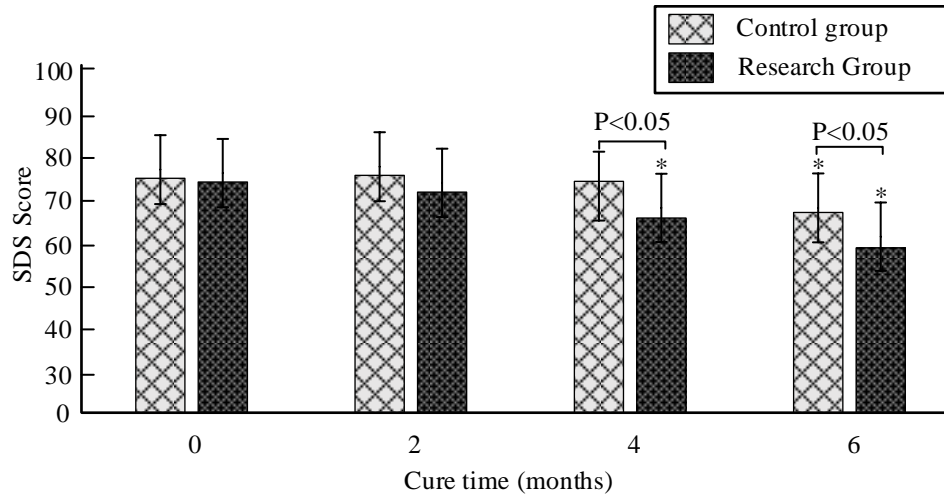


Methods: The data were processed and analyzed by SPSS 22.0 and excel.

Results: After 6 months, the SAS score and SDS score of patients in the study group decreased significantly ($P < 0.05$). The SDS scores of the two groups were as shown Figure 1.

Conclusions: In the era of big data, people's pace of life is getting faster and faster. Under the pressure of social competition, many people suffer from mental anxiety. The research explores the innovation of thinking mode in visual interior design, and puts forward several solutions, which provides solutions for the innovation of thinking mode in visual interior design, which effectively alleviates the mental anxiety symptoms of users and is of great significance to the stable development of society and people's healthy life.



Note: * $P < 0.05$ compared with that before visual healing.

Figure 1. SDS scores of the six groups

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STUDY ON THE IMPACT OF ECONOMIC REVITALIZATION ON RELIEVING THE MENTAL PRESSURE OF MIDDLE-AGED AND YOUNG PEOPLE IN QINLING MOUNTAIN AREA

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Background: As the successors of socialism in China, middle-aged and young people are not only the future of the country, but also the hope of national rejuvenation. In the context of globalization, the process of China's modernization is accelerating, resulting in a complex and changeable social environment. Due to the limitation of objective living environment, the development space of middle-aged and young people in remote Qinling Mountains is blocked. In terms of family, due to the remote geographical location of the Qinling Mountains, many young and middle-aged parents go out to work, resulting in their lack of family care since childhood. In terms of education, the difficulties of economic development and the lack of educational resources in Qinling mountains make most of the middle-aged and young people drop out of school at a young age, resulting in their lack of self-awareness. In terms of career development, they are not willing to work as household farmers, but it is difficult to gain a foothold in cities and towns, which leads to a dilemma for the middle-aged and young people in Qinling mountains. Under the influence of these aspects, the middle-aged and young people in this area have had the pressure of society, life and competition, and the ideological burden is heavy, resulting in great spiritual pressure. Alleviating the mental pressure of middle-aged and young people in this area plays a positive role in promoting the long-term and stable development of remote mountainous areas.

As China's socialist development has entered a new stage, the people's living standards have been greatly improved. However, there are still a large number of poor people in remote mountainous areas such as Qinling. Due to the limitations of status and location, the local economic development is restricted. In this context, China has carried out a series of major measures of targeted poverty alleviation and economic revitalization to create a good social living environment for middle-aged and young people in remote mountainous areas, lay a good foundation for the healthy development of middle-aged and young people,

establish the confidence and self-identity of middle-aged and young people in mountainous areas, and finally achieve the purpose of alleviating the mental pressure of middle-aged and young people. Based on the perspective of social psychology, this study discusses the impact of economic revitalization in Qinling mountain area on alleviating the mental pressure of middle-aged and young people in this area, and formulates a questionnaire to conduct a questionnaire survey on middle-aged and young people in Qinling mountain area, which provides a guiding theory for alleviating the mental pressure of middle-aged and young people in mountain area, promotes the development of poor and remote mountain areas in China, and then promotes the progress of society in China.

The mental stress of middle-aged and young people is widespread in remote mountainous areas, which seriously affects the daily life of middle-aged and young people in mountainous areas. In view of this problem, based on social psychology, the research discusses the alleviation of the spiritual pressure of middle-aged and young people in Qinling mountain area by economic revitalization, which provides a solution to alleviate the spiritual pressure of middle-aged and young people in Qinling mountain area and promotes the improvement of China's overall economic level.

Subjects and methods: 1600 middle-aged and young people in Qinling mountain area were selected as the research objects, and a questionnaire survey was carried out. Among the 1600 subjects, 956 were young and middle-aged men. 644, aged between 30-39 years. Based on social psychology and the current situation of mental stress of middle-aged and young people, this paper formulates relevant questionnaires to investigate the impact of economic revitalization on mental stress of middle-aged and young people.

Study design: 12 experts in social psychology and economics were invited to evaluate the questionnaire, and some questionnaire questions were deleted or added according to the expert's evaluation. Using the orthogonal rotation method, know measure and Bartley sphere test are used to evaluate the validity of the questionnaire, and then to evaluate the reliability of the questionnaire results. Finally, according to the questionnaire survey results, this paper analyzes the impact of economic revitalization on alleviating the mental pressure of middle-aged and young people in Qinling mountain area.

Methods: The relevant data were processed and analyzed by IBM SPSS software.

Results: The validity of the questionnaire was evaluated by orthogonal rotation method, KMO measure and Bartley sphere test, and then the reliability of the questionnaire results was evaluated. As shown in Table 1, the reliability test results show that the reliability of the questionnaire is good, indicating that the questionnaire survey results have high reliability.

Table 1. Reliability test of questionnaire survey

Kaiser-Meyer-Olkin	Measurement sampling appropriateness	0.976
Bartlett's spherical test	Approximate chi square	8183.786
-	<i>df</i>	352
-	Significance	0.000

Conclusions: With the acceleration of China's modernization process, the development space of middle-aged and young people in remote Qinling Mountains is blocked due to the limitation of the objective environment, so the middle-aged and young people in this area have had great mental pressure. Based on social psychology, this study discusses the alleviation of mental pressure of middle-aged and young people in Qinling mountain area by economic revitalization, and carries out a questionnaire survey on middle-aged and young people in Qinling mountain area. The research provides a guiding theory for alleviating the mental pressure of middle-aged and young people in mountainous areas, and then promotes the progress of our society.

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ANALYSIS OF THE EFFECT OF THE TRANSFORMATION OF IDEOLOGICAL AND POLITICAL EDUCATION MODEL ON ALLEVIATING STUDENTS' DEPRESSIVE SYMPTOMS

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