

**Objective:** Burns and scalds are often sudden and unexpected. Patients often have a variety of negative emotions, which lead to psychological problems. Based on behavioral psychology, the study analyzes the behavior patterns and psychological laws of patients, and then formulates targeted psychological counseling strategies to alleviate the negative emotions of patients, so as to improve the recovery speed of patients, reduce the economic burden of patients' families and save the medical resources of the hospital.

**Subjects and methods:** 100 burn and scald patients were selected from the surgery of a third-class hospital. Self-rating Anxiety Scale (SAS) and Symptom Checklist-90 (SCL-90) were used to evaluate the degree of anxiety.

**Study design:** 100 burn and scald patients were randomly divided into study group and control group, with 50 people in each group. Among them, the patients in the study group combined with psychological counseling based on behavioral psychology on the basis of routine nursing. The patients in the control group only received routine nursing. After a period of time, the anxiety levels of the two groups were compared.

**Methods:** The relevant data were processed and analyzed by software SPSS18.0 and Excel.

**Results:** Before treatment, there was no significant difference in SAS score and SCL-90 score between the two groups ( $P > 0.05$ ). After a period of treatment, the SAS score and SCL-90 score of patients in the study group were significantly lower than those in the control group ( $P > 0.05$ ). The changes of SAS scores of the two groups before and after treatment are shown in Table 1.

**Table 1.** Changes of SAS scores of two groups of patients before and after teaching

Timing	Score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before treatment	78.7±3.8	78.6±2.9	0.246	0.752
After treatment	52.1±1.3	61.4±3.8	6.537	0.013
<i>t</i>	8.462	4.453	-	-
<i>P</i>	0.000	0.012	-	-

**Conclusions:** Most burns and scalds are sudden and unexpected. Patients often have a variety of negative emotions, which lead to psychological problems. The treatment compliance of anxiety patients will be reduced, which will slow down the recovery speed of patients, cause greater economic burden for patients' families, and waste medical resources at the same time. Based on behavioral psychology, this study analyzes the behavior patterns and psychological laws of patients, and then formulates psychological counseling strategies. The results showed that there was no significant difference in SAS score and SCL-90 score between the two groups before treatment ( $P > 0.05$ ). After a period of treatment, the SAS score and SCL-90 score of patients in the study group were significantly lower than those in the control group ( $P > 0.05$ ). Therefore, psychological counseling based on behavioral psychology can effectively alleviate the anxiety of patients, improve the recovery speed of patients, reduce the economic burden of patients' families, and save hospital medical resources.

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## STUDY ON THE DEVELOPMENT OF CULTURAL TOURISM INDUSTRY AND ITS ROLE IN EMOTIONAL RELIEF OF PATIENTS WITH ANXIETY DISORDER

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**Background:** With the development of my country's comprehensive national strength, people's quality of life has been improved. After getting rid of poverty, more people yearn for spiritual freedom and are willing to use their spare time to travel to achieve the effect of relaxing their body and mind. To a certain extent, it has stimulated the development of my country's tourism industry. After several years of development, in order to fully meet the needs of customers, the tourism industry will actively promote new activities to attract tourists, and the mentality of tourists has also changed to some extent. At this point, cultural tourism has emerged to meet people's growing spiritual needs. Modern people, especially young people, often experience anxiety or depression due to the pressure of school, work, and family. Anxiety is a common emotional state in people's psychology. The etiology usually has a certain diversity, including the blow of great changes, physical diseases and so on. Anxiety within the normal range is a natural response of human instinct and a mechanism for human self-protection, and is often referred to as physiological anxiety. If the

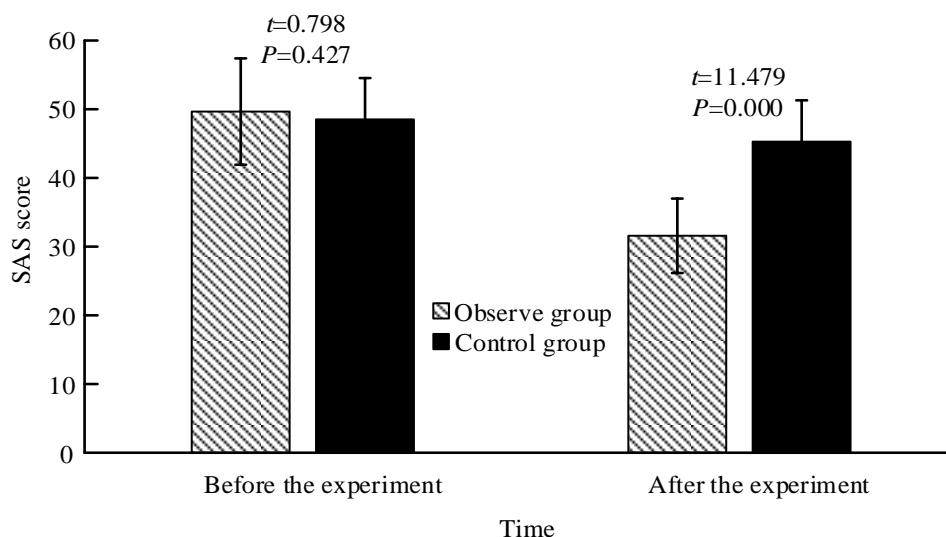
severity of anxiety exceeds the normal range, it manifests as pathological anxiety. There are three types of anxiety disorders: generalized anxiety, acute anxiety, and phobias. The clinical manifestations of patients with different types of anxiety disorders are different. To alleviate the anxiety of patients with anxiety disorders, not only need to rely on the patient's own corresponding psychological adjustment, but also need to rely on the positive influence of external environmental factors. Usually, people use energy release method to relieve anxiety, and its main forms can be divided into two categories, namely intrusion and venting, and letting anxiety patients travel is an intrusive energy release method, which invades the brain through external thoughts to achieve diversion. strength and relieve anxiety. Patients with anxiety disorders can choose the corresponding cultural tourism independently, which can achieve a more relaxed state and finally achieve effective relief of anxiety.

**Objective:** The daily life of patients with anxiety disorder will be negatively affected by their own anxiety, resulting in emotional disorder, cognitive function transformation, neurological disorder and other symptoms, and finally significantly reduce the quality of life of patients. This topic will analyze the development of cultural tourism industry and explore its impact on the emotional relief of anxiety patients, in order to improve the mental health status of anxiety patients.

**Subjects and methods:** 94 patients with anxiety disorder were selected from the hospital by stratified cluster random sampling, and then the anxiety relief of the two groups of anxiety patients was explored in the form of comparative experiment and questionnaire survey.

**Research design:** 94 patients with anxiety disorder will be divided into control group and observation group by random number table method, with 47 cases in each group. The patients in the control group were not treated. The patients in the observation group were given guidance on the relevant information of cultural tourism industry and allowed to experience a completely independent cultural tourism. The experimental time was set as one month. Questionnaires were distributed to the two groups of patients before and after the experiment to collect and analyze the anxiety of the patients. In this study, 94 questionnaires were distributed each time. The number of effective questionnaires recovered before and after the experiment were 94 and 92 respectively, and the corresponding questionnaire recovery rates were 100% and 97.87% respectively.

**Methods:** The questionnaire was mainly Self-rating Anxiety Scale (SAS), which was used to score the anxiety state of the two groups of patients before and after the experiment. The higher the SAS score, the more serious the anxiety of the patients. Through Excel and SPSS19.0 software, the anxiety and its relief of the two groups of patients were statistically and compared. The statistical data are expressed as  $\bar{x} \pm s$ .  $t$ -test is used to compare the data between groups.  $P < 0.05$  indicates that the difference is statistically significant.



**Figure 1.** Comparison of SAS scores between the two groups before and after the experiment

**Results:** As shown in Figure 1, there was no significant difference in SAS scores between the two groups before the experiment ( $P > 0.05$ ), and the comparison between the two groups was comparable. After the experiment, the SAS score of patients in the observation group decreased significantly, indicating that the anxiety of patients was relieved. The SAS score of patients in the control group fluctuated slightly, almost maintained a stable state, and was much higher than that of patients in the observation group ( $P < 0.05$ ).

**Conclusions:** The rapid development of cultural tourism industry is not only helpful to improve the

national economic level and enhance the sense of Chinese cultural identity, but also has a significant positive impact on the emotional relief of patients with anxiety disorder. Anxiety patients who experience cultural tourism show a significant decrease in SAS score and a significant improvement in mental health, which verifies that the development of cultural tourism industry can provide strong support for anxiety patients to alleviate anxiety.

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## RESEARCH ON THE IMPROVEMENT OF COLLEGE STUDENTS' ANXIETY BY THE INTEGRATION MODE OF INDUSTRY AND EDUCATION OF VOCATIONAL EDUCATION IN THE NEW ERA

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**Background:** In recent years, with the increasing attention of all sectors of society to college students' mental health education, mental health education in higher vocational colleges has also developed rapidly. The integration of industry and education and school enterprise cooperation are the main characteristics of the development of higher vocational colleges in the new era. Looking at the talent training mode of higher vocational education, most of them are "employment oriented and based on job needs". Higher vocational education focuses more on improving students' professional and vocational skills, pays insufficient attention to students' professional quality, psychological quality and personality growth, and pays insufficient attention to students' values, outlook on life and world outlook. The concept of "whole person" training for students is not established. Therefore, under the background of the development of higher vocational education integrating industry and education in the current new era, how to innovate the form and content of mental health education and promote the development of physical and mental health and psychological quality of students in higher vocational colleges is an important issue that the majority of mental educators must think deeply. At present, due to the imbalance of students' physical and mental development, many students often face psychological confusion and psychological conflict, and some develop into serious psychological obstacles such as weariness, loneliness and inferiority, and even lead to psychological diseases. According to the viewpoint of collaborative education, under the current background of school enterprise cooperation and integration of production and learning, mental health education in higher vocational colleges is a systematic project. The system includes three departments: teaching, student work and logistics service, including four contents: psychological course teaching, psychological activities, psychological census, psychological counseling and psychological crisis intervention. It includes four teams: full-time psychological teachers, part-time psychological teachers (psychological work counselors), class tutors (class teachers) and full-time teachers.

**Objective:** To establish a long-term mechanism for mental health education, which is of great significance to coordinate the division of labor and cooperation of various departments, give play to the synergy of various systems, and explore the mental health education model with local characteristics and professional characteristics in combination with the actual situation of higher vocational colleges, so as to promote the sustainable development of mental health education in higher vocational colleges.

**Research objects and methods:** In order to alleviate the anxiety symptoms of college students, taking the production education integration mode of vocational education in the new era as the research method, 400 questionnaires were distributed to college students with anxiety in higher vocational colleges in a certain area to test their psychological characteristics. A total of 372 questionnaires were collected with a recovery rate of 93%. The subjects were divided into experimental group and control group, with 186 people in each group. The experimental group was given the teaching scheme of industry education integration mode of vocational education, and the duration of the experiment was 2 months. The control group did not receive special teaching within 2 months, but only routine teaching. A total of 210 males and 190 females participated in this project. The age range of all subjects remained between 18 and 23 years, with an average age of  $20.6 \pm 2.3$  years.

**Research design:** After teaching, the Self-rating Anxiety Scale (SAS) was used to evaluate before and after training. The score limit was 50 points. More than 50 points indicated anxiety. The lower the score, the healthier the psychology. Judge the anxiety status of the two groups of subjects before and after training.