

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  $\alpha$  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.

\* \* \* \* \*

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

Yang Liu<sup>1</sup> & Liu Lu<sup>2\*</sup>

<sup>1</sup>Guangdong University of Science & Technology, Dongguan 523083, China

<sup>2</sup>Jiangxi Normal University, Nanchang 330022, China

**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

continue to be people-centered, take improving the humanistic quality of physical education teachers as the premise of teaching reform, and take the enhancement of students' physique and the improvement of mental health problems as the ultimate goal of physical education reform. By analyzing the actual situation of students, this paper formulates the physical education reform plan that needs to be implemented by the school, takes respecting students as the primary principle of teaching reform from the perspective of humanistic psychology, and finally enhances students' enthusiasm for physical exercise and improves students' negative psychological emotions, so as to endow colleges and universities with a new direction of physical education reform in the process of humanistic psychology teaching.

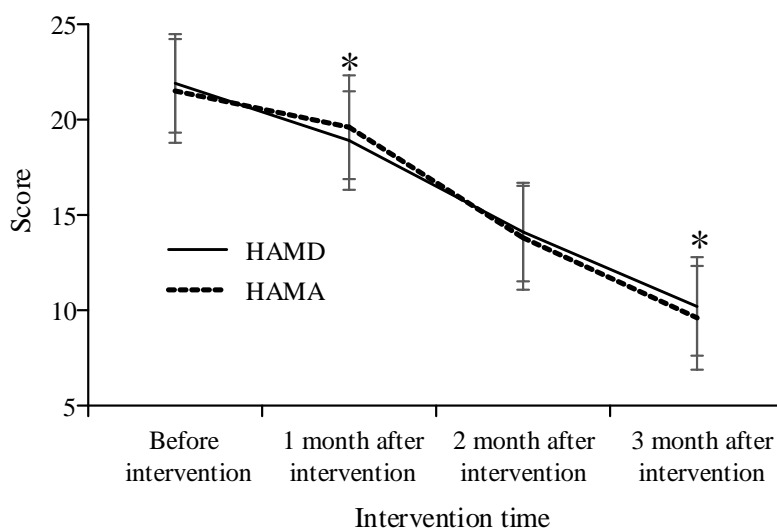
**Objective:** This study hopes to explore the impact on students' anxiety through the reform mode of college physical education under humanistic psychology, so as to further alleviate college students' anxiety.

**Subjects and methods:** This study used stratified cluster random sampling method to conduct a questionnaire survey on 320 college students with anxiety disorder in many colleges and universities in an area. A total of 320 questionnaires were distributed, 295 were recovered, and the number of effective copies was 284. To investigate students' psychological status and the relief of anxiety under the intervention of college physical education reform mode under Humanistic Psychology.

**Research design:** After the teaching, the students were evaluated by Hamilton Depression Scale (HAMD) and Hamilton Anxiety Scale (HAMA) to judge the psychological status of college students and the relief of anxiety before and after the intervention of college physical education reform mode under humanistic psychology.

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

**Results:** The HAMD and HAMA scores of students at four-time nodes were compared, which were before the intervention, 1 month, 2 months and 3 months after the intervention, as shown in Figure 1. The HAMD and HAMA scores of college students before intervention were significantly higher than those 1 month, 2 months and 3 months after intervention ( $P < 0.05$ ). The scores of HAMD and HAMA at 2 months after intervention were significantly lower than that at 1 month after intervention ( $P < 0.05$ ). The scores of HAMD and HAMA at 3 months after intervention were significantly higher than those at 1 and 2 months after intervention ( $P < 0.05$ ).



**Figure 1.** The HAMD and HAMA scores of students before and after intervention were compared  
Note: \* $P < 0.05$ .

**Conclusions:** For a long time, China's physical education teachers' education has always attached importance to specialty and despised culture, especially ignoring the personality education of how to be a man, how to do things and how to live. As a result, the trained physical education teachers generally lack of humanistic quality. From the perspective of humanistic care, physical education teaching should formulate the physical education reform plan that needs to be implemented by the school, take respecting students as the primary principle of teaching reform from the perspective of humanistic psychology, and finally enhance students' enthusiasm for physical exercise and improve students' negative psychological emotions, so as to give colleges and universities a new direction of physical education reform in the process of humanistic psychology teaching.

**Acknowledgement:** The research is supported by: The National Social Science Foundation of China "Research on the Effectiveness of Public-Demand-Oriented Public Sport Services Supply" (No. 16CTY014).

\* \* \* \* \*

## EFFECT OF MISOPROSTOL IN OBSTETRICS AND GYNECOLOGY ON PATIENTS' MENTAL ANXIETY

Yanhui Zhang<sup>1</sup>, Shurong Li<sup>2</sup> & Xiaoze Sun<sup>1\*</sup>

<sup>1</sup>Huanghe S & T University, Zhengzhou 450063, China

<sup>2</sup>The First Affiliated Hospital of Henan University of Traditional Chinese Medicine, Zhengzhou 450000, China

**Background:** Mental anxiety is a common mental disorder, which is caused by many factors. The investigation of many patients with mental anxiety found that patients with mental anxiety are often accompanied by symptoms such as emotional tension, restlessness, nervous tension, dizziness and vomiting. Serious patients will even have problems such as auditory hallucinations and visual impairment. Being in the state of mental anxiety for a long time will have a great impact on the psychology and physiology of patients. With the accelerated pace of modern people's work, more and more people have mental anxiety problems. For example, in the field of obstetrics and gynecology, pregnant women are easy to suffer from anxiety disorders. Many medical experts have carried out research on pregnant women and patients, and found that there are many factors for postpartum pregnant women to produce anxiety disorder, which is mainly caused by postpartum cognitive disorder of pregnant women. These patients are vulnerable to external factors. They are always in a tight state of mind, depressed and affect their own health. At present, there are many ways to treat mental anxiety, such as psychological counseling, physical auxiliary training and common clinical drug treatment. Generally speaking, most patients prefer psychological counseling to solve patients' mental anxiety problems, but the treatment time is long and the effect is not obvious. At present, drug treatment is the most effective and conventional method, which can improve patients' mental anxiety problems.

For the mental anxiety problems of pregnant women, considering the physical, mental and physical weakness of postpartum pregnant women, there is no very effective treatment drug to cure the mental anxiety problems of patients. However, for the mental anxiety problems of postpartum pregnant women, misoprostol can be used to improve the physical condition of pregnant women and alleviate the mental anxiety problems of pregnant women. Misoprostol is a prostaglandin E-derived drug. Aiming at the problems of the cervix of postpartum pregnant women, the drug can soften the cervix of women, improve the tension of cervix and intrauterine pressure, and alleviate the discomfort caused by postpartum pregnancy. Many postpartum pregnant women are prone to ulcer and other symptoms. This drug can also promote the digestion of pregnant women, alleviate and improve the symptoms of peptic ulcer in clinic. Many postpartum pregnant women have the problem of excessive gastric acid, which leads to stomach pain, mental tension and other phenomena. Misoprostol has also played a good effect in the clinical treatment of patients. Therefore, it can be found that misoprostol drugs have good clinical value in the physical and mental regulation of postpartum pregnant women. Therefore, misoprostol drugs are used to treat postpartum pregnant women with mental anxiety, and study whether misoprostol can improve the mental anxiety of postpartum pregnant women.

**Objective:** Aiming at the mental anxiety problems of postpartum pregnant women in obstetrics and Gynecology, this paper analyzes the physical and mental effects of mental anxiety on patients, and discusses whether misoprostol has therapeutic effect in patients with mental anxiety.

**Subjects and methods:** Take 60 postpartum pregnant women with mental anxiety disorder in a hospital as the research object, and divide the patients into two groups. One group adopts the traditional psychological counseling scheme, the other adopts the psychological counseling plus drug treatment scheme, constructs the treatment process for patients, analyzes the difference between drug treatment and ordinary treatment scheme, and evaluates whether misoprostol drugs have therapeutic effect on patients' mental anxiety.

**Results:** The changes of the two mental anxiety treatment schemes are shown in Table 1. The patient's ability is graded from 0 to 4. 0 indicates poor ability and 4 indicates very good ability. Table 1 shows that patients with mental anxiety perform significantly better in all aspects after drug treatment, which also shows that misoprostol has a certain therapeutic effect on postpartum patients with mental anxiety.

**Conclusions:** It is a common phenomenon for postpartum pregnant women to have mental anxiety problems, especially with the acceleration of modern people's pace of life and the emergence of pressure such as work, emotion and study. The object of this study is postpartum pregnant women with anxiety disorder. Many first-time pregnant women are prone to this problem. Therefore, doctors and family members need to take it seriously. While strengthening the psychological counseling of patients, they should