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ANALYSIS OF THE EFFECT OF RUNNING ON PSYCHOLOGICAL RELIEF OF PATIENTS WITH DEPRESSION

Huawei Liang¹, Yan Feng², Yi Zhang¹ & Haiyang Zhang¹

¹*School of Physical Education and Taijiquan, Henan Polytechnic University, Jiaozuo 454000, China*

²*College of Physical Education (Main Campus), Zhengzhou University, Zhengzhou 450001, China*

Background: Depression is a psychological disease, there are many incentives. The condition of depression is easy to repeat, and most of each attack can be relieved, but there will be some residual symptoms. The mood of patients with depression is in a state of loss for a long time. Patients with mild condition will have bad mood, and patients with severe condition will have hallucinations and have a long time of onset. Depression is not caused by patients' problems in family and life, but still has depression and pessimism when they are in good condition in family and life. Clinical manifestations of depression: first, depression. At first, it may be manifested in the decline of various emotional experience ability in a short time, listless and not interested in everything. It often presents a special mournful face, sad face and secret tears. Typical patients have depression, with the characteristics of heavy day and light night. When they are extremely depressed, they can commit suicide or self-punishment. This kind of depression is primary and endogenous, that is, it occurs without obvious external factors. Second, slow thinking. The typical performance is that the thinking association process is inhibited and the response is slow, which is manifested in the reduction of active speech, slow response, low self-evaluation and low self-esteem of patients. Some patients are pessimistic and suicidal. Third, there is a reduction in action. It is characterized by slow movement, slow walking, lack of interest and vitality, always feel that the heart is spare but the strength is insufficient, and listless all day. In severe cases, it is in a state of depression and numbness, and in severe cases, it may not eat or take care of itself. For the onset or recurrence of depression patients, generally give drugs that can produce excitement, or psychotherapy. However, a series of recent studies suggest a new way to treat depression-participating in physical exercise. On the one hand, sports can relax the body and mind of patients with depression. When the thinking of patients with depression is tending to a more distressed "network", and their negative and irritable thinking is constantly generated, they can forget their irritability by participating in some sports with a brighter rhythm. The body is relaxed to ensure adequate sleep, so that depression can carry out all-round "power abandonment" all night, which lays a good spiritual foundation for the spirit to participate in work the next day. The relaxation of thought makes the patients clear headed and calm to solve and deal with problems after exercise. On the other hand, patients with depression actively participate in sports activities, which is a positive help to improve their outlook on life and world outlook. Physical exercise can improve their self-esteem and self-confidence, strengthen the control of self-emotion, and strengthen their persistent learning attitude, work attitude and life attitude. For severe patients, physical exercise will also produce a series of beneficial changes in the patient's brain. More intense physical activities will also release a chemical substance in the human brain, which is very helpful to reduce pain.

Objective: Depression is a common affective disorder, also known as psychological disorder. The World Health Organization predicts that depression will become the second leading cause of non-aging death and disability, and the second leading disease in China after cardiovascular disease. Depression has been effectively treated clinically, and the therapeutic effect of combined exercise therapy is more obvious. Exploring the causes of depression and exercise is of great significance for the treatment of depression.

Subjects and methods: Depression is a common emotional disease that endangers human physical and mental health. The clinical manifestations are depression, slow thinking, slow action and other symptoms, which are the result of the interaction of various psychological and environmental factors other than heredity. Running is the simplest and most basic sport. Based on the basic understanding of depression, this study explored the effect of running on relieving the psychology of patients with depression.

Study design: 200 patients with depression were randomly selected and asked to complete the questionnaire at one time, and the specified time was 5-10 minutes. A total of 200 questionnaires were distributed, 183 were recovered and 178 were valid.

Methods: Excel was used to count the effect of running on relieving the psychology of patients with depression.

Results: In this survey, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight effect, 2 means general effect, 3 means obvious effect and 4 means significant effect. In order to reduce the large error caused by personal subjectivity in the evaluation, the

evaluation values of 200 patients with depression are taken as the average and the results are rounded. The specific statistical table is shown in Table 1.

Conclusions: Clinically, psychological nursing is mostly used for intervention, but the effect is not obvious, and it will relapse again after a period of time. The use of exercise therapy, through exercise to guide patients to vent their bad emotions, accelerate metabolism, and slowly restore their emotions to a stable state. Exercise therapy has the following advantages: First, improve patients' immunity, exercise endurance, willpower and psychological endurance, increase muscle activity and enhance patients' self-confidence in overcoming diseases. Second, exercise is conducive to regulating the central nervous system, promoting gastrointestinal peristalsis and enhancing appetite. The application effect of exercise therapy in the nursing of patients with depression is more prominent. It can not only ensure the therapeutic effect of patients, but also control the bad mood of patients. It is worthy to be vigorously promoted in the nursing of patients with depression.

Table 1. Effect of physical exercise on relieving students' mental stress

Factor	Increased psychological endurance	Immunity enhancement	Increased willpower
Adult	3	4	4

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A STUDY ON THE CONSISTENCY OF CHINESE MEANING AND CONTEXT BASED ON COGNITIVE PSYCHOLOGY

Jianping Ji

Xiaoshan College, Zhejiang Open University, Hangzhou 311200, China

Background: Psychology is a science that studies the basic laws of psychology, which is related to many mathematics subjects. As a branch of Applied Linguistics, teaching Chinese as a foreign language will be more or less affected by the basic theory of psychology. From the perspective of cognitive psychology, this paper intends to use the relevant theories of cognitive psychology to explore the acquisition process of pronunciation, vocabulary, grammar and Chinese characters as a foreign language, and try to connect the research results of psychology on Chinese cognitive processing with teaching Chinese as a foreign language. Explore the impact of cognitive psychology on teaching Chinese as a foreign language. Chinese has always attracted learners from different cultural backgrounds with its unique language charm and long-standing cultural connotation. French scholars have observed that learning Chinese characters is very beneficial to children's intellectual development, so Chinese can be used as one of the enlightenment languages to develop children's intelligence. Because the content system of Chinese is particularly rich, Chinese teachers need to determine the teaching plan and content according to individual factors such as learners' intelligence level, learning purpose and country, so as to further improve and improve the teaching methods. The key factors affecting learners' acquisition of Chinese also include the intersection with psychology. We should focus on psychology and explore the relationship between cognitive psychology and Chinese teaching in combination with learners' acquisition process. Therefore, how to correctly use the application results of cognitive psychology in second language acquisition and teaching is particularly important. Learning the basic theory of cognitive psychology can trigger us to think about some common problems in teaching Chinese as a foreign language. The research on the consistency between Chinese meaning and contextual characteristics based on cognitive psychology can help Chinese learning effect more significantly.

Objective: This paper studies the relationship between cognitive psychology and teaching Chinese as a foreign language, and mainly discusses the application of cognitive psychology in teaching Chinese as a foreign language in pronunciation, vocabulary, grammar and Chinese characters. Studying the application of cognitive psychology in teaching Chinese as a foreign language plays a guiding role in teaching Chinese as a second language and helps learners overcome and solve the difficulties and problems, they may encounter in the process of acquiring Chinese. Based on the content of cognitive psychology, we pay attention to analyzing the consistency of Chinese meaning and contextual characteristics. People can understand the meaning of Chinese words with the help of external things. The acquisition of abstract concepts is not only an important content of social communication, but also the key to individual development and higher social cognition. In many language systems, psychological verbs are often used to guide individuals to express a