres, improve subjective well-being, and relieve anxiety. At the same time, we must also actively prevent and eliminate the negative energy of leading cadres. The mental health education of the party school puts forward the concept of active prevention. For job burnout, the goal of the mental health education of the party school is to enhance the subjective well-being, work pleasure and sense of accomplishment of leading cadres. Regarding the corruption psychology, improve the life satisfaction of leading cadres, create a rational and peaceful mentality, prompt the leading cadres to refuse temptation by themselves, thereby resist external temptation, build a psychological defense against corruption, and cultivate a healthy mental state.

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## THE IMPORTANT ROLE AND SIGNIFICANCE OF HEALTH TOURISM IN THE TREATMENT OF THE RISK OF SENILE DEMENTIA

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**Background:** As the aging society intensifies, the problem of Alzheimer's disease is becoming more and more serious. With the increase of age, the incidence of Alzheimer's disease increases. The aging situation in China is very severe, and the prevalence of dementia and mild cognitive impairment in pre-dementia is extremely high. The prevalence of dementia in China can reach 5-10% of that of the elderly, causing a serious burden on the family and society. Alzheimer's disease is a group of chronic and progressive mental degeneration diseases that are common in old age. It is a lasting and comprehensive mental decline that occurs when the patient is conscious. The cognitive function of patients with Alzheimer's disease is significantly decreased, and the condition of the disease is continuously aggravated. In addition to the physical and mental torture of dementia patients, it also brings heavy mental pressure and life burden to their families. Due to the lack of experience and skills of some family caregivers, they are often at a loss when encountering emergencies, which increases the difficulty of nursing care for dementia. As a result, they appear sad and depressed in life. The long-term existence of these depressions and frustrations has caused them to lose their psychological and physical balance.

Health tourism refers to the sum of different tourism activities that enable people to achieve a good state of harmony with nature in terms of body, mind and spirit through means such as beauty and physical fitness, physical and mental training, and caring for the environment. Health tourism is an in-depth tourism experience activity based on natural ecology and human environment, combined with landscape viewing, cultural entertainment, physical examination, medical treatment and other forms to achieve relaxation, comfort, and longevity. Compared with traditional tourism, health tourism has the characteristics of long staying time, slow travel pace, strong consumption ability, high revisit rate, and physical fitness. It is an upgraded version of the traditional tourism industry and can effectively promote the treatment of the risk of Alzheimer's disease.

**Objective:** Health tourism is a new format and trend in the development of tourism in the new era. It not only meets people's requirements for a healthy life quality, but also enriches the effective supply of elderly care products. Therefore, it is of great significance to analyze the current health tourism's role in the treatment of the risk of Alzheimer's disease.

**Subjects and methods:** Health tourism can help prevent the risk of Alzheimer's disease. Randomly select 500 Alzheimer's patients as the research objects, and enrich the daily life of the elderly through health tourism. In the survey results, five levels from 0 to 4 are used to quantify the impact of specific factors. 0 means no improvement, 1 means slight improvement, 2 means general improvement, 3 means obvious improvement, 4 means sufficient improvement, in order to reduce the evaluation When the individual subjectively caused a large error, the evaluation value of 500 Alzheimer's patients was taken and the average