

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

agricultural cultural landscape, agricultural ecological environment, agricultural production activities, farmers' daily life and environment, and rural folk customs as resources to integrate viewing, participation, leisure, and vacation. Recreation, recuperation, investigation, study, popular science, food, entertainment, shopping and other special tourism activities.

Objective: Nowadays, there is no cure for senile psychosis, in order to reduce the adverse effects of the disease on patients. Nursing staff should fully understand the patient's personality characteristics, adopt corresponding nursing strategies, and understand the patient's behavior in a correct manner, communicate with the patient in a gentle and peaceful tone, narrow the distance with the patient through heart-to-heart talk and other methods, and help by creating a comfortable and warm environment. Patients get rid of the symptoms as soon as possible. Through the rural tourism model, it is possible to carry out modeling research on the influence of the risk of elderly mental illness.

Subjects and methods: Rural tourism helps to model and analyze the impact of the risk of senile psychosis. Randomly select 600 elderly mental patients as the research objects, and improve the thinking ability of the elderly through rural 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 600 Alzheimer's patients was taken and the average was taken to determine the result by rounding.

Results: The development of rural tourism has greatly satisfied the psychological needs of the lonely elderly and the "empty nest elderly". From data analysis, it can be seen that rural tourism has developed medical, health, and education undertakings, and at the same time increased a variety of entertainment activities, effectively improving the quality of life of the elderly. The continuous improvement of rural infrastructure is conducive to reducing the risk of elderly mental illness.

Table 1. Actual effects of rural tourism.

Type	Medical career	Health service	Education
Effect	4	4	3

Conclusions: Elderly psychiatric patients refer to the dysfunction and decline of brain tissue that cause dysfunction and produce abnormal mental activity, which seriously affects the individual, family members and society of the patient. Therefore, it is necessary to conduct research and judgment on elderly patients with mental illness through a series of effective methods, and carry out preventive treatment in advance to improve their quality of life. Rural tourism is a new type of tourism that evolved from the combination of eco-tourism and agricultural tourism. Eco-tourism includes both natural eco-tourism and cultural eco-tourism. The original motivation for tourists to choose this type of tourism is the double return to nature and the ancestral lifestyle. The implementation of the rural tourism development model can effectively model the impact of elderly mental illness risk, fully study and analyze elderly mental illness, and propose specific prevention methods.

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RESEARCH ON THE PROMOTING EFFECT OF VOCAL SINGING ON THE REHABILITATION TREATMENT OF ADOLESCENT DEPRESSION

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Background: Depression is a complex emotional mental and psychological disorder that includes a variety of mental and physical symptoms. It is caused by mental stimulation, poor mood, qi depression and phlegm knot, and is often related to factors such as congenital heredity and special character. Depression can be mild, moderate or severe. According to the World Health Organization, 350 million people worldwide suffer from depression, and the prevalence rate in China is 6.9%. Of the 287, 000 suicides in China each year, 80 per cent suffer from depression. Depression is now the fourth of the world's top 10 diseases. In recent years, more and more teenagers suffer from depression, and the survey results show that the incidence of depression is about 1.8% to 7.8%. The number of patients with depression is increasing year by year, and the