

ANALYSIS OF THE INFLUENCE OF NATIONAL MUSIC ART ON MENTAL DISORDERS IN THE ELDERLY

Lina Zhang

Department of Music, Pingdingshan Vocational and Technical College, Pingdingshan 467000, China

Background: China's economic level and scientific and technological level are developing and improving, and people's quality of life is also improving. However, the problem of population aging has become the focus of social attention. The functions of the body and organs of the elderly begin to deteriorate, the brain is more vulnerable to damage, and the probability of mental disorders is also higher. Mental disorder is a kind of mental disease that leads to individual cognitive disorder, emotional disorder, behavioral disorder and will disorder due to the disorder of brain functional activities. There are many factors leading to mental disorders, such as congenital genetic, social factors, emotional disorders and so on. The main manifestations of mental disorders are delusion, hallucination, emotional control, abnormal behavior, decline of willpower, decline of insight and so on. Most patients with mental disorders do not recognize their condition and refuse to seek help from doctors, resulting in the aggravation of their condition, which not only increases the burden on their families, but also affects the construction of a harmonious society. The traditional treatment methods of mental disorders include drug treatment and acupuncture treatment, but the above treatment methods are expensive and bring a great burden to the patient's family. In recent years, the treatment methods are more complex, which is easy to lead to the emotional control of elderly patients with mental disorders. Therefore, we need to find an economic and convenient method to intervene the condition of elderly patients with mental disorders.

Music intervention is a common treatment for mental illness. Music intervention is an intervention method that takes listening to music performance as an intervention means to improve the cognitive function, emotional state, and mental behavior of patients with mental illness. Therefore, many scholars have studied the intervention effect of music intervention on elderly patients with mental disorders. The results show that music intervention has a certain therapeutic effect on senile mental disorders, but it does not reach the expected value. Cognitive psychology is a branch of psychology that began to rise in 1950. It mainly studies human advanced psychological processes, such as attention, perception and so on. The orientation of cognitive psychology focuses on the mode of thinking and reasoning by using cognition. Based on cognitive psychology, this study analyzes the cognitive situation of elderly patients with mental disorders, improves the traditional music intervention, and puts forward the use of national music art to intervene elderly patients with mental disorders. National music refers to the music produced and spread among the people, with the theme of reflecting folk life. It is a form of expression of China's traditional music. National music art is closer to people's life and in line with the artistic aesthetics of the elderly. Therefore, it can better arouse the emotional resonance of elderly patients with mental disorders, and then play a better intervention effect. Based on cognitive psychology, the research applies national music art to music intervention, and carries out treatment and intervention for elderly patients with mental disorders, which can effectively alleviate the degree of mental disorders of patients, improve the quality of life of patients, reduce the economic burden of patients' families, and promote the harmonious development of society.

Objective: Music intervention is a common treatment for mental diseases. Many scholars have studied the intervention effect of music intervention on elderly patients with mental disorders. The results show that music intervention has a certain therapeutic effect on senile mental disorders, but it does not reach the expected value. Therefore, based on cognitive psychology, applying national music art to music intervention, and treating and intervening elderly patients with mental disorders can effectively alleviate the degree of mental disorders, improve the quality of life of patients, reduce the economic burden of patients' families and promote the harmonious development of society.

Subjects and methods: 60 elderly patients with mental disorders, aged 60-71 years, were selected from a psychiatric hospital. The degree of mental disorder was analyzed and evaluated by the Diagnostic Schedule of Mental Disorders (DSMD).

Study design: 60 patients were randomly divided into study group and control group with 30 people in each group. For the patients in the study group, the improved music intervention method based on cognitive psychology was used for treatment. The patients in the control group were treated with traditional music intervention. After three months of treatment, the DSMD scores of the two groups were compared.

Methods: The corresponding data were processed and analyzed by software SPSS17.0.

Results: After 3 months of treatment, the DSMD score of patients in the study group was significantly lower than that of patients in the control group ($P < 0.05$). The DSMD social function scores of the two groups are shown in Figure 1.

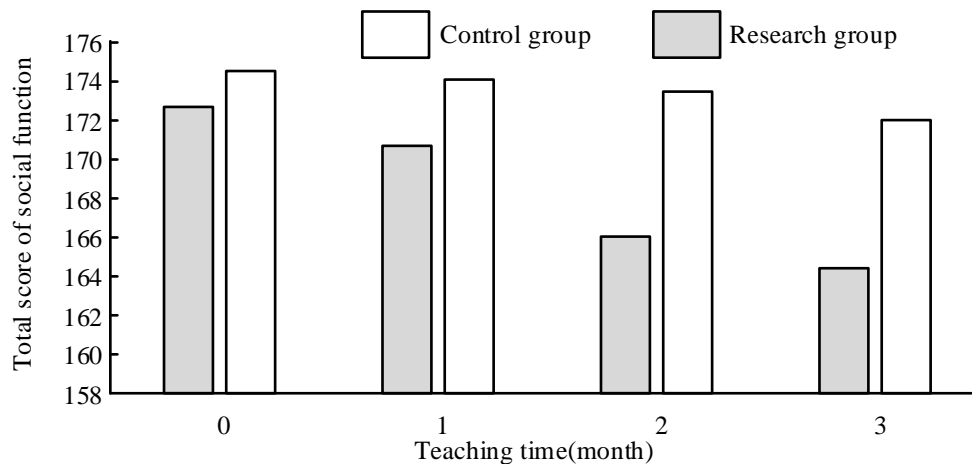


Figure 1. DSMD social function score of the two groups

Conclusions: The functions of the body and organs of the elderly begin to deteriorate, the brain is more vulnerable to damage, and the probability of mental disorders is also higher. The main manifestations of mental disorders are delusion, hallucination, emotional control, abnormal behavior, decline of willpower, decline of insight and so on. Most patients with mental disorders do not recognize their condition and refuse to seek help from doctors, resulting in the aggravation of their condition, which not only increases the burden on their families, but also affects the construction of a harmonious society. Music intervention has a certain therapeutic effect on senile mental disorders, but it does not reach the expected value. Therefore, based on cognitive psychology, this study applies national music art to music intervention to treat and intervene elderly patients with mental disorders. The results showed that after 3 months of treatment, the DSMD score of patients in the study group was significantly lower than that of patients in the control group ($P < 0.05$). Therefore, the application of national music art to music intervention and the treatment and intervention of elderly patients with mental disorders can effectively alleviate the degree of mental disorders, improve the quality of life of patients, reduce the economic burden of patients' families and promote the harmonious development of society.

* * * * *

CORRELATION ANALYSIS BETWEEN PERSONALITY OF PATIENTS WITH MENTAL DISORDERS AND PSYCHOLOGICAL SYMPTOMS OF COLLEGE STUDENTS

Guiyu Wang

Service Center of Enrollment and Employment, Heilongjiang University, Harbin 150080, China

Background: At the university stage, students have a wider range of contacts and more things. But at this time, college students' ideas have not changed, so they are easy to fall into a state of confusion and confusion in the face of various views and theories in society. The interpersonal communication and teacher-student relationship in universities are also very different from those in senior high schools. Some college students can not adapt to the transformation of this relationship and become silent and poor in communication. Based on the above, some college students have accumulated too many negative emotions, which leads to mental disorders. Mental disorder is a kind of mental disease that leads to individual cognitive disorder, emotional disorder, behavioral disorder and will disorder due to the disorder of brain functional activities. There are many factors leading to mental disorders, such as congenital genetic, social factors, emotional disorders and so on. The main manifestations of mental disorders are delusion, hallucination, emotional control, abnormal behavior, the decline of willpower, decline of insight and so on. Most patients with mental disorders do not recognize their condition and refuse to seek help from doctors, resulting in the aggravation of their condition, which not only increases the burden on their families and affects their normal life and study, but also may have social conflicts and affect the social order and the construction of a harmonious society. The analysis of the causes of college students suffering from mental disorders will help teachers and schools to improve teaching methods, and can play a role in preventing college students from suffering from mental disorders.

Personality psychology is a highly comprehensive branch of psychology. Its research contents include