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THE EXPRESSION AND COUNTERMEASURE OF INTERNATIONAL COLLEGE STUDENTS' DEPRESSION TENDENCY IN CHINA

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Background: In recent years, the trend of studying in China has gradually increased, and more and more foreigners are eager to study in China. More and more foreign students from different countries come to study in China year by year, which poses a new challenge to the teaching management department of foreign students. In the cross-cultural context, in addition to the problems that may be encountered in study and life, the psychological problems of foreign students living in China are becoming increasingly apparent due to language differences and cultural conflicts. Whether foreign students can successfully complete their studies in China depends not only on whether Chinese universities can provide them with necessary materials and study conditions, but also, to a great extent, on whether they can successfully complete the psychological adaptation process during their studies. If we do not adjust the psychology of the students, the students will have more or less depression, will not only fail to study abroad, but also affect their physical and mental health, and even self-mutilation, suicide and harm to others. Therefore, it is very important to explore the psychological depression of Chinese students in the cross-cultural context of the vigorous development of education of Chinese students. This study will explore the prevalence and distribution of foreign students' depression tendency. The relationship between negative life events, self-esteem and depression tendency was also discussed. According to the results of the study, the intervention measures were put forward to improve the depression tendency of foreign students and provide theoretical basis for the management and education of foreign students.

Objective: With more and more overseas students coming to China to study, the psychological problems of overseas students are gradually revealed. International students' study pressure, difficult graduation, expensive tuition, as well as language and cultural differences and other reasons make the mental and physical health problems of international students. If not, it will not only lead to study abroad is not smooth, worse is not conducive to the physical and mental health of students, and may even produce some malignant incidents, such as self-inflicted, suicide and harm to others. Therefore, through the study on the expression of depression tendency and countermeasures, it can effectively alleviate the anxiety and improve the quality of life of foreign students.

Subjects and methods: The present study investigated the cross-cultural depression of 50 college students in China by using the Statistical Scale of Basic Situation and the Scale of Mental Adaptation (Zung's Depression Self Rating Scale). In order to understand the basic characteristics and influencing factors of high depression group, the researcher also interviewed the international students with the highest depression index.

Study design: A survey was conducted among 50 overseas students from colleges and universities. Randomly selected 5 universities, each university randomly selected 10 foreign students, a total of 50 foreign students to conduct a questionnaire survey, a total of 50, 49 recovered, the number of effective copies 49.

Methods: Using Excel statistics of foreign students nearly a week's feeling and mental health status.

Results: Through the analysis of the main conclusions are as follows: the overall psychological depression of the students transferred abroad is good, belonging to the non-depressed group. Gender, student category, time of studying abroad, cross-cultural experience, family economic conditions have significant effects on the psychology of foreign students. Homesickness is an important factor causing psychological depression of overseas students. Family, relatives and friends are the important social support to alleviate the psychological depression of students coming to China, but the school support from Chinese teachers and administrators is not significant. Foreign students' preferred hobby is coping with bad mood. It is also found that the improper attitude of teachers in teaching Chinese as a foreign language can easily affect the psychology of foreign students. The researchers conducted in-depth interviews with foreign students with higher levels of depression, to gain a basic understanding of the factors that contribute to their higher levels of depression. The conclusion of this study can be used as a reference for the management of foreign students in the tested schools, and has a direct reference for daily management.

The results of this survey use 1 to 5 grades to quantify the influence values of specific factors, 1 to

indicate irrelevant, 2 to indicate slight influence, 3 to indicate ordinary influence, 4 to indicate obvious influence, and 5 to indicate full influence. In order to reduce the great error caused by individual subjectivity in the assessment, the evaluation values of 50 foreign students are adopted and the average values are rounded off to obtain the results. The specific statistical tables are shown in Table 1.

Table 1. Mental health of foreign students

Factor	Depression	Anxiety	Inferiority complex	Fear
International student	4	5	3	3

Conclusions: Compared with the Chinese college students, they not only have to experience the pressure and anxiety during the transition period, but also face the difficulties and difficulties brought about by the cultural differences. Cross-cultural contact brings not only novelty and exploration, but also stress experience. Language and cultural differences further exacerbate the psychological difficulties of foreign students. They often feel depressed and depressed, sleep poorly at night, often miss their family and friends, live an irregular life, distrust and even hostility towards the Chinese people are all external manifestations of their psychological difficulties in adapting to cultural differences.

Foreign students in China pose a new challenge to the education system and management mode of Chinese colleges and universities. Colleges and universities should provide foreign students with a variety of services to solve their educational, emotional and health problems in the course of their studies in China. Chinese colleges and universities should establish a comprehensive management system including psychological guidance, environmental adaptation and safety education, so as to create a better learning and living environment for foreign students.

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THE INFLUENCE OF MEDIA ART ON STABILIZING THE EMOTION OF PSYCHIATRIC PATIENTS

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Background: Mental patients refer to people with brain dysfunction caused by various harmful factors and clinical manifestations of abnormal mental activities. It is embodied in different degrees of obstacles in sensory perception, thinking, attention, memory, emotion, behavior, will intelligence and consciousness. Mental patients are those who distort the objective reality, lose the ability of social adaptation, or hurt themselves and disrupt social order due to mental activity disorders. Psychosis mostly occurs in the young and middle-aged, some intermittently attack, some continue to progress, and gradually tend to be chronic, with high recurrence rate and high disability rate. Without active treatment, there may be mental decline and personality change, unable to adapt to social life, and it is difficult to complete the responsibilities to the family and society. However, if early detection and timely treatment, patients can also completely recover from the disease and live, study and work normally. Most patients with mental diseases have a long course of disease and are prone to recurrence. They need continuous and regular drug treatment to control symptoms and prevent recurrence. Many studies have shown that improving the treatment compliance of psychiatric patients is the key to control psychiatric symptoms and improve the prognosis of psychosis. Art therapy is a treatment method that takes various forms of artistic expression such as media, painting, music and dance as the media to help participants grow through planned and purposeful treatment schemes. Art therapy in a narrow sense refers to media therapy. The advantages of network media have become increasingly prominent. Network media has broken the boundaries of time and space, covering a wide range of information and knowledge. Media therapy can reduce and eliminate individual defense mechanisms, and encourage individuals to express cognitive, emotional and psychological thoughts. It can comfort individuals, divert their attention to pain and anxiety, and increase their self-confidence and motivation. The theoretical