

pension modes of the same age group, respectively.

Conclusions: This study collected the data of the elderly with depressive psychosis and different pension methods, and carried out multi factor logistic regression analysis. The analysis results show that community pension is a protective factor to judge whether they have depressive psychosis, and the older the elderly who take community pension, the lower the probability of suffering from depressive psychosis. The results show that the community pension mode helps to reduce the probability of the elderly suffering from depressive psychosis and improve the quality of life of the elderly. The relevant government departments and social charities should cooperate and integrate with each other, expand the scale of industry talents, increase the investment in social funds and material resources, and promote the community pension mode on a large scale.

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PROMOTING EFFECT OF TRADITIONAL CLASSICAL MUSIC ON THE TREATMENT OF PSYCHOLOGICAL ANXIETY SYMPTOMS

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Background: Psychological anxiety disorder, also known as anxiety neurosis, is a common neurosis. Patients often have anxiety, accompanied by sweating, palpitation, excessive tension, excessive anxiety, shortness of breath, sleep disorders and other symptoms. When the symptoms are serious, it will even affect the social ability of patients, and patients generally cannot independently control the state of psychological anxiety disorder. The main types of a psychological anxiety disorder include panic disorder, agoraphobia, social phobia, specific phobia, generalized anxiety disorder, separation anxiety disorder, etc. The causes of psychological anxiety disorder are generally related to the psychological, physiological, social environment and other factors, including patients' diseases and external injuries, adverse health status, accumulated pressure factors such as misuse of drugs and alcohol are closely related to psychological anxiety. A large number of studies have shown that music therapy can help improve the psychological anxiety symptoms of patients, and it is speculated that the effect of classical music with a more soothing rhythm and beautiful rhythm will be more significant. Therefore, this study designs an experiment based on classical music therapy to test the practical role of classical music in psychological anxiety therapy.

Objective: Based on the data of classical music therapy experiment and the analysis of the relationship between classical music and human psychological emotion, to explore the feasibility and practical effect of using classical music in the treatment of psychological anxiety disorder, to provide practical case support and thinking results from more angles for the treatment of psychological anxiety disorder by music therapy in China.

Participants and methods: 246 volunteers willing to participate in the experiment were randomly selected from domestic volunteers, and divided into a music treatment group and routine treatment group, with 123 people in each group. The basic data related to the experiment were statistically compared between the two groups, and the experiment was started after it was determined that there was no significant difference in the basic data. In the experiment, the routine treatment group was given routine psychotherapy, including drug treatment, emotional guidance, psychotherapy and so on. The music therapy group also received classical music therapy on the basis of the treatment methods of the conventional treatment group. The specific treatment methods are as follows. Establish a music intervention group, which is composed of music therapists, psychologists and nurses with rich clinical experience. The group members need to understand the severity and main symptoms of psychological anxiety of each patient and the music preferences of the research object, and then formulate a classical music treatment plan suitable for the current patients. When performing music therapy measures, it is necessary to require patients to complete urination and defecation in advance, put on headphones to relax and close their eyes, and play classical music tracks set in advance. The volume of the music should be controlled within 25-30 dB. The time of single music therapy should not exceed 50 min and not less than 20 min. The experiment should be carried out twice a week for 3 months. At the same time, in the process of playing music, psychologists should maintain a certain degree of language communication with patients and guide patients to experience

their inner thoughts and emotions in the music background. In addition, before and after the treatment experiment, the two groups of patients need to be investigated by Hamilton Anxiety Scale (HAMA) questionnaire to understand the psychological anxiety of the subjects at each time.

Results: All the measurement data in the study were displayed in the form of mean \pm standard deviation for the *t*-test. The counting data were described in the form of number or proportion of number, and a Chi-square test was performed. The significance level of difference was set to 0.05. The statistical results show that there is no significant difference between the two groups in age, gender distribution, job type, marital status and other basic information. The HAMA questionnaire survey results of the two groups before and after the experiment are shown in Table 1.

Table 1. Statistical results of HAMA questionnaire survey of subjects before and after treatment

Statistical time	Music therapy group	Routine treatment group	Change value (%)	<i>t</i>	<i>P</i>
Before treatment	36.17 \pm 5.24	36.30 \pm 5.10	-0.36	0.345	0.882
After treatment	15.32 \pm 5.82	20.48 \pm 6.11	-25.20	5.178	0.001

Note that the “change value” column in Table 1 shows the change range of the average HAMA total score of the music treatment group compared with the conventional treatment group at each statistical time. According to Table 1, the *P* value of *t*-test of HAMA total score data of the music treatment group and conventional treatment group before treatment is greater than the significant level, and the difference is not statistically significant. After treatment, the average HAMA total score of the music treatment group is 15.32, which is 25.20% lower than that of the conventional treatment group, and the difference is statistically significant.

Conclusions: In order to explore the therapeutic effect of classical music on psychological anxiety symptoms, a treatment experiment was designed in this study. In the experiment, the personnel in the conventional treatment group only received conventional psychotherapy, and the music treatment group also received classical music therapy designed according to their preferences. The results of the treatment experiment showed that there was no significant difference in the total score of HAMA between the music treatment group and the conventional treatment group before treatment, but after treatment, the average total score of HAMA in the music treatment group was 15.32, which was 25.20% lower than that in the conventional treatment group, and the difference was statistically significant. The experimental data show that the combination of traditional classical music and modern treatment can help to improve the treatment effect of psychological anxiety disorder.

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EYE MOVEMENT COGNITIVE MECHANISM OF EMOTIONAL INFORMATION OF DEPRESSION PRONE COLLEGE STUDENTS

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Background: Depression belongs to mood disorder, which will have a serious impact on the physical and mental health of patients. When an individual encounters unpleasant thing in life, it will aggravate the probability of depression or aggravate depression. Relevant studies have found that the important factor causing depressive symptoms is the susceptibility to depression, which can be further divided into five kinds of depression susceptibility, such as cognitive susceptibility and personality susceptibility. In cognitive susceptibility to depression, individuals will produce a negative cognitive schema. Unpleasant things in life stimulate individuals with cognitive susceptibility to depression, resulting in depression. When dealing with information, cognitive susceptible individuals will choose negative information processing methods, which is more difficult to process positive emotions, and will look negatively at things related to themselves. When analyzing the emotional information eye movement cognitive mechanism of cognitive susceptibility to depression, it is found that among the three emotional face stimuli of negative, positive and neutral, the cognitive susceptible individuals have higher scores of attention bias in the face of negative emotional faces, and it is difficult to divert attention in the face. Using eye movement technology in the emotional picture test, according to the data recorded by the eye movement instrument, it can be seen that patients with depression look at negative emotional pictures for the longest time, and pay attention to them longer than the normal group. Moreover, through attention bias training, the depressive symptoms of patients are