

depression is studied.

Objective: To understand the psychological depression of college students and study the current situation of ideological and political construction of foreign language curriculum. And on this basis, combine the foreign language teaching content with morality. Cultural comparison and language substitution are applied in the process of foreign language teaching to cultivate students' cultural communication ability, increase students' national pride and alleviate students' psychological depression in the atmosphere of cultural self-confidence. For example, in foreign language composition class, teachers combine China's cultural knowledge and habits, require students to excavate writing materials from around them, and apply them in the process of foreign language writing, which increases students' participation, makes students' learning enthusiasm better, and is conducive to the relief of students' psychological depression. Combine morality with foreign language teaching methods, and choose teaching methods according to the teaching content. For example, in Russian teaching, the relevant contents of Chinese higher education are expressed in Russian. In this process, students will feel the joy of success, so as to have a sense of achievement, and then promote the relief of students' depression.

Subjects and methods: The subjects were depressed college students majoring in foreign languages. 280 depressed college students majoring in foreign languages were randomly selected from three universities. These college students come from different grades and have different foreign language majors. Foreign languages include English, Russian and Korean. To understand students' psychological depression, foreign language learning and their political literacy, these college students were divided into Korean group (92), English group (95) and Russian group (93). These college students will receive ideological and political education in foreign language courses for one semester, two classes a week. During the experiment, the relevant experimental data were recorded, and the fuzzy evaluation method was used to study the effect of Ideological and political education of college foreign language courses on the alleviation of college students' psychological depression. The quantitative score of the relevant impact was 1-5 grades. The higher the score, the greater the impact. Through SPSS21.0 for data processing and analysis.

Results: In the process of foreign language learning, due to the influence of achievement motivation factors, college students are afraid of the exam and worry that their foreign language performance cannot reach the ideal score, resulting in a strong sense of loss and psychological depression. Or influenced by self-evaluation, college students think that they are lack of ability in foreign language learning, cannot see their own advantages, and produce psychological depression. By carrying out ideological and political education in college foreign language courses, combining morality with foreign language teaching contents, foreign language teaching methods and foreign language training objectives, college students can carry out moral education in the process of learning foreign language professional knowledge, cultivate students' democratic cultural pride and alleviate students' psychological anxiety. After the experiment, the depression score of Freshmen in the Russian group was 2 points, which was 2 points lower than that before the experiment. The relevant results are shown in Table 1.

Table 1. Psychological depression scores of college students of different grades in Russian group before and after the experiment

Grade	Time	Depressed	Fear	Low self-esteem
Freshman	Before experiment	4	4	4
	After the experiment	2	1	1
Sophomore	Before experiment	4	5	4
	After the experiment	2	2	1

Conclusions: Ideological and political education in college foreign language curriculum can alleviate college students' psychological depression, improve college students' political literacy, help college students form the habit of autonomous learning and improve their comprehensive quality.

* * * * *

CLINICAL NURSING COUNTERMEASURES OF INTRAVENOUS INFUSION IN PATIENTS WITH MANIC DEPRESSIVE PSYCHOSIS

Canhui Li¹, Zhengmao Pan² & Ping Chen¹

¹Department of Basic Medicine, Yueyang Vocational Technical College, Yueyang 414000, China

²Office of Party and Government, Yueyang Vocational Technical College, Yueyang 414000, China

Background: Manic depressive psychosis is a serious mental disease, which usually shows the characteristics of periodic and repeated attacks. Its causes mainly include the patients' emotional activity is too high or their mood is too low. The basic clinical symptoms of manic-depressive psychosis patients are mainly divided into two types, namely mania and depression. The two extreme emotional manifestations usually occur alternately or repeatedly. In the environment of increasing social competition and increasing life pressure, the prevalence of manic-depressive psychosis is rising, and the disease has become a common mental disease. Patients with manic depressive psychosis lack understanding of their own diseases and have poor treatment compliance, which is mainly manifested in non-compliance with medical advice and missing medication after discharge. For patients with manic depressive psychosis, the psychological disorder caused by pathological psychology is extremely serious and has significant uncontrollability, resulting in manic depressive psychosis patients showing different degrees of abnormal symptoms in cognition, will, emotion, behavior and other aspects, which has a great negative impact on their normal study, work and life, and even self-mutilation and suicide dangerous sexual behavior such as attacking others. The violent behavior of manic-depressive psychosis patients is difficult to predict and control, and continues to occur with the two extreme emotions of mania and depression, which has a certain high incidence. Based on this, the clinical nursing work for manic depressive psychosis patients has a strong potential risk, which is a great threat to manic depressive psychosis patients themselves and related medical staff. In order to ensure the safety of medical staff and improve the treatment compliance and clinical efficacy of patients with manic depressive psychosis, it is necessary to improve and optimize the clinical nursing mode of intravenous infusion.

Objective: The mental status of patients with manic depressive psychosis has strong variability. Under the influence of external factors or their own psychological hints, patients may show extreme emotions of mania and depression, and even violent behaviors such as hurting themselves and attacking others. In order to improve the clinical nursing and treatment effect of patients with manic depressive psychosis, reduce the incidence of violence and improve the degree of manic and depression, this study will analyze the psychological characteristics of patients with manic depressive psychosis, evaluate their aggressive behavior, and put forward improved clinical nursing countermeasures of intravenous infusion for patients with manic depressive psychosis.

Research object and method: 32 patients with manic depressive psychosis were screened from three mental rehabilitation centers, a total of 96. 96 patients with manic depressive psychosis were studied. The improved clinical nursing countermeasures of intravenous infusion were implemented, and their psychological changes were analyzed by fuzzy comprehensive evaluation method.

Research design: Based on the traditional clinical nursing model, the intervention means of language communication and psychological nursing for patients were added to form an improved clinical nursing strategy of intravenous infusion. To explore the changes of manic mood and depressive psychology of patients with manic depressive psychosis before and after the implementation of the improved clinical nursing strategy.

Methods: 96 patients with manic depressive psychosis were evaluated by Modified Overt Aggression Scales (MOAS). SPSS25.0 for statistical analysis of data, all measurement data were subject to *t*-test, and $P < 0.05$ was taken as the evaluation standard with obvious difference and statistical significance.

Results: The improved clinical nursing strategy of intravenous infusion for patients with manic depressive psychosis was applied to the nursing process of 96 subjects, and the comparison results of aggressive behavior as shown in Figure 1 were successfully obtained. According to Figure 1, before the implementation of improvement measures, the moas score level of the tested patients was high, and the score of attacking others was the highest, indicating that the patients were at high risk to others. After the implementation of the improvement measures, the aggressive behavior of all patients with manic depressive psychosis decreased, and the moas score of each evaluation item decreased significantly, and the difference was statistically significant ($P < 0.05$).

Conclusions: The improved clinical nursing countermeasures of intravenous infusion based on language communication and psychological nursing can effectively reduce the moas score of manic-depressive psychosis patients and minimize the incidence of aggressive behavior in the four evaluation levels of attacking themselves, attacking others, language attack and object attack. On the basis of building a good doctor-patient relationship, promote the rehabilitation of manic-depressive psychosis.

Acknowledgement: The research is supported by: Educational Science Planning Project of Hunan Province: Practice and research of the organic integration of information technology and contextualized teaching methods in basic nursing training courses (No. XJK20CZY025).

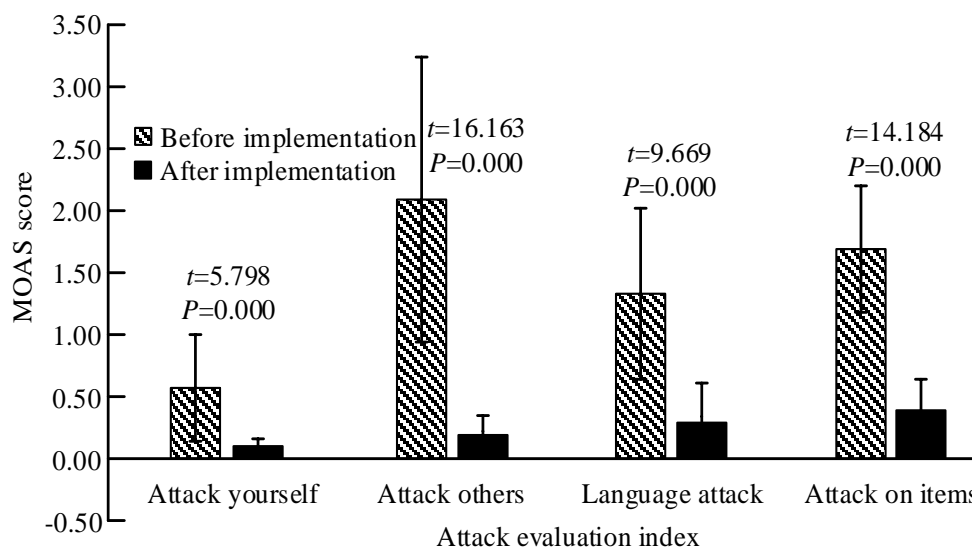


Figure 1. Comparison of aggressive behavior of patients before and after the implementation of improved clinical nursing countermeasures for intravenous infusion

* * * * *

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

Gangsheng Liu

Department of Physical Education, Xinyang University, Xinyang 464000, China

Background: In the process of sustainable social development, people’s material level has been continuously improved. On the basis of meeting the basic material pursuit, there are more spiritual needs. In this context, sports play a more and more important role in people’s daily life. Mass sports, consistent with competitive sports in the concept of sports sociology, are the main components of sports. Compared with competitive sports, mass sports are not highly competitive. Its main purpose is to enhance physique and enrich leisure life. All members of the society can participate at will. In a word, mass sports have six basic characteristics: amateur time, universality of objects, randomness of projects, flexibility of forms, tradition of activities and sociality of benefits. Based on this, the audience of mass sports is very wide, which can play a certain role in ensuring people’s physical and mental health.

Behavior disorder refers to that an individual’s external behavior is relatively abnormal, which is obviously different from others, and the behavior may cause serious adverse effects on himself and others. The main causes of patients with behavioral disorders are mental disorders, namely delirium, manic episode, stress disorder, separation disorder, etc. The corresponding clinical manifestations include stereotyped action, forced action, imitation action, psychomotor excitement, psychomotor inhibition, etc. Stereotyped movement refers to the behavior disorder patients in the unconscious situation, aimlessly imitate the actions of others. Forced action means that the patient repeats the actions that lack the necessity of execution. If repeated processing is not carried out, the patient will show abnormal anxiety and irritability. Imitation refers to the patient’s aimless imitation according to the actions and behaviors of others, usually accompanied by imitation speech. To alleviate the symptoms of patients with behavioral disorders, a series of examinations need to be carried out, including predictive examination, physical examination, laboratory examination, imaging examination, psychological test and other examinations. After obtaining the corresponding examination results, different types of treatment methods are adopted, such as psychotherapy, drug therapy, physical therapy, exercise therapy and so on. As a common form of exercise therapy, mass sports, with its diversified items and forms, can promote the emotional catharsis and physical release of patients with behavioral disorders, alleviate the impulsive and irritable behavior of patients in the process of exercise, help them establish good interpersonal relationships and eliminate behavioral disorders.