

Anti-Japanese war.

Cognitive psychology is an important school of contemporary psychological research. It explains how people deal with information in cognitive activities. The basic principles of cognitive psychology mainly include five points: emphasizing the principles of structure and organization in the process of cognition. Emphasize the internal process, that is, the processing of symbol information; Emphasize the driving role of ideas. Emphasize the role of cognitive feedback. Emphasize the individual differences of cognitive style. Based on cognitive psychology, the research adopts relevant theories and methods such as thematic science, literary therapeutics and literary psychology, combined with the interaction between the text and historical context of Sino Korean Anti-Japanese War literature, discusses the similarities and differences of Sino Korean Anti-Japanese War literature, deepens the historical spirit of Anti-Japanese war narrative, and strengthens the complementary and mutual understanding of the two peoples on the cognitive issues of Anti-Japanese war.

Objective: Based on cognitive psychology, using relevant theories and methods such as thematic science, literary therapeutics and literary psychology, combined with the interaction between the text and historical context of Sino Korean Anti-Japanese War literature, to explore the similarities and differences of Sino Korean Anti-Japanese War literature, deepen the historical spirit of Anti-Japanese war narrative, and strengthen the complementary and mutual understanding of the two peoples on the cognitive issues of Anti-Japanese war.

Research objects and methods: 190 Anti-Japanese War literature lovers from China and South Korea were selected as the research objects, and a questionnaire was sent out in the form of Internet mail to investigate the views of Anti-Japanese War literature lovers on the Anti-Japanese War literature of the two countries.

Research design: Using the scores of literary lovers of the two countries on various items in the questionnaire to compare the similarities and differences of Anti-Japanese War literature between the two countries. The score of each item is 1 - 5. The higher the score, the higher the degree of similarity.

Methods: The relevant data were calculated, processed and analyzed by software SPSS 23.0.

Results: Through calculation and statistics of the results of the questionnaire, it is found that the lovers of Anti-Japanese War Literature in China and South Korea believe that the similarity of Anti-Japanese War Literature in the two countries is high, while the similarity of topics such as revolutionary growth and heroism is low, as shown in Table 1.

Table 1. Similarities and differences between Chinese and Korean Anti-Japanese War Literature

Timing	Communication ability score		<i>t</i>	<i>P</i>
	Research Group	Control group		
Before teaching	57.1±10.2	56.4±11.1	0.246	0.752
After Teaching	85.3±8.4	57.9±12.4	8.572	0.001
<i>t</i>	8.72	0.453	-	-
<i>P</i>	0.001	0.654	-	-

Conclusions: In the continuous development and intersection of Anti-Japanese War literature, Chinese and Korean Anti-Japanese War literature has formed the same Anti-Japanese war narrative theme. Based on cognitive psychology, the research adopts relevant theories and methods such as thematic science, literary therapeutics and literary psychology, combined with the interaction between the text and historical context of Sino Korean Anti-Japanese War literature, discusses the similarities and differences of Sino Korean Anti-Japanese War literature, deepens the historical spirit of Anti-Japanese war narrative, and strengthens the complementary and mutual understanding of the two peoples on the cognitive issues of Anti-Japanese war.

Acknowledgement: This paper is the research finding of the National Social Science Foundation project of 2019, "The Acceptance and Influence of Chinese Anti-Japanese Literature in the English-speaking world (19XZW028)", The research finding of "Research on the Influence of Chinese Culture on Korean Peninsula Arirang Ballad (DHBW2019324)", PhD Research Foundation project of East China University of Technology, 2019.

* * * * *

ANALYSIS ON THE EFFECT OF PROFESSIONAL NURSING ON RELIEVING THE

LONELINESS OF THE ELDERLY IN ELDERLY CARE INSTITUTIONS BASED ON PERSONALITY PSYCHOLOGY

Huiying Wang

Nursing Branch, Heilongjiang Agricultural Reclamation Vocational College, Harbin 150025, China

Background: With the development of medical technology and the improvement of people's living standards, people's average life expectancy is getting longer and longer. The problem of population aging has become one of the difficult problems faced by many developed countries. According to relevant reports, in 2011, the elderly population over 60 years old has exceeded 1.14 billion, accounting for 11% of the world's total population. China has the largest aging population in the world. With the acceleration of population aging process, China has also established many pension institutions all over the country. Pension institutions are a proper term for social pension, especially those institutions that provide centralized residence for the elderly and provide care services for the elderly, such as food, daily life, cleaning, life care, health management and entertainment activities. Pension institutions can exist either as independent legal entities or as affiliated institutions, such as hospitals, enterprises or departments or branches of government, social welfare institutions and other institutions. The main service objects of pension institutions are the elderly, and mental health is an important index to evaluate the life of the elderly. Therefore, with the development of society, more and more people begin to pay attention to the mental health problems of the elderly in pension institutions. Some elderly people are suffering from hypertension, diabetes and other diseases. Therefore, their physical and mental health has been seriously damaged, which has seriously affected the mental health of the elderly, and the lack of enough care and care from the family in the elderly care institutions has led to the loneliness of the elderly in the pension institutions, leading to depression. Psychological nursing for elderly patients with depression is the most effective way to alleviate the depression of elderly patients with depression, improve the mental health level of elderly patients with depression, and then improve the quality of life of elderly patients with depression.

Personality psychology is an important branch of psychology. Its main research direction is the relationship between people's unique behavior patterns and psychological activities. "Personality" in personality psychology includes not only personality, but also people's beliefs and self-concept. It is an individual's internal tendency in behavior. Based on personality psychology, this study proposes to use professional nursing intervention to alleviate the loneliness of the elderly in elderly care institutions, and analyzes the effect of professional nursing on the loneliness of the elderly in elderly care institutions based on personality psychology. Professional nursing includes the following contents: daily life nursing such as food, drink and daily life; One to one emotional communication; Hold various recreational activities and family comfort measures. Professional nursing based on personality psychology can effectively alleviate the loneliness of the elderly in elderly care institutions, reduce the prevalence of depression, improve the quality of life of the elderly and promote the harmonious development of society.

Objective: Some elderly people are suffering from hypertension, diabetes and other diseases. Therefore, their physical and mental health has been seriously damaged, which has seriously affected the mental health of the elderly, and the lack of enough care and care from the family in the elderly care institutions has led to the loneliness of the elderly in the pension structure, which leads to depression. Based on personality psychology, the study proposed that professional nursing should carry out psychological intervention on the elderly in elderly care institutions, so as to effectively alleviate the loneliness of the elderly in elderly care institutions, reduce the prevalence of depression, improve the quality of life of the elderly and promote the harmonious development of society.

Research objects and methods: 60 elderly people in a pension institution were selected as the research objects, the general situation of the elderly was investigated in the form of questionnaire, the loneliness intensity of the elderly was evaluated by UCLA Loneliness Scale, and the depression degree of the elderly was evaluated by Self-rating Depression Scale (SDS).

Study design: The UCLA Loneliness Scale score of 20 - 32 was defined as low loneliness; 33 - 44 points are moderate loneliness; A score higher than 44 is defined as a high degree of loneliness. After the intervention of professional nursing for the elderly for one month, the changes of the number of elderlies with low loneliness, moderate loneliness and high loneliness before and after the intervention were compared.

Methods: The related data were processed and analyzed by software SPSS 23.0.

Results: After the intervention, the number of patients with high loneliness in the elderly decreased significantly, and the average UCLA Loneliness Scale score decreased significantly ($P < 0.05$), as shown in Table 1.

Conclusions: Elderly care institutions are a proper term for social elderly care, especially those institutions that provide centralized residence for the elderly and provide care services for the elderly, such as food, daily life, cleaning, life nursing, health management and recreational activities. The lack of

sufficient care and family care in elderly care institutions leads to the loneliness of the elderly in elderly care institutions, which leads to depression. Psychological nursing for elderly patients with depression is the most effective way to alleviate the depression of elderly patients with depression, improve the mental health level of elderly patients with depression, and then improve the quality of life of elderly patients with depression. Based on personality psychology, the study proposed that professional nursing should carry out psychological intervention on the elderly in elderly care institutions, so as to effectively alleviate the loneliness of the elderly in elderly care institutions, reduce the prevalence of depression, improve the quality of life of the elderly and promote the harmonious development of society.

Table 1. Loneliness before and after intervention

Grouping	Low degree		Moderate		Severe		UCLA score
	N	%	N	%	N	%	
Before intervention	0	0	8	13.3	52	86.7	60.01±5.93
After intervention	0	0	47	78.7	13	21.7	41.95±3.29
<i>t</i>	-	-	-	-	-	-	8.432
<i>P</i>	-	-	0.001	0.035	0.013	0.001	0.001

* * * * *

MULTIMEDIA VIDEO ON THE RELIEF OF DEPRESSIVE PSYCHOSIS

Xiujun Wang

Academy of Art, Heilongjiang University, Harbin 150080, China

Background: Professional psychological help is one of the ways to improve people’s mental diseases, mainly including community health services, psychological counseling and community mental health services. Some studies have pointed out that many people will not seek psychological treatment when suffering from mental diseases, especially college students have the most demand for psychological help, but very few students can actively seek psychological help, which is a common phenomenon at home and abroad. This kind of college students who are unwilling to seek professional psychological treatment will cause greater economic and pressure burden to individuals, families and society. In order to improve college students’ help seeking for mental diseases, scholars have proposed two intervention methods: educational intervention and contact intervention. Among them, contact intervention refers to the communication between patients with mental diseases and the public, mainly in the form of personal statement, which is composed of personal statements made by patients who have suffered from mental diseases and are in the rehabilitation period. The intervention method selected in this study was multimedia video contact, and detailed psychological diseases and professional help seeking, to explore the attitude of depression patients seeking treatment after multimedia video contact.

Objective: To improve the help seeking attitude of patients with depression and their families towards psychiatrists, so that patients can get timely treatment, so as to make effective use of health care services and reduce the pressure of counselors. For the patient’s family, it can not only avoid the occurrence of tragedy, but also reduce the spiritual and economic burden. The purpose of this study was to explore the ways to alleviate depressive psychosis through multimedia video contact.

Subjects and methods: 220 college students with depressive psychosis were randomly selected, including 116 girls and 104 boys. According to the equal group matching control variable method, the college students were divided into experimental group and control group, including 50 boys and 62 girls in the experimental group, 54 boys and 54 girls in the control group.

Study design: The experimental group was given to watch the experimental video, including the symptoms of depression, the process of seeking help, treatment experience, rehabilitation process and the feeling of the disease; The control group was given music related videos, which had nothing to do with psychology, depression and other psychiatric contents. One week after the intervention, the depression of the two groups of college students before and after the intervention were compared. The intervention scale mainly used Beck Depression Scale, attitude questionnaire for seeking professional psychological help, social tolerance questionnaire of psychological help seeking behavior, and core dimension questionnaire of view of mental illness to judge the depression status of college students before and after the intervention of multimedia video contact method.

Methods: The relevant data were calculated and counted by Excel software, SPSS 17.0 software and