

integrate with nature through the aesthetics of natural landscape, so as to reduce and transform the social psychological pressure to a great extent. Through the appreciation of cultural landscape, improve the cultural level and spiritual realm, so as to return to society and face life with a more positive attitude. People can make a conventional empirical judgment on the benefits of tourism to mental health. However, there is little research on the impact of various elements of tourism activities, such as tourism time and tourism landscape types, on the treatment of mental diseases.

**Objective:** There are many traditional methods to treat anxiety and depression, including drug therapy, physical therapy, psychotherapy and so on. However, people with this disease generally have a certain sense of shame, feel that mental illness is directly related to morality, character, personality and even family, or think that long-term use of anti-anxiety and antidepressant drugs will damage some internal organs. Many people tend to hide and hide as much as possible when they have mental problems, and will not seek help. However, the early intervention of anxiety and depression is conducive to the recovery of patients' social function after recovery. Therefore, this study mainly aims at tourists with mild anxiety and depression to explore whether tourism can be used as a relaxing psychotherapy method to improve the mental status of anxiety and depression.

**Subjects and methods:** The total scores of HAMA and HAMD of 100 anxiety prone tourists and 100 depression prone tourists before and after travel were randomly selected for single sample *t*-test to obtain the impact of tourism on tourists' mental health such as anxiety and depression. Excel was used to compare the anxiety and depression of tourists before and after travel.

**Results:** The test results (see Table 1) show that the total HAMA score of the anxiety group after the tour is significantly lower than that before the tour ( $P < 0.05$ ), and the mental anxiety factors and somatic anxiety factors under the HAMA scale are significantly lower ( $P < 0.05$ ). The total score of HAMD in the depression group had no significant change compared with that before the tour ( $P > 0.05$ ), and the anxiety / somatization factors in HAMD had no significant decrease ( $P > 0.05$ ). Although there was a downward trend, there was no significant difference.

**Table 1.** Comparison of anxiety and depression of tourists before and after travel

	Before factor partition	After factor partition	<i>T</i> value	<i>P</i> value
HAMA total score	19.2±4.67	9.46±3.69	2.312	0.02
Mental anxiety	10.69±2.98	4.87±2.6	3.169	0.00
Somatic anxiety	8.23±2.65	4.62±1.82	3.265	0.00
HAMD total score	23.54±5.21	20.36±4.74	0.513	0.74
Anxiety / somatization	7.16±3.64	6.01±2.17	0.632	0.56

**Conclusions:** There are differences in the improvement effect of scenic spot type selection on tourists' anxiety. Compared with cultural landscape, natural landscape can better improve the anxiety level of tourists. There may be two reasons: First, the natural landscape can more directly relieve people's tension, delight the mind through the presentation of natural external beauty, and temporarily forget the depression and dissatisfaction in work and life. Second, the aesthetics of cultural landscape is related to the personal support of tourists. In order to make tourists understand the truth of life in the appreciation of cultural landscape, so as to adjust their mentality and release pressure, they must have a certain accumulation of humanistic knowledge and culture before they can have a dialogue with the ancients and point out the maze. In addition, the study also found that the length of travel time was significantly negatively correlated with the level of anxiety. The longer the travel time, the more obvious the improvement of tourists' anxiety, which is directly related to the continuous positive stimulation brought by tourism.

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## INFLUENCE OF HUIZHOU INTANGIBLE CULTURAL HERITAGE TOURISM PRODUCT DESIGN RESEARCH ON AFFECTIVE DISORDER

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**Background:** At present, China is committed to the protection and inheritance of intangible cultural heritage. This is of great significance and role in thoroughly implementing the scientific outlook on development and promoting cultural prosperity and development. China's economy is booming and great changes have taken place. At the same time, China's cultural and creative industries have developed, which plays a great role in promoting China's economic development. With the deepening of the concept that cultural and creative industries drive economic development, China vigorously advocates the development of intangible cultural heritage derivatives and the creative innovation of intangible cultural elements. High value-added products are produced by intelligence and high-tech processing, forming an industry with potential market and large-scale production. The development of intangible cultural tourism cultural and creative products will become an important way to expand employment. Taking tourism cultural and creative products as the carrier of intangible cultural heritage has gradually become the way for the innovation and creative development of intangible cultural heritage products.

The clinical manifestations of affective disorder are mainly high or low emotion, accompanied by running or slow thinking, psychomotor excitement or inhibition. In the manic state, the patient's mood is high, which is not commensurate with the situation, and can be cheerful, irritable, irritable, angry and anxious. In severe cases, there can be delusions, hallucinations and other mental symptoms that are coordinated or uncoordinated with the mood. In depression, patients are in a bad mood, distressed and sad to pessimism and despair, unable to be happy, lose interest, and have low self-evaluation. In severe cases, suicidal ideas and behaviors occur, and the disease changes in a rhythm of heavy day and light night. Therefore, it is very important to effectively alleviate people's emotional disorders.

**Objective:** Huizhou culture, Dunhuang culture and Tibetan culture are known as the three major regional cultures in China. As an important part of Huizhou culture, Huizhou intangible culture plays a great role in promoting the construction of Huizhou famous cultural and creative city. As one of the birthplaces of Huizhou civilization, Huangshan has an indissoluble bond with the world's natural and cultural heritage. At present, a total of 16 items in Huangshan city, including Huizhou ink making skills, Huizhou three sculptures, Huizhou opera and Huizhou traditional residential buildings, have successfully applied for national intangible cultural heritage. Therefore, Huizhou intangible cultural heritage tourism products can effectively alleviate emotional barriers.

**Subjects and methods:** Cultural recognition and sense of belonging are aroused by Huizhou intangible cultural heritage tourism products in the traditional sense, which can alleviate people's emotional disorders. Through the condensation and expression of traditional culture, the humanistic characteristics of product culture are greatly enhanced, which not only improves its influence, but also enhances the soft power of local culture and promotes its better inheritance. In a sense, the inheritance and protection of Huizhou intangible cultural heritage tourism products can play a positive role in alleviating emotional barriers. This paper mainly investigates and analyzes from three aspects: image artistry, artistic scene reproduction and practicability of cultural and creative products.

**Study design:** 400 patients with affective disorders of different ages, genders and occupations were investigated by stratified cluster random sampling. A total of 400 questionnaires were distributed, 391 were recovered, and the effective number was 382.

**Methods:** Using Excel to count the impact of Huizhou intangible cultural heritage tourism product design on affective disorder.

**Results:** Through the distinctive image artistry, it attracts the attention of patients with unique affective disorders, sets off with folk traditional culture, and becomes an integral part of folk culture. Huizhou intangible cultural heritage tourism products can effectively continue art and integrate into modern art life. Art experience store tourist souvenirs set up special stores in the tourist area to broaden the sales points of cultural and creative products, connect the product sales online and offline, form a sales network, reproduce the art scene with rich and diverse artistic expression means, and enable patients with emotional disorders to better understand the cultural products. When designing Huizhou intangible cultural heritage tourism products, we can integrate intelligent products and folk culture, run through the infectious design concept, and virtually attract the attention of the audience, so as to stimulate the shopping desire of patients with affective disorder.

According to the survey results, 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. The specific statistical table is shown in Table 1.

**Table 1.** Effect of Huizhou intangible cultural heritage tourism product design research on affective disorder

Factor	Image artistry	Artistic scene reproduction	Practicality of cultural and creative products
Patients with affective disorder	4	4	4

**Conclusions:** Huizhou intangible cultural heritage tourism products are not only the epitome of the traditional culture of the Central Plains in the Huaihe River Basin, but also a precious cultural heritage. As an emerging industry, modern cultural and creative industry needs to choose a unique perspective and present an emerging visual image in front of the audience in the early stage of design and later stage of development, improve the comprehensive added value of products, integrate modern aesthetics with traditional culture, and continue to inherit the traditional culture of Huizhou intangible cultural heritage tourism products. The design of theme elements of Huizhou intangible cultural heritage tourism products, refining, summarizing and integrating art forms, and appearing in front of the audience as a new art carrier, can enhance people's emotion and alleviate emotional barriers. Let more people understand the culture of Huizhou intangible cultural heritage tourism products from different angles, better inherit the intangible cultural heritage tourism products, and better develop the traditional culture.

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## RESEARCH ON COLLABORATIVE EDUCATION STRATEGY OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES FOR THE PREVENTION OF DEPRESSION

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**Background:** With the development of society and the increase of employment pressure, many students are suffering from depression. Depression is an emotional state such as depression, decreased interest, fatigue and weakness. When these emotions cannot be eliminated in time, it will lead to depression. Depression is a very serious mood disorder and one of the most common mental disorders in clinic, its impact on human health has ranked in the forefront of chronic diseases, mainly manifested in continuous depression, no desire, no desire, feel that life is meaningless, be pessimistic, and think of suicide. At the same time, I blame myself for many unfulfilled responsibilities, which makes me feel guilty. The main purpose of Ideological and political education is to help students establish a correct world outlook, outlook on life and values to the greatest extent, change wrong ideas, and become high-quality talents with all-round development required by the society. Therefore, in the daily teaching process, we should not only ensure the practical application of professional theoretical knowledge, but also strengthen the construction of Building Morality and cultivating people and values, constantly improve the process of Ideological and political education and moral education, so as to accelerate the scientific implementation and effective promotion of curriculum ideological and political education, and promote the steady rise of College Students' professional skills and comprehensive quality. Ideological and political education in colleges and universities must be based on the comprehensive development of students, take the needs of students as the work direction, continuously integrate the basic teaching ideas in the classroom with the important ideas of socialist core values, supplemented by various courses and experimental training, effectively improve the depth of relevant connotation, so as to achieve the teaching purpose of building morality and cultivating people. At the same time, we should pay more attention to students' ideological guidance, constantly highlight teaching characteristics and teaching ideas on the basis of closely focusing on the goal of education, and realize the all-round cultivation and promotion of students.

**Objective:** In the era of rapid development of new media, various industries and fields are also competing with each other, which brings new problems to the ideological and political education in colleges and universities. This requires colleges and universities to form a collaborative education system of curriculum ideological and political education, so as to better adapt to social development and school teaching work. Therefore, not only ideological and political courses, but also other courses should be combined with ideological and political education, in order to train college students into high-quality talents, we should work together to improve the overall education quality of colleges and universities.

**Subjects and methods:** 200 students of grade 2018 in a school were randomly divided into two groups with 100 cases in each group. The control group was given routine ideological and political education, and the observation group implemented collaborative education strategy on the basis of routine education. The degree of depression was assessed by Hamilton Depression Scale (HAMD) one day before the experiment.