

labor force, the quality and ability of students will affect the social and economic development. According to the requirements of workers' thinking from the perspective of economics, the relevant dimension rating scale is compiled, and the level and influencing factors of students' thinking disorder are comprehensively evaluated by language assessment tools such as oral picture naming tasks, and the improvement of students' thinking disorder under different test methods is analyzed.

Methods: SPSS 22.0 was used to process and analyze relevant experimental data.

Results: After the experiment on students with thinking disabilities from the perspective of labor economics, it was found that their ability of organizing language, reasoning and logic of expression had been significantly improved, and the test scores of the two groups of subjects had significant statistical significance. Table 1 shows the statistical results of two groups of experimental subjects in language logic.

Table 1. Statistical results of two groups of experimental subjects in language logic

Timing	Linguistic logic		t	P
	Experimental group	Control group		
Before teaching	27.1±9.9	26.4±10.2	0.246	0.752
After teaching	55.3±8.7	30.9±11.4	8.572	0.001
t	8.715	0.477	-	-
P	0.001	0.682	-	-

Conclusions: Labor economics, as an important branch of economics, is helpful to better understand the "individual" of workers by exploring the law between workers and labor relations, and the quality of workers will be influenced by the external environment and individuals. Thinking disorder is a defect in language thinking, which not only affects patients' normal life, but also hinders them from expressing themselves and fighting for rights and interests. Therefore, from the perspective of labor economics, rehabilitation training for "workers" in various dimensions of thinking disorder is helpful to relieve their symptoms, improve their expression ability, enhance their self-confidence and overcome obstacles and difficulties.

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STUDY ON THE APPLICATION OF SANDA IN THE AUXILIARY REHABILITATION OF STUDENTS' PSYCHOLOGICAL DISORDERS

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Background: Middle school is the key period for teenagers' rapid physical development and growth, and also an important stage for the establishment of their life values. As the future hope of social development and national construction, teenagers' physical and psychological quality is not only related to their personal health level, but also closely related to the progress and development of the country and the nation. However, under the dual effects of heavy academic pressure and adolescent sensitivity, teenagers' mental health problems are becoming more and more serious. Research shows that about one third of middle school students have different degrees of mental health problems, which has a serious impact on Teenagers' study and life. In recent years, more and more attention has been paid to the mental health problems of adolescents. Experts from all walks of life have carried out research on the causes and intervention measures of mental health problems of adolescents. However, most studies take heart to heart chat with students as the main intervention measures. The treatment and intervention mean for students' psychological disorders are single, and there is a lack of more rich and effective treatment methods.

Exercise is an effective way of emotional catharsis. Appropriate physical exercise can help athletes improve their psychological quality while strengthening their physique. Sanda originated from Chinese martial arts. Carrying out systematic Sanda exercise can help teenagers improve their physical function and quality, improve their endurance, speed and coordination, consume body fat in Sanda exercise and improve their body muscle density, so as to optimize their body posture, which is of great value to the development and growth of teenagers' body bones. On the other hand, teenagers can release psychological pressure in Sanda exercise, release the depressed negative emotions through a large number of sports and competitive processes, and liberate the brain in sports exercise, so as to assist teenagers in the rehabilitation of psychological disorders.

Objective: To study and analyze the auxiliary effect of Sanda in the rehabilitation of middle school

students' mental disorders, understand the therapeutic intervention effect of Sanda on middle school students' mental health problems, explore the intervention means and methods of middle school students' mental health problems from the perspective of Sanda, and take an appropriate amount of sports as an auxiliary rehabilitation treatment, To provide reference and suggestions for solving the psychological problems of middle school students.

Research objects and methods: Taking the middle school students from grade 1 to grade 3 of two middle schools in a city as the research object, 1000 middle school students were selected by cluster stratified random sampling. This paper investigates and analyzes the mental health status of students in the form of questionnaire, and uses the comparative experimental method to understand the auxiliary rehabilitation effect of Sanda on middle school students' mental disorders.

Research design: Combined with the symptom Checklist-90 to understand the current situation of middle school students' mental health, 40 middle school students with psychological disorders were divided into two experimental groups and one control group. The experimental group was treated with traditional psychotherapy and Sanda Sports assisted psychotherapy respectively, and the control group did not take any intervention measures.

Methods: The survey and experimental data were statistically processed and analyzed by statistical software SPSS 22.0.

Results: The scores of SCL-90 of the subjects in the experimental group before and after the intervention are shown in Table 1. The scores of psychological symptoms of the subjects before and after the intervention are significantly reduced. Sanda exercise can effectively assist middle school students in the rehabilitation of psychological disorders.

Table 1. Comparison of SCL-90 scores of subjects in the experimental group before and after intervention

Test dimension	Before intervention	After intervention
Depressed	2.68±0.54	1.62±0.54
Anxious	2.35±0.66	1.54±0.63
Hostile	2.51±0.57	1.56±0.47
Terror	1.92±0.63	1.16±0.47
Paranoid	2.25±0.55	1.49±0.49

Conclusions: Moderate exercise can make people obtain happy and relaxed psychological experience and promote the improvement of human physiological function. After study, Sanda exercise can help middle school students get rid of the heavy academic burden, liberate middle school students from the boring and closed environment, strengthen communication and communication with the outside world, and release and alleviate the mental pressure of middle school students. The use of Sanda exercise in the auxiliary rehabilitation treatment of middle school students' psychological disorders can effectively resolve the psychological disorders of middle school students, assist in psychological counseling and intervention treatment, and provide reference for the psychological rehabilitation treatment of middle school students.

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THE INFLUENCE OF ART WORKS ON THE PERSONALITY TRAITS AND PSYCHOLOGICAL ANXIETY OF VIEWERS

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Background: In recent years, the psychological anxiety of college students in China has become increasingly apparent. Many college students have varying degrees of depression and anxiety symptoms. With the intensification of social competition, the academic competition pressure and social employment pressure faced by college students show a gradual upward trend. Some college students feel confused and uneasy about their current situation and future development, and their self-worth is difficult to be reflected, resulting in the psychological emotion of self-denial, and feel nervous and anxious about their own situation and development. How to improve college students' psychological quality and pressure resistance is an important topic in quality education in colleges and universities in China. It is required to intervene and assist college students' psychological anxiety and personality cultivation in an appropriate way, help college students get out of the current dilemma and face life difficulties with a more positive attitude.