

Objective: This study uses the method of data analysis to put forward an effective physical training intervention scheme, which can effectively alleviate the depression of college students. This study explores the relationship between physical training and college students' depression, and then deeply studies the influencing factors of physical training on college students' depression.

Subjects and methods: Through the relevant literature website, find and collect the relevant literature on the intervention of physical training on college students' depression. The key words were physical training, depression, college students and depression, physical training and depression. The relevant literature published from 2005 to 2020 was searched.

Study design: This study passed Stata13.0 meta-analysis of SDS depression evaluation scale, and put forward the corresponding research hypothesis: physical training can improve and promote college students' depression. By combining the relevant indicators of SDS scale, this study makes relevant assumptions on the control of four regulatory variables: intervention mode, intervention cycle, intervention frequency and intervention time.

Methods: The relevant data were analyzed by Excel and SPSS20.0, Stata13.0 software for calculation and statistics.

Results: The meta regression results showed that the intervention mode, intervention cycle, intervention frequency and intervention time showed that there was no statistical significance in the explanation of the heterogeneity of college students' depression physical training intervention effect ($P > 0.05$), as shown in Table 1.

Table 1. Meta-regression analysis

<u>Es</u>	Coef.	Std. Err.	t	P > t	95% conf	Interval
Intervention mode (group project)	-0.5660126	0.5815940	-1.00	0.338	-1.775383	0.6433570
Intervention period (more than 15 weeks)	-1.0257479	1.1294351	-0.92	0.380	-3.409400	1.3579030
Intervention period (less than 12 weeks)	-1.1659329	0.8726761	-1.36	0.203	-3.002315	0.6704493
Intervention frequency (less than 4 times / week)	0.0064471	0.8515008	0.00	1.007	-1.775100	1.7879940
Intervention time (more than 60 min)	0.1055554	0.5443277	-0.17	0.873	-1.213702	1.0470350
Cons	1.0256751	0.5652749	1.84	0.098	-0.155497	2.2068470

Conclusions: In the treatment of depression, physical training has become an indispensable way of intervention. A total of 11 relevant literatures with high correlation were included in this study, and the bias risk test and bias analysis were carried out on the included literatures. The results show that no obvious bias was found, which proves that the combined results of this study are stable and reliable. The overall effect test results show that the total effect of physical training on college students' depression is $d=0.28$, which is statistically significant. That is, hypothesis (H) is verified, physical training has an effect on college students' depression, and the existing research results of college students' depression are comprehensively analyzed to provide a scientific scheme for college students with depression to carry out physical training and provide a basis for further intervention research.

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ROLE OF RAPID REHABILITATION NURSING IN REDUCING PSYCHOLOGICAL ANXIETY OF INPATIENTS DURING PUBLIC HEALTH EVENTS

Lijuan He¹, Shengguang Yan^{2*}, Yang Zhang¹, Liran Ma¹, Yuxia Huo¹ & Ying Zhu²

¹Kailuan General Hospital, Tangshan 063000, China

²North China University of Science and Technology, Tangshan 063210, China

Background: Public health emergencies mainly refer to the sudden occurrence of major infectious diseases, mass unexplained diseases, major food and occupational poisoning and other events that seriously affect public health. Once it happens, it not only seriously threatens the health and life safety of all groups in the whole society, but also brings serious psychological stress response and psychological disorders. The novel coronavirus pneumonia is the most serious infectious disease in a century. It is easy to cause public

anxiety and panic because of its transmission and susceptibility. Especially during this period, the psychological crisis of hospitalized patients has been varying degrees. Among them, the psychological anxiety of hospitalized patients during public health events is particularly serious. The patient group during hospitalization has been under pressure from physical, health, economy, society and other aspects. There are not a few patients with psychological diseases, which will even lead to anxiety and depression, which will seriously affect the prognosis of patients. People's mental anxiety is becoming more and more serious. Anxiety has become a common phenomenon, especially for hospitalized patients. Due to people's lack of understanding of their own anxiety, their lack of understanding of influencing factors, and their families' lack of attention to the anxiety of hospitalized patients, it brings trouble to hospitalized patients. Research shows that anxiety is a very common phenomenon in today's society, and nearly two-thirds of hospitalized patients have anxiety, which reflects the prevalence of this problem, and patients' mental health problems should be paid more attention. Anxiety and other adverse emotions will affect the patient's health, rehabilitation process and the degree of cooperation with doctors. The psychological factors of patients should be highly valued by family members and doctors. Family members should encourage and accompany more to jointly resist the invasion of disease and improve the anxiety of hospitalized patients.

Objective: In order to make more people aware of the importance of such problems and avoid the adverse consequences caused by the aggravation of psychological problems. The purpose of this study was to explore the role of rapid rehabilitation nursing in reducing the psychological anxiety of inpatients during public health events, and to analyze the degree of anxiety of inpatients and its influencing factors.

Subjects and methods: 180 patients with colon cancer treated in a hospital were divided into experimental group and control group. The patients were given routine nursing mode in the control group and rapid rehabilitation nursing mode in the experimental group. Among them, the rapid rehabilitation nursing model mainly includes pre radiotherapy nursing, admission nursing, health education, psychological nursing, diet nursing, life nursing, colostomy nursing and pain nursing. Finally, the Self-rating Anxiety Scale (SAS) was used to score the anxiety status of the experimental group and the control group before and after radiotherapy.

Study design: SAS scale adopts 4-level scoring method, with a total of 20 items. It mainly evaluates the frequency of symptoms defined by the items, and 1 point indicates no or little time. 2 points means a small part of the time. A score of 3 indicates a considerable amount of time. A score of 4 indicates most or all of the time. The higher the SAS score, the more serious the symptoms. Those whose total anxiety score is less than 50 are normal; 50-60 points are mild, 61-70 points are moderate, and more than 70 points are severe anxiety.

Methods: The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

Results: As shown in Table 1, the anxiety of the two groups before and after radiotherapy was significantly lighter than that of the control group by SAS scale ($P < 0.05$).

Table 1. Compare students' TAS-20 scores before and after teaching

Degree of anxiety		Control group	Experience group	<i>t</i>	<i>P</i>
Before radiotherapy	Mild anxiety	38	42	0.182	0.682
	Moderate anxiety	30	30	0.000	1.000
	Severe anxiety	22	18	0.268	0.603
After radiotherapy	Mild anxiety	24	54	10.192	0.002
	Moderate anxiety	48	24	6.677	0.010
	Severe anxiety	18	12	0.731	0.407

Conclusions: Public health emergencies not only pose a threat to people's health and life safety, but also have a huge psychological impact. Covid-19, compared with past disaster events, new crown pneumonia is characterized by high pathogenic, high infection rate, fast transmission speed and wide spread. It is very easy to arouse public anxiety and anxiety. Especially in hospitalized patients requiring surgery, psychological stress is more obvious. Health education in rapid rehabilitation nursing can improve patients' understanding of colon cancer diseases, make patients do a good job in self prevention, psychological intervention to alleviate patients' negative emotions such as anxiety and tension, dietary nursing can ensure patients' intake of sufficient nutrition, and life nursing can reduce patients' infection risk and postoperative complications.

Acknowledgement: The research is supported by: Research Plan of Hebei Provincial Health Commission (No.20211885).

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TO STUDY THE PSYCHOLOGICAL PROBLEMS OF EDUCATIONAL MANAGERS

Guiju Zhang*, Xin Chen & Yu Wang

Beijing Institute of Technology (Zhuhai), Zhuhai 519088, China

Background: In the process of social development, people are the most dynamic factor. People can become not only the most positive and active factor to promote the development of productive forces, but also a negative and passive factor. The key lies in people's quality. Human quality is a relatively stable and long-term basic quality structure obtained through acquired environmental impact and education and training on the basis of congenital genetic physiological characteristics. Among them, the most critical is psychological quality, which is not only the intermediary of physiological quality and social quality, but also permeates and restricts the quality of other aspects, and plays a very prominent and unique role. Psychological quality mainly refers to the comprehensive psychological ability formed by individuals on the basis of genetic quality through their own efforts and the influence of the environment. The quality of psychological quality is reflected in three aspects of psychological state: whether it is normal or not, the quality of personality psychological quality and the strength of psychological ability. Human behavior is a function of the interaction between human and environment. The influence of objective environment on human is universal and diffuse. It is an objective existence that is not transferred by human will. Therefore, the study of people's psychological quality is inseparable from the objective reality of economic and social development. In the past, people mainly relied on labor and capital to compete with nature and the future created by mankind. But now and in the future, in the information society where information and knowledge are important strategic resources and become an important lever to promote the development of science and technology, economy, culture and education, people achieve their goals through interpersonal competition. Therefore, the future will be a competition between people, then there will be winners and losers. Therefore, as high-level talents in the new century, university managers must first have good psychological quality. Only by improving their psychological quality can they face the stressful competitive era and not be eliminated. Therefore, a person's psychological quality plays a very important role in a person's success.

Objective: With the continuous reform of China's education, the quality, specification and training mode of high-level talents are also changing, and higher requirements are put forward for college education managers. College education is the core work of the school. Teaching management plays a key role in college education management. The psychological quality of educational managers has an important impact on the quality of teaching, which is also related to the realization of talent training objectives. Therefore, this study mainly discusses the deficiencies in the psychological quality of college education managers, in order to provide a feasible idea for the smooth development of college education management.

Subjects and methods: 160 educational administrators from several universities in a certain area were tested for personality, including academic affairs office, student office, teaching directors, teaching secretaries, academic administrators, directors of teaching and research offices and other relevant teaching managers of various departments (departments).

Research design: The test scale is the cartel 16 personality factor evaluation scale (16PF), which mainly includes 16 dimensions and a total of 187 items. Each item includes three options, namely "yes", "no" or "between the two". The original scores of the obtained factors are converted into standard 10 scores t through the norm table. $t \geq 8$ is high score and $t \leq 3$ is low score.

Methods: The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

Table 1. Comparison of mean and standard deviation of significant factors between full-time and part-time teaching managers

Factor	Mean value		Standard deviation	
	Full-time	Part-time job	Full-time	Part-time job
X2: Introversion and extroversion	5.65	5.70	1.79	1.75
O: Anxiety	5.59	6.84	2.12	1.46
C: Stability	5.80	5.61	1.75	2.01
H: Daring	5.99	6.16	2.01	1.72
Y1: Mental health status	5.88	7.34	2.10	1.67
X1: Adaptation and anxiety	6.09	6.56	2.13	1.89
Q4: Tension	5.67	6.43	2.25	2.23

Results: Table 1 shows the comparison results of the mean and standard deviation of the factors with