

patients on how to express their demands, more communication with patients, and mobilization of patients' relatives and friends to talk with patients more. Third, life skill training, including training for patients to change clothes, trim fingernails, wash and make beds, etc. Experimental group in the control group based on the use of sports therapy. (1) The treatment room shall be spacious and comfortable, with soft light, indoor air circulation, and sound and lighting equipment. (2) The therapist is a nurse who has worked in clinical practice for many years and has basic knowledge of sports, psychology and psychiatry, and a psychiatrist who has worked in clinical practice for many years and has knowledge of sports therapy. (3) 30 min is one course of treatment five times a week for 60 min each time. First from raises patient's movement interest to obtain, from the passive movement treatment to the initiative movement treatment. (4) Assessment of scale: The authors evaluated the patients before and after treatment with BPRS (Brief Psychiatric Scale) and treated them statistically.

Methods: The statistical software SPSS 23.0 was used to analyze the observed data in both groups.

Results: The results of BPRS score before and after exercise treatment are shown in Table 1. From Table 1, we can see that there is a significant difference in total score and factor score of anxiety, depression and lack of activity ($P < 0.01$) between the patients before and after BPRS treatment by exercise therapy. There was no significant difference in thinking disorder and hostile suspicion ($P > 0.05$).

Table 1. Statistical processing results of BPRS scores

Project	Before treatment	After treatment	<i>P</i>
BPRS total score	25.42±9.54	18.07±7.45	<0.01
Thinking disorder	6.74±1.02	5.65±2.16	>0.05
Hostile suspicion	6.08±1.79	4.05±1.92	>0.05
Lack of vitality	9.15±3.63	7.01±2.54	<0.01
Anxiety and depression	6.14±2.25	4.76±1.65	<0.01

Conclusions: Exercise is a kind of activity involving physical strength and skills, which needs to be based on the physical practice, mobilize our body's motor function, to enhance physical strength and coordination of a way. It not only promotes the normal development of bodily functions but also cultivates our other abilities. Exercise also plays an important role in medical practice. Exercise can be used as an activity to exercise the various functions of our body, but also as a therapy to treat. The results showed that physical exercise had a positive effect on the treatment of depression and anxiety.

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PROBE INTO THE METHOD OF MENTAL SELF REGULATION OF DEPRESSIVE MENTAL ATHLETES

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Background: Depressive psychosis can be interpreted as depression, depression, pessimism, deviations from the understanding of social things, and death thought and behavior in order to end pain, suffering and confusion. Psychology of athletes is a general term for the psychological process, state of mind and psychological characteristics of an athlete. It is embodied in cognition, emotion, will process and anxiety, stress and so on. It is also embodied in the ability, temperament and character reflecting the needs, motives, beliefs and psychological characteristics of personality. The psychological phenomena of athletes are related to each other and constitute the psychological whole of athletes. It is an individual in a certain social and historical conditions, to the precondition of genetic quality, through sports training, competition and the corresponding social life formed and developed. It is embodied in cognition, emotion, will process and anxiety, stress and so on. It is also embodied in the ability, temperament and character reflecting the needs, motives, beliefs and psychological characteristics of personality. The psychological phenomena of athletes are related to each other and constitute the psychological whole of athletes. It is an individual in a certain social and historical conditions, to the precondition of genetic quality, through sports training, competition and the corresponding social life formed and developed. The research shows that the emergence and development of motor representation and all kinds of specialized sensation, such as ball sensation, water sensation, time sensation and mechanical sensation, are of great significance to the formation of motor skills and the improvement of technical level.

Objective: As early as the Spring and Autumn Period and the Warring States Period in China, there were records on the psychology of athletes in archery, horse racing, swordplay and swimming. However, the study of athletes' psychology as the object of psychological science began in Europe in the late 19th and early 20th centuries. Since the 1960s, the study of athletes' psychology has reached a climax.

Subjects and methods: Based on the good promotion of sports to mental health, sports intervention is carried out on sports athletes who have mood problems, so as to grasp the method of self-intervention according to their state of mind, and form the self-adjustment mode of sports athletes' state of mind of "sports encounter your positive state of mind self-adjustment". Randomly selected 50 depressive psychiatric sports athletes began to investigate, professional no limit. Before the investigation, briefly introduce the purpose and content of the investigation. The 50 participants were all volunteers and took part in the survey. The interview was conducted in the form of 30 - 45 min. The 50 participants were divided on average into two groups, the control group and the experimental group, using the Mood State Measurement (POMS). The POMS was revised by Professor Zhu Beili. There were 40 items in the scale, including seven subscales: tension, anger, fatigue, depression, energy, panic and self-esteem. The higher the score of the five subscales was, the higher the degree of mood interference (TMD) was, while the higher the score of energy and self-esteem subscale was, the lower the degree of mood interference was. Interview content from three aspects: First, sports prescription knowledge. This link should be carried out before self-exercise intervention, so as to make the subjects master the theor etical knowledge of exercise prescription. The number of lectures shall be three times, each time one class hour, totaling three class hours. Based on theoretical knowledge and typical and specific cases, the subjects mastered the components and implementing methods of exercise prescription. Second, the exercise prescription formulation practice. This link is also the core of this study. Firstly, POMS is used to measure the mood of the students. The subjects will be informed of the results, so that they can learn more about their mood. Secondly, let the subjects make the exercise prescription according to their mood state, especially emphasize that this step should be carried out under the guidance of the subject, and the exercise prescription should be corrected and improved, especially the determination of exercise intensity and load. But the main test cannot occupy a dominant position, the test should be the link of the "protagonist", and ultimately so that they master according to their own different mood to develop a reasonable exercise prescription. Third, supervise the subjects to exercise according to the exercise prescription made by themselves.

Methods: The data were analyzed by *t*-test with SPSS 19.0, and the significant difference was set to a = 0.05. Statistics depressive psychosis athlete psychological self-regulation method effect.

Results: In this survey, the influence value of specific factors is 0 to 4 grades, which means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence, and 4 means full influence. In order to reduce the great error caused by individual subjectivity in the evaluation, the evaluation value of 50 depressive psychotic athletes shall be rounded off and the average number of results shall be obtained. The specific statistical table is shown in Table 1.

Table 1. Effects of psychological self-regulation methods on depressive psychotic athletes

Factor	Basic knowledge popularization	Experience feeling	Self-discipline
Sports athletes	3	4	4

Conclusions: In psychology, the state of mind is defined as a lasting and weak emotional state in which all the emotional experiences of a person are infected with a certain color. In short, the state of mind is an emotional experience of an individual, and such emotional experience will have a direct impact on his or her behavior, that is, positive emotional experience produces positive behavior, and vice versa.

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INFLUENCE OF PSYCHOTHERAPY ON DEPRESSIVE MENTAL DISORDER OF FEMALE INFERTILE PATIENTS

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Background: In recent years, the incidence of infertility has shown an increasing trend, mainly due to the impact of factors such as diet, life and work stress on women. Moreover, infertile patients often have to face pressure from family, society and other aspects, which will greatly increase their psychological