



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

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

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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.

Objective: Under the influence of the etiology of mental disorders, patients with behavioral disorders will show a variety of types of behavioral disorders, mainly including abnormal behaviors such as psychomotor excitement and psychomotor inhibition, which is a threat to their normal life and personal safety. In order to alleviate the symptoms of patients with behavioral disorders and improve their mental health level, this study takes mass sports as an intervention means to explore the effect of mass sports on the symptoms of patients with behavioral disorders.

Research objects and methods: 133 patients with behavioral disorders were randomly selected to participate in mass sports. Before and after participating in mass sports for 3 months, nurses used the nurses' inpatient observation scale for inpatient evaluation (NOSIE) to study, and the NOSIE scores of all patients with behavioral disorders were recorded and analyzed.

Research design: NOSIE includes 30 evaluation items, with a total score of 120 points, including the total negative factor score and the total positive factor score, which are 64 points and 56 points respectively. The total score of NOSIE determines the severity of the disease or symptoms. The higher the score, the better the recovery of the disease or symptoms. At different time nodes before and after mass sports, the total NOSIE scores of patients with behavioral disorders were recorded.

Methods: Minitab20 software was used to process and analyze the relevant data of patients with behavioral disorders. All measurement data were expressed in the form of mean \pm standard deviation. *t*-test was used, and $P < 0.05$ was used as the standard with statistical significance.

Results: Before exercise intervention, the total score of NOSIE in 133 patients with behavioral disorders was lower, which was significantly lower than that after exercise ($P < 0.05$). The scores of total negative factors and total positive factors of patients with behavioral disorders after exercise are better than those before exercise, which shows that mass sports can effectively improve the symptoms of patients with behavioral disorders.

Table 1. Comparison of NOSIE scores of patients with behavioral disorders before and after mass sports

Evaluation time	Total negative factor score	Total positive factor score	Total score of NOSIE
Before exercise(<i>n</i> =133)	25.62 \pm 5.95	34.66 \pm 9.48	147.97 \pm 19.35
After exercise(<i>n</i> =133)	7.91 \pm 2.15	53.84 \pm 16.66	158.66 \pm 15.97
<i>t</i>	32.283	11.540	4.914
<i>P</i>	0.000	0.000	0.000

Conclusions: Mass sports can play a significant role in alleviating the of patients with behavioral disorders. Through various forms of healthy sports with free participation time, we can enhance the physique of patients with behavioral disorders, improve their mental health level and improve their performance of behavioral disorders.

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ON THE INFLUENCE OF CHINESE NATIONAL DANCE EDUCATION ON ALLEVIATING COLLEGE STUDENTS' MENTAL ANXIETY

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Background: College students are in a critical stage from adolescence to adulthood. Due to academic pressure, changes in social roles and immature psychological state, college students are prone to various psychological problems such as mental anxiety. Anxiety symptoms refer to the emotional states such as physiological tension, anxiety and fear when facing an event or situation, which will lead to the damage of individual daily function and social function. In recent years, the detection rate of mental problems such as mental anxiety and depression of college students shows an increasing trend year by year, which shows that the mental health status of college students is not optimistic. Serious mental anxiety will lead to serious pessimism in college students' study or life, and it is difficult to maintain a normal state of study or life. Mental anxiety will not only have a great negative impact on college students' subjective quality of life, but