

**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

also lead to negative events that hurt others or themselves, which is an irreparable loss to college students, their families and society. The causes of college students' mental anxiety have a certain diversity. In order to eliminate their mental anxiety, targeted mitigation measures need to be taken, among which cultural edification is an effective and reliable method. Among the various means of cultural edification, dance education occupies an important position. As a practical activity that can meet individual spiritual needs, dance can accompany individual learning and life, and is deeply loved and pursued by college students. Chinese national dance education includes Chinese traditional culture and national spirit, which is an elegant artistic experience. In the process of the development of Chinese national dance culture, it has mainly experienced three different development cycles: primitive stage, ancient stage and modern stage. Dance culture has also been artistically sublimated in this process, enhancing its own cultural flavor and artistic beauty. Chinese national dance education is one of the core components for individuals to achieve all-round development. It mainly concretely deals with the education of love by expressing emotional elements through body language. Moreover, Chinese national dance education can not only improve the physical coordination and physical quality of college students, but also enhance their participation in group activities, so as to strengthen the sociality of college students' personality and promote their healthy development to a certain extent.

**Objective:** Chinese national dance is an art form of human movement. The education of Chinese national dance for college students can enable them to obtain the enjoyment of beauty and artistic experience on the basis of cultivating physical coordination and strengthening physique, which is helpful to alleviate their psychological pressure and improve their psychological quality. The research will explore the application effect of Chinese national dance education, in order to clearly analyze the impact of Chinese national dance education on college students' mental anxiety and effectively alleviate college students' mental anxiety.

**Research objects and methods:** 42 college students, a total of 126, were randomly selected from each of the three universities. Depression Anxiety Stress Scales (DASS) and Beck Anxiety Inventory (BAI) were used to evaluate and analyze their mental anxiety status.

**Research design:** 126 college students were educated in Chinese national dance. The intervention time of dance education was set as 4 months. Before and after the intervention, the levels of mental anxiety were evaluated and compared by DASS and BAI. DASS contains three subscales, and each subscale includes seven evaluation items. DASS uses four grade scoring criteria to quantify the evaluation results, with 0-3 indicating never, sometimes, often and always. Multiply the sum of the scores of the three subscales by 2 to obtain the total DASS score of the evaluation object. In the anxiety subscale of DASS, 8 points are the index line of whether there is mental anxiety. If the score is lower than 8 points, it means there is no mental anxiety. If the score is greater than 8, the higher the score, the more serious the mental anxiety symptoms of the evaluation object.

**Methods:** Fuzzy comprehensive evaluation method and SPSS25.0 software were used to make data statistics and comparative analysis on the evaluation results of mental anxiety of college students.

**Results:** Before the intervention of Chinese national dance education, most college students were in the state of moderate anxiety, severe anxiety and extreme anxiety, accounting for 62.70%, 19.84% and 9.52% respectively. There are fewer college students in normal and mild anxiety, accounting for only 1.59% and 6.35% respectively. After the intervention, the number of college students with normal and mild anxiety evaluated by DASS anxiety subscale increased significantly, and their proportion increased to 18.25% and 49.21% respectively. The number of college students with moderate anxiety, severe anxiety and extreme anxiety decreased significantly. The scores of DASS anxiety subscale of college students before and after receiving Chinese national dance education are shown in Table 1.

**Table 1.** Score distribution of DASS anxiety subscale of college students under Chinese national dance education [n (%)]

Evaluation time	Normal	Mild anxiety	Moderate anxiety	Severe anxiety	Extreme anxiety
	Less than 8 points (%)	8-9 points (%)	10-14 points (%)	15-19 points (%)	More than 19 points (%)
Before dance education intervention	2 (1.59)	8 (6.35)	79 (62.70)	25 (19.84)	12 (9.52)
Dance education intervention	23 (18.25)	62 (49.21)	31 (24.60)	7 (5.56)	3 (2.38)

**Conclusions:** Chinese national dance education can significantly reduce the anxiety level of college students and effectively alleviate the mental anxiety symptoms of college students.

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## THE THERAPEUTIC EFFECT AND PROMOTING EFFECT OF RELIGIOUS BELIEF EMOTION ON MENTAL ANXIETY

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**Background:** Religious psychology is applied social psychology that specializes in the psychological activities produced by religious beliefs. Its research field covers almost all fields of psychology, and the relationship between religion and mental health has always been the research hotspot of this discipline. In real life, the vast majority of psychologists and psychological counselors engaged in mental health are atheists or anti-religious. However, in order to better treat patients' mental diseases, more and more mental health workers begin to pay attention to the relationship between religion and psychology. Bi Yi's religious concept, religious behavior and religious emotion also play a positive role, especially religion will affect the process of psychotherapy.

The contemporary social cognitive theory holds that our thinking will adopt specific strategies according to specific situations and goals, or make inferences according to specific theories to obtain enough correct understanding and judgment. Religion provides believers with a relatively complete set of thinking creeds, which constitutes the theoretical basis of believers' intuitive thinking. The consequence of this intuitive processing model is hypothesis deviation. That is, selective perception and memory prove some creeds, assumptions and schemata related to the world. The advantages of this strategy are high efficiency, fast judgment and less time-consuming. Although it is not necessarily correct, it may reduce the anxiety of patients with mental anxiety due to their addiction to unknown risks and fantasy scenes to a certain extent.

**Objective:** To analyze the advantages and disadvantages of various treatment methods for mental anxiety symptoms and the current situation of mental anxiety of religious people. On this basis, an experiment was designed to verify whether religious belief emotion is helpful to improve the treatment effect of mental anxiety symptoms.

**Objects and methods:** Collect research literature on mental anxiety and works on religious belief and mental health, and master the theoretical basis of religious belief in the treatment of mental anxiety. Then a treatment experiment was designed. The subjects were 200 adults with mental anxiety disorder. They were selected through the collection of social experiment volunteers. The subjects were divided into experimental group and control group, with 100 people in each group. The control group was given routine psychotherapy for mental anxiety disorder. On the basis of receiving the treatment scheme of the control group, the experimental group was also required to read religious works at least three times a week for no less than 20 minutes each time, watch religious lectures at least once a week, and record the viewing notes. The experiment lasted for 3 months. In addition, before and after the experiment, the subjects were required to self-evaluate the severity of mental anxiety symptoms. The evaluation method was a ten-point scale, in which 0, 2, 4, 6 and 8 respectively represented asymptomatic, mild, moderate and severe symptoms. Keep one significant digit after the decimal point of the score.

**Results:** The effective evaluation data of the two groups were entered into the computer and SPSS22.0 was used for statistical analysis. The quantitative data are displayed in the form of mean  $\pm$  standard deviation, and the significance test of *t*-value difference is carried out. The significance level is set to 0.05. See Table 1 for the statistical results.

**Table 1.** Statistics of self-assessment scores of mental anxiety severity of the two groups before and after the experiment

Self-assessment time	Experience group	Control group	Change value (%)	<i>P</i>
Before experiment	6.17 $\pm$ 0.51	6.18 $\pm$ 0.58	-0.16	2.440
After the experiment	2.24 $\pm$ 0.49	4.77 $\pm$ 0.42	-53.04	0.002