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STUDY ON THE EFFECT OF NATIONAL SPORTS ON ALLEVIATING PATIENTS WITH BEHAVIORAL DISORDERS

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Background: Behavioral disorder is the result of human psychological disorder symptoms. Behavioral disorder can occur in patients with a variety of diseases. For example, some patients will adopt a certain forced posture to reduce pain. For example, patients with peritonitis will rest in supine posture, and patients with dyspnea will adjust their breathing in upright posture, The gait of patients with Parkinson's disease is special. Behavioral disorders are usually divided into psychomotor inhibition and psychomotor excitement according to their symptoms. On the other hand, with the rapid development of China's social economy, people's material needs have been greatly met, and people's living standards have also been significantly improved. At the same time, after the material needs have been met to a certain extent, people begin to pursue the improvement of the quality of life. Sports is also one of the important ways to improve the quality of life. In recent years, the sports consumption level of Chinese residents has shown a trend of increasing year by year, and their awareness of physical exercise is becoming stronger and stronger. Sports is not only a way of entertainment in spare time, but also gradually developed and transformed into the lifestyle of some people. A large number of studies have shown that physical exercise can help to improve the physical quality of athletes and improve their health level. Therefore, this study attempts to analyze the impact of physical exercise on patients with behavior disorders, in order to provide some effective treatment strategies of non-drug and non-surgical intervention for patients with behavior disorders.

Objective: The existing treatment schemes for behavior disorders often require high costs, and some patients may not be able to afford it. Therefore, this study attempts to explore the impact and role of sports on behavior disorders through questionnaire survey and comparative experiment, so as to provide some reference for the subsequent non drug and non-surgical treatment strategies for behavior disorders.

Subjects and methods: 248 patients with behavioral disorders willing to participate in the study were randomly selected from China and divided into experimental group and control group, with 124 people in each group. The difference significance of general demographic information between the two groups was tested. After passing the test, a questionnaire survey was conducted for the two groups. The content of the questionnaire was to evaluate their behavioral disorders. After the questionnaire was completed, During the experiment, the experimental group was required to exercise at least 3 times a week for at least 30 minutes, and the exercise intensity was not lower than the medium level, while the control group did not carry out any sports intervention. The experimental time was 12 weeks. After 12 weeks, the same questionnaire survey was carried out again for the two groups to obtain the change data of behavior disorders before and after the experiment.

Results: The questionnaire results were digitized according to the tenth scale, and all measurement data were tested by *t*-test, the data were displayed in the form of mean \pm standard deviation, the counting data were tested by chi square, the data were displayed in the form of number of cases, and the significance level was set to 0.05. The questionnaire statistical results before and after the experiment are shown in Table 1 and Table 2 respectively.

Table 1. Questionnaire survey results before the experiment

Statistical items		Experience group	Control group	T value	P value
Psychomotor inhibition	Stiff	4.56 \pm 1.22	4.53 \pm 2.10	1.284	>0.05
	Disobedience	6.17 \pm 2.53	6.04 \pm 1.96	1.331	>0.05
	Stereotype	3.11 \pm 2.64	3.24 \pm 2.55	2.948	>0.05
	Mimicry	3.86 \pm 1.73	3.89 \pm 1.64	1.621	>0.05
	Posture	4.21 \pm 1.36	4.22 \pm 1.40	0.846	>0.05
Psychomotor excitement	Coordinated psychomotor excitement	5.83 \pm 2.77	5.79 \pm 3.25	3.190	>0.05
	Uncoordinated psychomotor excitement	3.62 \pm 1.34	3.64 \pm 1.52	2.446	>0.05

As shown in Table 1, before the experiment, the *t*-test output *P* value of the score data of patients with behavioral disorders in the two groups was greater than the significance level of 0.05, so it is considered that the data difference is not statistically significant.

It can be seen from Table 2 that after the experiment, the *t*-test value of the score data of all kinds of behavior disorder symptoms of the two groups of patients except “posture” is far less than the significance level of 0.05. It is considered that the data difference is statistically significant, and the data of the experimental group on these behavior disorder items is less than that of the control group.

Table 2. Questionnaire survey results after the experiment

Statistical items		Experience group	Control group	<i>t</i> value	<i>P</i> value
Psychomotor inhibition	Stiff	3.21 ± 1.42	4.43 ± 2.13	2.664	0.000
	Disobedience	5.17 ± 2.64	6.06 ± 1.83	3.598	0.000
	Stereotype	2.58 ± 2.13	3.26 ± 2.40	1.767	0.000
	Mimicry	3.23 ± 1.48	3.82 ± 1.53	0.840	0.000
	Posture	4.19 ± 1.36	4.20 ± 1.71	0.654	3.618
Psychomotor excitement	Coordinated psychomotor excitement	5.15 ± 2.27	5.81 ± 3.68	1.485	0.000
	Uncoordinated psychomotor excitement	2.56 ± 1.81	3.62 ± 1.49	4391	0.000

Conclusions: The results of exercise control experiment and questionnaire survey show that the *t*-test output *p* value of the score data of various behavioral disorders in the experimental group and the control group before the exercise experiment is greater than the significance level of 0.05. It is considered that the data difference is not statistically significant, and the follow-up experimental data are comparable. After the experiment, the average scores of patients in the experimental group and the control group on the symptoms of numbness, disobedience, stereotype and mimicry of psychomotor inhibition, coordinated psychomotor excitement and uncoordinated psychomotor excitement were 3.21, 5.17, 2.58, 3.23, 5.15, 2.56 and 4.43, 6.06, 3.26, 3.82, 5.81 and 3.62 respectively. The data of the experimental group on these behavior disorder items are less than that of the control group, and the *p* value of *t*-test between the data is far less than the significance level of 0.05, which is considered that the data difference is statistically significant, while the *P* value of *t*-test output of the two groups of patients on the symptoms of postural behavior disorder is greater than the significance level, and the data difference is not statistically significant. The data show that patients with behavioral disorders adhere to a certain intensity of physical exercise, which is helpful to relieve the symptoms of behavioral disorders outside the posture.

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RESEARCH ON THE RESPONSIBILITY OF PUBLIC SECURITY EMERGENCY POLICE MANAGEMENT IN LARGE-SCALE MASS ACTIVITIES FROM THE PERSPECTIVE OF COGNITIVE SPIRIT

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Background: Public places or scenic spots in large cities are prone to huge passenger flow congestion on holidays. If the management and control of this large passenger flow is not in place, it is prone to crowd congestion and even stampede accidents. Therefore, identifying and subdividing the police management responsibilities in large-scale mass activities, standardizing the evaluation, control, command and disposal methods of emergencies in large-scale mass activities, and studying the organization and command strategies of on-site police commanders are conducive to reducing or resolving emergencies in large-scale mass activities and maintaining the overall stability of social security. It is of great practical significance to improve people’s satisfaction with the government’s public management services and “build a safe city”.

In the public security management of large-scale activities, we should pay attention to clarifying and subdividing the police management responsibilities. Only in this way, the public security organ with the responsibility of maintaining security can obtain higher social security and stability benefits with less police cost expenditure, which is the goal pursued by the police department. After all, due to the large number of