

housing demand of the old people, improve the housing environment of the old people. Humanized design can reduce the negative mentality of the elderly: Accessibility design allows the elderly to have a sense of self-confidence. Through humanized design, to meet the elderly's sense of return, attachment. Achieve the goal of humanized design, care for the elderly's psychological and emotional, from a higher level of humanized care, architectural design for the elderly to have a better life experience.

Table 1. Influence of architectural space design on mental nerve repair in the elderly

Factor	Volition	Exertion property	Persistence
30-45 years	4	3	3
46-60 years	4	3	4
60-70 years	3	4	3
Over 70 years	3	4	4

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ON THE HEALING EFFECT OF VIOLIN PLAYING ON SCHIZOPHRENIA

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Background: In recent years, the incidence rate of schizophrenia is on the rise. There is no effective cure plan at present, and the disease has the characteristics of high recurrence rate and long course. The longer the course of disease and the more times of recurrence, the worse the prognosis of patients. The heavier the car load of patients who mainly care for their families, they need to bear not only the social and economic burden, but also the huge physiological and psychological burden. Most families cannot effectively vent their bad emotions, and finally form a series of psychological problems. Although patients with the disease generally have unconscious and intellectual barriers, the onset of the disease not only affects their physical and mental health and labor ability, but also has a significant impact on their family and society. The main symptoms of schizophrenia are sensory and perceptual disorders, such as all kinds of hallucinations. Obstacles in thinking and association, such as all kinds of delusions, passive experience, thinking association obstacles, thinking poverty, etc. Emotional barriers include emotional agitation, dullness or insipidity. Disorders of will and behavior include hypovolemia, tension syndrome and so on. Schizophrenia is a kind of chronic recurrent mental disease. Once infected, it occurs repeatedly, resulting in obvious mental dysfunction, residual pathological and degenerative behavior, resulting in the decline of social function. Therefore, since the onset of the disease, relevant treatment and rehabilitation measures should be implemented and given long-term attention until life-long. In the treatment of this disease, biological factors and drug treatment have always been the focus of attention. Although the positive symptoms of schizophrenia can be significantly improved with the intervention of antipsychotics, most patients are difficult to recover from the disease, show significant reduction in self-evaluation and low social ability, and become people who are difficult to adapt to social life. It shows a serious poor prognosis. Because long-term medication will have side effects on the body of schizophrenic patients, the rehabilitation of schizophrenic patients' psychological schizophrenic diseases needs to rely on treatment methods other than drugs.

Objective: The common rehabilitation treatment methods for schizophrenia include behavior therapy, music therapy, physical therapy, exercise therapy and so on. The current research has proved that there is no single therapy for the rehabilitation effect of schizophrenia. Therefore, by means of psychological rehabilitation of schizophrenic patients through music therapy, we can cultivate patients' self-control ability by cultivating patients' sentiment, alleviating patients' pressure and controlling patients' emotion, so as to improve the rehabilitation effect of schizophrenic patients. This study mainly investigates the changes of patients' emotion, the influence of stress and the psychological changes of emotion.

Subjects and methods: In the mental rehabilitation center, 100 schizophrenic patients of different genders and ages were randomly selected, and the violinist chose a professional. Before the trial, communicate with patients about the purpose and methods of this study, and patients voluntarily participate in the investigation and research. Through the intervention of violin playing for 6 months, the life ability

and quality of life of patients were observed.

Methods: The rehabilitation effect of schizophrenic patients was counted by excel.

Results: Listening to the violin has many advantages. Beautiful melody can calm the restless heart, but choose more soothing and gentle music. Gentle music can make people relax, relieve pressure, and cure some mental diseases to a certain extent. Music can stimulate the brain and intensify brain cells. Beautiful melody can stimulate brain activities and even achieve a certain anti-aging effect. Listening to some light music before going to bed can also improve sleep quality and promote sleep. In short, the intervention of violin playing can alleviate the listener's mood. This study mainly investigates the changes of patients' emotions, the impact of stress and emotional psychological changes, and uses SPSS 17.0 statistical data results.

In this survey, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence and 4 means full influence. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation values of 100 schizophrenic patients are taken as the average, and the results are rounded, the specific statistical table is shown in Table 1.

Table 1. Rehabilitation effect of schizophrenic patients

Group	Emotional aspect	Pressure relief	Emotional aspect
Patient	4	4	4

Conclusions: Violin playing intervention is a soothing and elegant intervention, which is different from other psychological interventions, and this intervention method can more effectively alleviate people's psychological depression and irritability. The intervention effect of violin music on people's emotional release is more obvious, and this intervention method is more acceptable, so that people can not only improve, but also cultivate their sentiment by constantly listening to violin music. So that people can release their pressure in the tune, which is very helpful for everyone's future development.

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THE INFLUENCE OF COLLEGE STUDENTS' PHYSICAL EXERCISE ON RELIEVING STUDENTS' MENTAL PRESSURE

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Background: Due to the development of science and technology and economy, people's material and spiritual life has become more and more rich. As a special group in modern society, contemporary college students have changed their spiritual field. Due to the interference of various factors such as society, family and themselves, college students are facing all kinds of mental pressure. Cause mental malaise, poor appetite and other adverse phenomena. As an important part of modern society, contemporary college students' mental health and mental stress cannot be underestimated. Because the physical and mental state of college students is not fully developed and mature, their coping ability is still immature, and their self-regulation ability in the face of setbacks and blows is poor. Therefore, there will be greater mental pressure when problems arise. It is undeniable that moderate mental stress can enhance people's ability to deal with adversity. However, too much mental stress can lead to negative emotions such as irritability, depression and anxiety. Many students are unable to relieve their excessive mental pressure and suffer from psychological diseases such as depression and mania. Due to the influence of disease, they can't control their behavior. Some of them have gone to extremes, even caused tragedies and become unstable factors endangering society. In order to improve and create a good social environment, we must pay attention to today's psychological education and explore improvement schemes. Patients with mental diseases are often excluded by today's society, which is very unfavorable to the treatment of patients, and will further develop their mental diseases. Serious mental illness will also lead to patients' retaliatory paranoia, which has brought unsafe factors to the society. This is also a painful blow to China's mental health cause. Based on this, we put forward this research, hoping to improve this situation through the research results of this project, improve college students' mental health education, and create a good campus environment and living environment.

Objective: At present, there are many reasons for college students' greater psychological pressure, among which the pressure brought by learning pressure and employment competition is far ahead, which is