

**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 theoretical 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  $\alpha = 0.05$ . 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

burden. In serious cases, it will lead to depression, even the idea of suicide, and seriously reduce their quality of life. Female infertile patients have different degrees of depression, which not only bring psychological burden to the individual, but also affect the physiological level, aggravate the depression, and even progress to mental disease. In recent years, with the opening of social concept and the increase of life pressure, the number of female infertility patients has increased significantly. Infertility is not conducive to a solid relationship between husband and wife, increased the risk of family division. Under the current background of declining fertility rate, infertility results in infertility, which has negative effects on the population structure and social operation in the future. At present, assisted reproductive technology has been developed rapidly, and the success rate of infertility treatment has increased significantly. However, depression is not conducive to various types of assisted reproductive technology to achieve the desired effect.

Psychotherapy, also known as psychotherapy, is different from chemistry, natural medicine and physical therapy. It is a method that doctors use language to influence the psychological activities of patients in the process of communication between them. Psychotherapy uses psychological methods to train, educate and treat patients through verbal or non-verbal factors to alleviate or eliminate physical symptoms, improve mental state and adapt to family, social and work environments.

**Objective:** With the continuous opening of social concept and the increase of life pressure, infertility has become increasingly serious in recent years. Infertility has seriously affected family relations and is one of the main causes of family division. Especially female infertile patients, not only to bear the pressure from the family, but also in the traditional concept of the role of the surrounding environment will be criticized, there is a widespread serious depression. The development of assisted reproductive technology brings hope to female infertile patients. However, the serious depression will aggravate the feeling of frustration, loneliness and guilt in the process of treatment and affect the effect of treatment. Therefore, mastering the depression status of female infertile patients and analyzing the influencing factors of depression are conducive to targeted intervention to improve the pregnancy probability.

**Subjects and methods:** This research mainly discuss the psychotherapy in the female infertility clinical treatment the effect.

**Study design:** Pay attention to protect the privacy of patients. Most infertile patients will have negative feelings for their own dignity and are extremely sensitive to the surrounding things and words. Nurses must fully respect the privacy of each patient, and obtain the consent of patients when communicating and asking, so as to ensure the smooth completion of nursing work. The improvement of coping styles before and after nursing in the two groups was observed, including submission, face and avoidance. The psychological and emotional changes of 100 female infertility patients were analyzed, and the effects of psychotherapy on depressive psychological disorders of female infertility patients were counted.

**Methods:** From January 2019 to November 2020, 100 cases of female infertile patients were randomly divided into two groups. Observation group 50 cases, control group 50 cases, and the two groups have comparable data ( $P > 0.05$ ). The control group received routine nursing care. Patients in the observation group were given psychological nursing: patient guidance to relax the patient's body and mind as much as possible. If infertile patients have bad emotions, they can take relaxation training, emotional conditioning, such as inhalation, you can clench your fist, and exhalation, you need to relax the body and mind play music can also produce the same clinical effect. In terms of diet, nurses should urge infertile patients to eat foods high in vitamins, protein and digestible foods. Hamilton Depression Scale (HAMD) was used to evaluate psychic depression, physiological depression and HAMD score of infertile patients before and after nursing. Effect of statistical psychotherapy on depressive psychological disorder of female infertility.

**Results:** In this survey, the influence value of specific factors is 0-4, 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 100 female infertile patients shall be rounded off and the result shall be determined by means of average. The specific statistical table is shown in Table 1.

**Table 1.** Effects of psychotherapy on depressive mental disorders in female infertile patients

Factor	Dissolve psychological crux	Correct traditional ideas	Attaching importance to family's psychological relaxation to patients
Female infertile	3	4	4

**Conclusions:** Female infertile patients generally have different degrees of depression, but most of them are mild depression. Depression is related to many factors, and comprehensive intervention should be provided to female infertile patients. The results show that psychotherapy can significantly reduce the psychic depression, physiological depression and HAMD score of infertile patients, and can also reduce the

yield score and avoidance score. To sum up, psychotherapy can effectively reduce the degree of depression of infertile patients and improve their coping styles.

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## TEACHING METHOD OF IDEOLOGICAL AND POLITICAL COMBINATION IN COLLEGE ENGLISH COURSE UNDER SOCIAL PSYCHIATRY

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**Background:** Psychiatry is an important part of modern medical science. It mainly studies the etiology, symptom characteristics, clinical counseling, clinical diagnosis, treatment and rehabilitation, social management, forensic appraisal and grade evaluation of mental disorders. Modern psychiatry includes a variety of psychiatric, neurological, psychosomatic or concomitant psychosomatic disorders, communication adaptation disorders, personality disorders, sexual and psychological deviations, and the diagnosis, treatment and correction of a wide range of intellectual or moral developmental disorders in children. Therefore, ideological education is very important. The construction of “curriculum politics” in colleges and universities is an effective way to carry out the fundamental task of establishing morality and cultivating people. College English course is an important part of humanistic education in colleges and universities, which has both instrumental and humanistic features. Its teaching materials provide good materials for ideological and political education. Colleges and universities are important positions of ideological and political education. Carrying out extensive and effective ideological and political education is conducive to improving the ideological and political quality and moral quality of college students, and reserving excellent talents for our socialist modernization and comprehensive national strength. Curriculum politics is an innovative idea of higher education in our country in the new era. It breaks the bondage of traditional teaching carrier and teaching content, and provides a synergistic effect channel for ideological and political education by creating an all-around pattern of education for all staff, all the way and all the aspects, and makes due contribution to the fulfillment of the basic task of educating and cultivating people. College English course is an important part of humanistic education in colleges and universities, which is both instrumental and humanistic. As a public compulsory course, college English covers a wide range of subjects, such as linguistics, humanities and social sciences. It represents the conflict and collision between Chinese and Western cultures and values, and is of great help to the ideological and political construction of the course. There is a good theoretical basis for the implementation of “curriculum ideological and political education” in college English courses, which can effectively help students set up socialist core values and cultivate successors for China’s socialist construction. College English teachers can carry out systematic ideological and political education through the reform of teaching objectives, teaching methods, teaching contents and assessment methods, combine the comprehensive quality of humanities with the practical application of English language, and cultivate students to become international talents who can communicate in English, have the ability to think, international vision, family and country feelings and sense of social responsibility, so as to achieve the all-round development of students.

**Objective:** In 2020, the ministry of education calls for comprehensive promotion of the ideological and political construction of college courses, improvement of the quality of talent training in colleges and universities. College English teaching in the new era should take “Lide” as the basic task, introduce the “Internet Plus” thinking into classroom teaching, give play to its curriculum advantages, integrate knowledge teaching, value molding and ability training into one body, and help students to mold correct world outlook, outlook on life and values.

**Subjects and methods:** Random selection of 100 college students as the survey, age is not limited, gender is not limited, professional is not limited. Interview was used to investigate. Based on the knowledge of social psychiatry, the author conducted an interview on the ideological and political courses of college English courses in the following aspects: First, the construction of teaching model. Second, teaching objectives. Third, the current teaching methods and improvement measures. Fourth, the teaching content. Fifth, teaching evaluation. During the interview, the 100 college students were asked to analyze the influence and effect of the mixed teaching method of ideological and political education under social spirituality.