

significant differences between full-time and part-time teaching managers. The results show that full-time managers show more anxiety, worry and tension than part-time teachers, while part-time teachers have significantly better mental health than full-time managers, showing more risk-taking, emotional stability and extroversion.

Conclusions: Through the research results, it can be concluded that only education managers with excellent psychological quality can cultivate the next generation of mental health. How to comprehensively improve the psychological quality of teaching managers, make the management of colleges and universities truly scientific, standardized and effective, and make higher education vibrant is the biggest problem and challenge we face. The requirements for the psychological quality of teaching managers in colleges and universities should not only be based on their professional nature, function and characteristics of the times, but also focus on the future development trend. We should not only be based on our own cultural and educational background, but also face the trend of educational internationalization.

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EFFECT OF PSYCHOLOGICAL NURSING ON THE RECOVERY OF CLINICAL PATIENTS

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Background: Psychological nursing refers to the psychological treatment method in which nurses actively influence the psychological activities of patients through various ways and means in the process of nursing, so as to achieve the nursing goal. In the whole process of nursing, nurses actively affect the psychological state of patients through various ways and ways to help patients obtain the most appropriate physical and mental state under their own conditions. In recent years, many scholars began to use psychological therapy such as interpersonal relationship and cognitive behavior to treat patients with coronary heart disease, which has achieved good results in improving depression, anxiety and prognosis. Positive psychology is a kind of psychology that can help others find and use their own resources to improve the quality of life and the overall quality of individuals. Many scholars have applied positive psychology to clinical nursing practice, such as improving the self-care ability and quality of life of patients with advanced cancer and stroke. Coronary heart disease is the most common cardiovascular disease. It has high incidence rate and mortality rate. It is a commonly recognized psychosomatic disease. Some studies have pointed out that under the control of biological risk factors such as blood pressure and cholesterol, mental factors such as depression and anxiety will still be the risk factors of coronary heart disease, and it is also one of the main factors for the decline of prognosis quality. According to statistics, about half of the hospitalized patients with coronary heart disease in China are more or less accompanied by depression or anxiety symptoms. It is very difficult for patients with coronary heart disease to overcome the negative factors in the environment and social intervention.

Objective: This experiment introduced positive psychology into nursing intervention, and evaluated the effects of Major Adverse Cardiovascular Events (MACE), the number of acute exacerbations, depression, anxiety and quality of life in patients with coronary heart disease.

Subjects and methods: 164 patients with coronary heart disease in a hospital were divided into experimental group (74 cases) and control group (84 cases) according to different nursing methods. The patients in the experimental group were given positive psychological nursing intervention, including five stages: psychological suggestion training, relaxation training, gratitude training, feedback and continuous practice. The patients in the control group were given routine nursing programs in the ward, including preoperative and postoperative nursing of coronary angiography, health education and so on.

Study design: This study used the self-designed Generalized Anxiety Disorder (GAD-7), Patient Health Questionnaire-9 (PHQ-9) and China Questionnaire of Quality of Life in Patients with Cardiovascular Diseases (CQQC) to evaluate the patients. Among them, GAD-7 has a total of 7 items, including patients' troubled problems such as "worrying too much about various life problems" and "difficult to relax" in the past two weeks, the Cronbach's α coefficient is 0.892. The score of each item is 0-3, and the total score is 21. The final score is 15-21 points for severe anxiety, 10-14 points for moderate anxiety, 5-9 points for mild anxiety and 0-4 points for no anxiety. There are 9 items in PHQ-9 scale, including sleep disorders, eating disorders, loss of pleasure, negative ideas and other measurement items, the Cronbach's α coefficient is 0.763. The score of each item is 0-3, and the total score is 27. The final score is 15-27 points for severe depression, 10-14 points for moderate depression, 5-9 points for mild depression and 0-4 points for no depression. There

are 24 items in CQQC questionnaire, including disease, physical strength, social and psychological status, medical status and other measurement dimensions. The total score is 154 points, Cronbach's α when the coefficient is 0.91, the higher the score of patients, the higher the quality of life, and vice versa.

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

Results: As shown in Table 1, the baseline scores of depressions and anxiety in the control group were not significantly different from those in the first and third months of this group ($P > 0.05$). Compared with the baseline score of the experimental group in the first and third months, there was significant difference in anxiety score ($P < 0.01$), but there was no significant difference in depression score ($P > 0.05$). There was no significant difference in the scores of depressions and anxiety between the experimental group and the control group in the first month after discharge ($P > 0.05$). There was significant difference in the scores of depressions ($P = 0.011$) and anxiety ($P = 0.024$) between the two groups in the third month ($P < 0.05$). Where, * represents the scores of the experimental group compared with the baseline and the first month within the group, $P = 0.003$, ** indicates the scores of the experimental group at baseline and the third month compared within the group, $P < 0.01$, # indicates the score of the third month of comparison between groups, anxiety $P = 0.024$, depression $P = 0.011$.

Table 1. The depression and anxiety of the two groups were compared [M (P_{25} , P_{75}), Score]

Group		Anxious	Depressed
Experience group	Baseline score	2(0,4)	1(0,5)
	The 1st month	0(0,1)*	2(0,3)
	The 3rd month	0(0,1)**	0(0,3)
Control group	Baseline score	0(0,3)	1(0,5)
	The 1st month	0(0,1.25)	0(0,4)
	The 3rd month	0(0,4)#	3(0,7)#

Conclusions: The nursing program based on positive psychology for patients with coronary heart disease can not only reduce the incidence of mace and acute exacerbation, but also reduce the level of depression and anxiety, so as to improve the quality of life of patients.

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THE ROLE OF COLLEGE PHYSICAL EDUCATION REFORM UNDER HUMANISTIC PSYCHOLOGY IN ALLEVIATING STUDENTS' ANXIETY

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Background: In recent years, some college students have some anxiety under the pressure of all aspects. Colleges and universities should effectively intervene the students with anxiety disorder. Long term anxiety tendency is a negative emotional reaction, and severe anxiety will even affect daily behavior and life. The research shows that at present, a considerable number of college students have anxiety disorders, but they seldom take the initiative to go to the hospital for diagnosis, which makes anxiety disorders have a certain concealment, seriously damages students' physical and mental health, greatly reduces students' learning efficiency and quality of life, and affects students' adaptation to college life and their own healthy development. Humanistic psychology focuses on people. For people, this theory pays attention to rationality, needs, value and development potential. Humanistic psychology theory holds that we should carry forward people's subjective enthusiasm and pay attention to people's reasoning, introspection, creation and imagination. Some scholars pointed out that everyone is looking for a perfect self. While actively preserving themselves, they are also trying to find ways to expand themselves, hoping to finally achieve self-perfection. Rogers, an important representative of humanism, puts forward that people have the ability to be self-directed. Individuals not only rely on this potential to survive, but also rely on this potential to develop and fully realize. Humanistic care is manifested in the maintenance, pursuit and concern for human dignity, personality, value and destiny, and the concern for human subject, status, needs, living conditions, living conditions and security. Humanistic care is the affirmation and shaping of the ideal personality of all-round development. Therefore, the reform of college physical education under humanistic psychology needs to