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

basis of media art therapy is based on psychological projection theory and human brain hemisphere division function theory. Art therapy has been used to treat adolescent depression for more than 100 years. At present, media art therapy has different effects on improving individual depression and anxiety symptoms, social function, self-concept, cognitive function and fuzzy body complaints.

**Objective:** Compared with the traditional art form, media art enhances the interaction between the art form itself and the experiencer. It is an art form that emphasizes the user's sensory experience as the leading art form. With the continuous improvement of social modernization and information level, new media has a more and more important impact on people's life. Media art has also been developed, not only in more diverse forms, but also gradually expanded its scope of influence. The development of media art also has a certain impact on the emotional stability of psychiatric patients. Media art can not only alleviate the anxiety and depression of psychiatric patients, but also encourage psychiatric patients to express their emotions and psychological ideas bravely.

**Subjects and methods:** The hospital doctors formed the media art habit of the patients in the experimental group for 4 months, and carried out psychological analysis and treatment. The treatment cycle increases from twice a week in the first month to 4-7 times a week in the next three months. Each treatment process has a theme, belonging to my home, my friends, my future, a better life, etc. First let the patients watch the network media, and then let the patients participate in the interaction with the changes of psychological activities. Finally, try to let them actively join in. The control group only received normal psychotherapy without special psychotherapy intervention.

**Study design:** Fifty psychiatric patients in a hospital were studied. The 50 patients were randomly divided into experimental group and control group. The general data of the two groups were compared. In the study group, there were 20 males and 30 females, with an average age of $(20.5 \pm 4.5)$ years and an average course of disease of $(3.8 \pm 0.4)$ years. There were 28 males and 22 females in the control group, with an average age of $(20.0 \pm 4.8)$ years and an average course of disease of $(3.5 \pm 0.8)$ years. There was no significant difference in gender, age and course of disease between the two groups $(P > 0.05)$.

**Methods:** Experimental group: antidepressants + media art analysis and treatment. While routine antidepressants treatment, patients freely choose media art themes to watch and listen. In this process, others do not intervene, but just accompany and wait. After each time, or when the patient actively expresses his psychological ideas, ask the viewing content, work background and moral, share feelings, and give support and encouragement to the patient, so that the patient can find himself, promote spiritual growth and increase the treatment effect. After the study, the psychological analysis and treatment of this activity were carried out according to the needs of patients.

**Results:** The scores of SDS and SAS in the experimental group were lower than those in the control group at 4, 8 and 12 weeks of treatment $(P < 0.05)$. The SDS and SAS scores of the experimental group at the 12th week of treatment were lower than those before treatment $(P < 0.05)$. See Table 1.

**Table 1**. Comparison of improvement of depression and anxiety between the two groups

| Group | SDS score | | | | |
|---|---|---|---|---|---|
| | Before treatment | Week 1 of treatment | Week 4 of treatment | Week 8 of treatment | Week 12 of treatment |
| Experience group (*n*=50) | 71.8±3.3 | 70.6±3.3 | 67.5±2.9 | 61.8±3.1 | 57.6±3.1 |
| Control group (*n*=50) | 72.4±3.7 | 71.8±3.6 | 70.7±3.0 | 71.0±3.4 | 68.8±3.3 |
| *t* value | 0.401 | -0.431 | -7.428 | -12.246 | -18.045 |
| *P* value | 0.672 | 0.650 | <0.001 | <0.001 | <0.001 |

**Conclusions:** The current situation of psychiatric drug treatment is not completely satisfactory. Even for those patients who are effective in drug treatment, long-term medication and adverse drug reactions make the patients' treatment compliance poor and aggravate the disease reaction, and drug treatment cannot solve the patients' emotional needs, interpersonal conflicts many aspects such as self-care and learning and work skills involve a higher degree of social adaptation. Media art therapy is a psychotherapy technology. It is not limited by language, age, location, environment, cognitive ability and disease. It has the unique advantages of simple operation, avoiding individual impedance and being more easily accepted by patients. It has been widely used in clinical psychotherapy. Through media art therapy, patients' compliance with rules and staff has been significantly improved, and these behavior changes are reflected in the process of art therapy. This suggests that under closed environmental conditions, media therapy can not only improve individual emotion, but also help to improve individual adaptability to the environment.

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# THE INFLUENCE OF ARCHITECTURAL SPACE DESIGN ON MENTAL NERVE REPAIR IN THE ELDERLY

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**Background:** With the gradual decline of the functions of various parts of the body, the psychology of the elderly is undergoing subtle changes. In the process of aging, due to physiological, psychological, social and other factors, most of the elderly than young more sensitive, suspicious, fragile, easy to lead to a variety of psychological and spiritual problems. Elderly building is a special place designed for the elderly. In the design, we should first consider the physical and psychological characteristics of the elderly. Today's old-age buildings are mainly based on living economy and security, such as many buildings will consider the convenience of the elderly and set up special elevators, take into account the safety of the elderly and set up a lot of automated skylights closed system, anti-collision settings, these are typical cases from the consideration of the living conditions of the elderly. But for the old people, with the deterioration of physiological function, their psychology changes correspondingly, and new spiritual expectation and psychological demand come into being. So, the aged building should not only consider the safety and convenience of living, but also the special psychological characteristics of the old people. Senses the senior citizen psychology from the physiological change, the body and mind union. Physical and psychological inseparability is even more pronounced in the elderly. With the aging of the body organs of the elderly began to degenerate, physiological changes will directly lead to psychological changes. For example, the decline of some body organs will make the elderly have a sense of self-distrust and inferiority. In pension design, we need to perceive the physiological changes of the elderly. Therefore, in the design of old-age building, we should fully consider the particularity of the elderly psychology. But from the perspective of the general psychology of the elderly, its psychological characteristics can be divided into: regression, loneliness, attachment, symbiosis and so on. In the design of old-age buildings, we can pay more attention to these common psychological characteristics of the elderly, take care of their special psychology, and give them a positive attitude towards life. Therefore, the unique psychological characteristics of the elderly, which put forward corresponding requirements for the building itself, the building environment. The following psychological needs of the elderly are summarized: security needs, ownership needs, place needs, communication needs, privacy needs, family needs, comfort needs. Because of the existence of special psychological needs, architecture and architectural environment designers need to make a positive response to improve the quality of life of the elderly in the elderly building.

**Objective:** Nowadays, there is a great demand for old-age buildings, and the physical and mental health of the elderly is increasingly valued. Therefore, it is necessary to design space for the elderly with the concept of aging. Whether it is nursing homes, combination of medical care, home, there is a demand for aging. This study will focus on the design of bedroom, bathroom, interior color matching optimization, interior lighting design, landmark oriented design and furniture details in the design of space for the elderly should pay attention to the physical and mental health.

**Subjects and methods:** Today are approaching the aging of the elderly, the mental state of the need for more attention. To achieve the goal of humanized design of old-age buildings, it is not enough to only meet the survival needs of the elderly, but also to meet their physiological and spiritual needs. Various contradictions between the elderly and the building must be constantly improved. Through the questionnaire, the influence of architectural space design on the mental nerve repair of the elderly was statistically analyzed.

**Study design:** Stratified cluster random sampling method was used to investigate 400 people of different ages, sexes and occupations. 400 questionnaires were distributed, 389 were retrieved and 378 effective copies were obtained. Of these, 11 were invalid questionnaires.

**Methods of statistical analysis:** Using Excel statistical analysis of architectural space design on the effects of mental nerve repair in the elderly.

**Results:** Architectural space design is directly related to the mental nerve repair of the elderly. By attaching importance to and improving the design of architectural space, the living environment of the elderly has been significantly improved, while meeting the spiritual needs of the elderly.

The results of this survey use 0 to 4 levels to quantify the influence values of specific factors. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence, and 4 means full influence. The obtained statistical table is shown in Table 1.

**Conclusions:** By analyzing the influence of space design on the mental nerve repair of the elderly, it is found that the elderly buildings can take into account the psychological characteristics of the elderly. In the design of old-age buildings, safety should be put in the first place, to ensure the safety of the circumstances to improve the comfort of the elderly living. Should consider in an all-round way, commence from the