

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

was taken to determine the result by rounding.

**Results:** Health tourism can rely on its existing tourism resources, such as local hot springs, forest resources, etc., with the main purpose of health preservation and health promotion, and the development of a series of health tourism products. Including hot spring health tourism, forest health tourism and so on. The characteristics of this tourism product must be based on ecological health preservation, combined with natural resources such as hot springs and forest oxygen bars, and through experience, sightseeing, and learning of related cultures, so as to improve one's physical and psychological level. To achieve healthy sightseeing during the travel process, physical fitness is strengthened, and at the same time, the effect of health care is achieved through rehabilitation and other forms. Various services such as medical treatment are used to improve the physical fitness of the elderly, activate the thinking of the elderly, and improve the ability of interpersonal communication. The statistical table obtained is shown in Table 1.

**Table 1.** Health tourism effect.

Type	Healthy sightseeing	Health care	Medical tourism
Effect	4	3	4

**Conclusions:** Alzheimer's disease is a progressive neurodegenerative disease with insidious onset. Clinically, it is characterized by general dementia such as memory impairment, aphasia, apraxia, agnosia, impairment of visual spatial skills, executive dysfunction, and personality and behavior changes. Therefore, health tourism can effectively alleviate the cognitive deterioration of the elderly and effectively enhance the ability of interpersonal communication. Health tourism is in a good era in China. The government attaches unprecedented importance to relevant policies and standards. Local governments should seize this opportunity to integrate local health tourism resources, highlight the characteristics of local resources, and cultivate local characteristics from a global perspective. Health tourism products. At the same time, by improving the quality of local tourism services, collaborating with related industries, clarifying the development path in line with its own health resources, and taking a sustainable development route, the health tourism products can become a stable source of local tourism economic income, which can effectively alleviate the elderly. The pressure brought by the transformation can reduce the risk of Alzheimer's disease.

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## MODELING RESEARCH ON THE IMPACT OF RURAL TOURISM ON THE RISK OF ELDERLY MENTAL ILLNESS

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**Background:** With the development of social aging, the incidence of senile psychosis is getting higher and higher. The onset of the disease is slow, the course of the disease is long, the stable period and the exacerbated period alternate, and it is mainly manifested by symptoms such as broken thinking, emotional disorders, and hallucinations, which can lead to Sudden changes in behavior will cause sudden psychiatric symptoms such as suicide, self-injury, impulsivity, running away, and lack of insight. Experts pointed out that the treatment of senile psychosis does not lie in taking drugs and conditioning life, but more importantly, the communication and care of the children's relatives, which require the psychological care of the relatives around them. In senile psychosis, the more common ones are senile dementia and arteriosclerotic mental disorder. There are two common types of senile psychosis. The first is senile anxiety and depression. Such patients have insomnia, emotional anxiety, increased physical discomfort, worry, repeated medical treatment, emotional fragility, and often recall the past, similar to anxiety and depression. The second type is Alzheimer's. Patients often have cerebrovascular diseases. They show memory loss and emotional instability. Past events are easily forgotten. They are easy to get lost after going out. They are often left behind, sometimes accompanied by mental symptoms such as delusions of being stolen.

Rural tourism is a new type of tourism that evolved from the combination of eco-tourism and agricultural tourism. Here, eco-tourism includes both natural eco-tourism and humanistic eco-tourism. The original motivation for tourists to choose this type of tourism is the double return to nature and the ancestral lifestyle. Therefore, rural tourism can be defined as taking urban residents as the main target market, taking