

EFFECT OF OUTDOOR PHYSICAL TRAINING ON MENTAL HEALTH OF DEPRESSED COLLEGE STUDENTS

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Background: According to the authoritative data of the World Health Organization in 2021, the number of patients with suspected depression worldwide exceeded 400 million, and the number of patients with confirmed depression in China exceeded 100 million. Mental diseases mainly represented by depression have become the second largest killer threatening human health. The clinical manifestations of depression are high prevalence, high recurrence rate and high suicide rate. Patients usually have symptoms such as no new pleasure, low interest and low mood. The incidence rate of depression is increasing year by year, but the pathogenesis and etiology of this disease have not been confirmed. Most people, especially the family members of depression, cannot correctly understand depression. They usually regard the pessimism, depression, physical disorder, depression, heavy sleep in the morning and light sleep in the evening, slow thinking and lethargy shown by patients with depression as individual willpower weakness or individual laziness. This phenomenon of social support leads to the serious condition of patients with depression. Patients cannot achieve normal study, life and work when their condition is relatively mild. At present, the common intervention measures are offering lectures on professional knowledge of mental health and targeted personalized psychological intervention. The former popularizes common psychological problems and the adverse effects of psychological problems to patients through regular lectures on mental health knowledge, and provides patients with channels to obtain psychological assistance. The latter alleviates and improves psychological problems through active psychological intervention measures, and sets up a special psychological counseling room to complete psychological counseling. However, these depression intervention programs are difficult to implement, poor effect and low real-time, so it is difficult to fundamentally solve the psychological problems of patients with depression.

At this stage, outdoor physical exercise has been confirmed by many scholars at home and abroad that it can play a good intervention role in mental diseases. If patients with depression are alone or in a stressful environment for a long time, it will have a malignant impact on their psychological mood. If patients with depression are placed in a positive and optimistic environment, their thinking, thoughts and behavior will be positively guided, which will greatly reduce the degree of psychological depression. Outdoor physical exercise can be regarded as creating a positive environment for patients. Patients can reduce their attention to depression by relaxing their muscles and pleasing their hearts. Authoritative medical journals point out that patients with depression lack serotonin, which is a pleasure hormone, and exercise can promote the secretion of this hormone, especially aerobic exercise. The effect of aerobic exercise in the treatment of mild and moderate depression is similar to that of depression drugs, which has also been demonstrated by most experts. In addition to the adjuvant treatment of depression, exercise can also reduce the incidence rate of depression, and effectively prevent the occurrence of depression.

Objective: To analyze the clinical value of outdoor physical training in the mental health recovery of depressed college students, in order to enrich the intervention means of depressed patients and improve their mental health level.

Subjects and methods: 100 patients with depression were randomly divided into control group and experimental group, with 50 patients in each group. The control group took the routine psychotherapy mode for intervention, while the experimental group increased outdoor physical training on this basis. The experimental period was 3 months. After the end, the improvement of depressive symptoms of the two groups were compared and analyzed. Hamilton Depression Scale (HAMD) was used to measure the depressive symptoms of the two groups, and Drosophila optimization algorithm was used to classify the improvement effect of depressive patients. The HAMD scale includes seven factors: despair, sleep disorder, block, day and night change, weight, cognitive disorder and anxiety. Set the evaluation index of improvement effect as no improvement, improvement and obvious improvement. The improvement rate is the ratio of the number of people and the total number of people at the two levels of improvement and obvious improvement.

Methods: Through the latest version of CHISS data statistical analysis software to analyze the impact of outdoor physical training on the mental health level of patients with depression.

Results: Table 1 shows the improvement of depressive symptoms in the two groups after the experiment. The improvement of depressive symptoms in the experimental group was more obvious in the seven dimensions, while the depressive symptoms in the control group were only improved to some extent. Therefore, the introduction of outdoor physical training in the experimental group has an obvious effect on the intervention of patients.

Conclusions: Depression has a serious impact on people's normal life. All sectors of society and their

families need to pay special attention to it. The results show that compared with the general psychological intervention program, the psychological intervention program of outdoor physical exercise has obvious advantages in improving the psychological mood of patients with depression, and can be popularized and applied in clinic.

Table 1. The Improvement of depressive symptoms in the two groups after the experiment (%)

Dimensions of anxiety measurement	Control group (n=50)	Experience group (n=50)
Sense of despair	88	80
Sleep disorder	90	82
Block	88	80
Diurnal variation	92	78
Weight	86	84
Cognitive barriers	90	80
Anxious	92	82

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ANALYSIS ON THE EFFECT OF INNOVATIVE DEVELOPMENT OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON RELIEVING STUDENTS' SPIRITUAL AND EMOTIONAL PRESSURE

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Background: As one of the compulsory courses in colleges and universities, ideological and political education occupies an important position under the school running goal of building morality and cultivating people in colleges and universities, and undertakes the great mission of cultivating qualified socialist builders and successors to the revolutionary cause. The content of ideological and political education in colleges and universities mainly includes five aspects: ideological and ideological education, education to maintain national unity, moral code education, discipline and law-abiding education and mental health education. Ideological and political education in colleges and universities cultivates students' Ideological and moral level, political literacy level and mental health level from different aspects. Through the main contents of Ideological and political education in colleges and universities, we can find that its educational characteristics are mainly comprehensive, adaptive, scientific and reasonable, and its main guiding ideology is the relevant core theory of socialism. The reason why colleges and universities attach great importance to ideological and political education is that ideological and political education in colleges and universities can play an important and positive role in the cultivation of students' ideological quality and the establishment of the direction of life development. Ideological and political education in colleges and universities can help students make reasonable plans for their career, improve their ideological quality and moral level, and finally achieve the purpose of building a harmonious society by building a good campus study atmosphere environment. In the current environment, the trend of economic globalization continues to strengthen, and the cultural ideas of various countries flow into China, which has affected some students' national consciousness and value orientation. On the other hand, with the continuous improvement of social and economic level and the expanding demand for high-quality professionals, students may be difficult to realize the correct role transformation between colleges and universities and society, resulting in varying degrees of mental and emotional pressure. The causes of college students' mental and emotional stress have a certain diversity, which is mainly divided into three aspects: the emotional fluctuation in the stage of individual growth and development, the imbalance and conflict of social development, and the negative impact of the prosperity of network culture. If students have too much mental and emotional pressure, it will make it difficult for them to effectively carry out normal learning activities and social activities, make their thoughts or behaviors deviate, and have a great negative impact on their normal learning life and personal development. The traditional ideological and political education in colleges and universities can no longer meet the changing needs of talents. The innovative development of ideological and political education in colleges and universities is an inevitable move for talent training in colleges and universities.

Objective: In the process of continuously promoting the process of talent training in colleges and