

characteristics of the responders, their psychological status at that time and their expectations for the future.

Subjects and methods: The number of patients with anxiety disorder in college students has increased sharply. Its causes and prevention measures are rarely discussed in daily life, but studied from the aspects of medicine, psychology, sociology and so on. Ordinary people are not easy to understand the behavior of patients with anxiety disorder, and do not find an appropriate way to get along, which may also lead to deterioration and even catalyze the occurrence of suicidal behavior. Therefore, how to treat patients with anxiety disorder is very important when more people need to understand the situation of patients with depression. This paper investigates and analyzes the influence of college students' anxiety disorder based on art psychology.

Study design: 200 college students were randomly selected. A total of 200 questionnaires were distributed, 189 were recovered and 184 were valid.

Methods: The influence of college art psychology on college students' anxiety disorder is counted by Excel.

Results: 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. Effects of art psychology in colleges and universities on anxiety disorders of college students

Effect	Crossing psychological barriers	Improve self-regulation	Relieve anxiety
Student	4	4	4

After investigation, college art psychology has a positive impact on college students' anxiety disorder.

Conclusions: Painting therapy belongs to art therapy. It is a therapeutic means to use painting language to achieve the effect of psychotherapy. The function mechanism of painting therapy is to present the deep psychological image of the visitor through painting, and make the internal factors in the individual subconscious that affect the harmony of knowledge, emotion and meaning explicit and visual. Because individuals are in a low psychological defense state in the process of painting, the psychological state reflected in painting is more real.

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A STUDY OF THE WOMEN'S LIBERATION MOVEMENT IN THE MAY 4TH PERIOD FROM THE PERSPECTIVE OF HUMANISTIC PSYCHOLOGY

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Background: The humanist is more philosophical than scientific, opposing the view that the character and behavior of a person can be completely attributed to his or her personal experience, especially the psychoanalytic didacticism of childhood experience, and the behaviorist view that a person's behavior is merely a conditioned response to stimuli. Humanistic psychology emphasizes that individuals choose how to act and how to satisfy their rights in their own way. It holds that behavior should not be judged by what is called objective and scientific criteria, but by a person's own frame of reference.

The Women's Liberation Movement in the May 4th Movement is a representative and influential movement in the history of modern Chinese women's movement. In thousands of years of feudal rule, the real conscious women's movement was unveiled in the May 4th Movement. They organized patriotic groups and established women's publications, which promoted the development of the women's liberation movement in action and organization. They fought for equal education for men and women, advocated open social contact, freedom of marriage and economic independence, which promoted the development of the women's liberation movement ideologically and ideologically. After the founding of the Communist Party of China, the participation of proletarian working women in the fighting changed the direction of the women's liberation movement and promoted its development. Especially after the birth of the Communist Party of China, they promoted the women's liberation movement in politics and leadership, making it an important component of the entire Chinese revolutionary struggle. The May 4th Movement ushered in a new era of the Chinese women's liberation movement. The awakening of women and the struggle for liberation have both reached a new level. They lashed out at the feudal ethical code and demanded their own liberation, laying the first solid foundation for the Chinese women's liberation movement and becoming the women's liberation movement with a broad mass foundation in modern Chinese history.

Objective: Before the May 4th Movement, Chinese women deeply felt the misery of their own situation, but could only weep and weep sadly, causing psychological harm. The slogans of “no foot binding” and the advocacy of running women’s schools were also limited to the propaganda. The Women’s Liberation Movement during the May 4th Movement not only confined to the propaganda of public opinion, but also combined the propaganda of public opinion with the revolutionary practice. During the May 4th Movement, women attached great importance to publicity. Under the leadership of “Zhou Nan Three Masters”, Changsha Zhounan Girls’ School published “Women’s World Bell”. They advocated boycotting Japanese goods, opposing profiteers, attacking warlord bureaucrats and bureaucrats, and exerting the sacred significance of democratic politics and labor. They believe that to emancipate women, they must first reform the social system, abolish arranged marriages, exercise freedom of marriage and economic independence, and launch a fierce attack against decadent feudalism. At the same time, during the May 4th Movement, young women fought bravely with young men.

Subjects and methods: The thought and practice of women’s emancipation in the period of the May 4th New Culture Movement is unprecedented in its swift development, wide scope, deep degree, great progress and far-reaching influence. The vigorous women’s liberation movement took place against the background of dramatic changes in social culture and upsurge of revolutionary situation at that time. Conversely, the development of women’s liberation movement has a great role in changing customs, promoting ideological and cultural progress, and promoting the process of democratic revolution. This study is based on the humanistic psychology to study the women’s liberation movement during the May 4th Movement, and to explore the social impact of women’s liberation movement during the May 4th Movement.

Study design: A total of 500 women were randomly selected by questionnaire. Age over 20 years old, no occupation required. The content of the questionnaire is mainly based on humanistic psychology, investigating the social influence of women’s liberation movement during the May 4th Movement. From the following aspects of analysis: First, to promote women’s active participation in democratic political life. Second, promote women’s independent participation in socio-economic activities. Third, we should promote the continuous improvement of women’s cultural quality. A total of 500 questionnaires were distributed, 491 questionnaires were retrieved and 485 effective questionnaires were received.

Methods: The social influence of women’s liberation movement in the period of May 4th Movement based on the humanistic psychology.

Results: The results of this survey use 1 to 5 ratings to quantify the influence values of specific factors, 1 indicating irrelevance, 2 indicating slight influence, 3 indicating general influence, 4 indicating obvious influence, and 5 indicating full influence. In order to reduce the large error caused by individual subjectivity in the assessment, the results are determined by rounding off the values and averages of 500 female surveyors. The specific statistical tables obtained are shown in Table 1.

Table 1. Social Influence of women’s liberation movement in May 4th period based on humanistic psychology

Content	Promoting participation in democratic political life	Promoting participation in socio-economic activities	Promote the improvement of cultural quality
Investigators	4	4	5

Conclusions: The May 4th Movement ushered in the upsurge of the Chinese women’s liberation movement, especially the opening of social contact between men and women, the equality of education between men and women, the more in-depth discussion of marriage, family and women’s economic independence, etc. Under the impetus of the whole social progress, the Chinese women’s liberation movement has entered a new stage, which has distinct characteristics, such as: the combination of working women and knowledge women; the combination of spontaneity and consciousness; the combination of public opinion and propaganda and revolutionary practice; the combination of women’s liberation and social revolution.

Acknowledgement: The research is supported by the study was supported by “Beijing Technology and Business University 2020 Young Teacher Research Start Fund project, China (Grant No. PXM2020-014213-000017)”.

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THE THERAPEUTIC EFFECT OF THE SYNERGISTIC STRATEGY OF IDEOLOGICAL AND POLITICAL EDUCATION ON COLLEGE STUDENTS’ PSYCHOLOGICAL ANXIETY

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