

personal anxiety and depression and reduce the risk of cardiovascular disease. Based on cognitive psychology, this study proposes cognitive psychological intervention and cognitive behavior intervention to alleviate negative emotions and reduce the risk of cardiovascular disease. The results showed that after the intervention, the scores of somatizations, obsessive-compulsive symptoms, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia and psychosis in the study group were significantly lower than those in the control group ($P < 0.05$). The above results show that the intervention of patients based on cognitive psychology can effectively reduce the degree of anxiety and depression, improve the function of cardiovascular system and avoid the risk of cardiovascular diseases.

Table 1. SCL-90 scores of two groups

Project	Group		t	P
	Research group	Control group		
Somatization	25.7±8.2	34.2±10.7	7.025	<0.001
Obsessive compulsive symptoms	23.1±7.3	27.3±7.6	5.048	<0.001
Interpersonal sensitivity	20.1±3.2	28.4±6.3	7.639	<0.001
Depression	28.5±4.5	38.3±9.7	7.638	<0.001
Anxiety	25.7±6.2	32.6±8.1	8.424	<0.001
Hostile	8.6±1.8	16.6±6.1	7.088	<0.001
Terror	15.2±3.2	21.6±4.7	6.304	<0.001
Paranoid	11.2±6.4	15.4±6.5	7.319	<0.001
Psychotic	19.8±4.8	27.9±5.3	6.309	<0.001

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STUDY ON THE INFLUENCE OF TRAGIC PICTURES IN THE MEMORY OF THE ANTI JAPANESE WAR ON THE PSYCHOLOGICAL STRESS OF CHILDREN IN SHANDONG BASE AREA

Jinxia Ma

Linyi University, Linyi 276000, China

Background: The memory of the Anti-Japanese War not only includes people's memory of bravery, humiliation and beating, peace and rejuvenation, but also has a close relationship with international, national, national, social and other levels. China's memory of the war of resistance against Japan reflects the relevant contents of cultural psychology, which refers to remembering hard work and sweet thoughts in the historical memory and cherishing the hard-won peace and development while not forgetting the contributions made by the historical ancestors. Memory is not only collective, diverse, but also individualized. What carries the memory of the war of resistance against Japan is the precious film and television materials left. The memory of the war of resistance against Japan shows the hardships and difficulties of a nation since its development, from the political memory of the war of resistance to the social memory of the war of resistance, and then to the personalized memory of the war of resistance against Japan. To remind people not to forget history and keep peace in mind, many writers and artists have created film and television works related to the memory of the Anti-Japanese war after relying on historical materials and textual research, so that more people can construct their personal memory under the collective memory. Since October 1937, when the Japanese army invaded Shandong, the Shandong provincial Party committee of the Communist Party of China quickly mobilized the masses to carry out guerrilla war and established Shandong Anti-Japanese base area. The establishment of Shandong base area opened up and created North China base area for our party, which is an important historical transformation and important main battlefield of the Anti-Japanese war. The tragic pictures and historical memory review of the Anti-Japanese war film and television works related to Shandong base area all make the audience feel greatly touched after watching. Among them, children's psychological tolerance is poor, and they are more vulnerable to the interference and influence of external things. It is very easy to produce certain psychological pressure and emotional burden on the tragic pictures in the Anti-Japanese war film and television, affecting their mental health.

The standard of mental health refers to that all aspects of psychology and its activity process are in a

continuous and positive psychological state. In this state, the subject can make good adaptation and give full play to its physical and mental potential. When the individual's psychological condition changes or is stimulated by conditional factors, it will produce a certain amount of psychological pressure, and psychological pressure refers to the positive or negative experience of the brain in order to help us focus on coping with challenging situations. Moderate and positive psychological pressure can promote individuals to continuously stimulate their own potential and development motivation, and deal with the changes of environment and individuals with a more upward and fuller psychological attitude. Excessive and negative psychological pressure will make individuals have negative psychological emotions about upcoming things, cause behavioral cognitive conflict, and damage their physical and mental health, life and work. When individuals are under certain psychological pressure, they will show certain external emotions, such as anxiety, progress, impatience, uneasiness and so on.

Objective: The pictures of Anti-Japanese war film and television works have a great psychological impact on children because of their intuition, authenticity and tragedy, which aggravates the psychological pressure and burden on the formation of their memory, and then produces negative emotions such as anxiety. Therefore, the research helps to explore the impact of the tragic pictures in the Anti-Japanese war films and television on the psychological pressure of children in Shandong base area with the help of the Anti-Japanese war memory perspective, and help them carry out appropriate psychological intervention to improve their mental health level.

Subjects and methods: The study took the students of a primary school in Shandong Province as the research object, adopted the method of stratified cluster sampling and experimental grouping, and collected the data of children's psychological stress and mental health level with Psycho-so-Matic-tension N-R relaxation inventory (PSTRI) and Symptom Checklist 90 (SCL-90).

Method design: Both groups organized them to watch film and television works related to the theme of the war of resistance against Japan, and counted the changes of children's psychological pressure before and after the experiment with the help of scale tools, and then alleviated their emotions in the way of psychological guidance and intervention. The experimental time is three weeks. After the experiment, the experimental data are processed and analyzed with the help of statistical analysis tools, and the experimental conclusions are drawn.

Results: The severity of psychological stress will affect the level of individual mental health. As an important part of the memory of the Anti-Japanese War, Shandong base area has strong traces of historical memory. Therefore, when children watch the tragic pictures in the film and television works of the memory of the Anti-Japanese War, they will unconsciously bring them in, and then produce psychological pressure and sad psychology. With the help of the memory field of the Anti-Japanese War and the law of children's psychological development, appropriate psychological intervention can effectively reduce their psychological burden and pressure. Table 1 shows some SCL of children in Shandong before and after psychological intervention_90 score difference statistical results.

Table 1. Partial SCL of children in Shandong before and after psychological intervention_90 score difference statistical results

Scoring dimension	Before intervention	After intervention
Anxious	1.12±0.37	1.74±0.41
Depressed	1.28±0.50	1.95±0.62

Conclusions: The perspective of Anti-Japanese war memory reveals the historical development process by analyzing the construction subject and value meaning in the history of Anti-Japanese war. The Anti-Japanese war memory is not only related to the war, but also related to the Chinese society since the war. The construction subjects of Anti-Japanese war memory include state power, political party power, social groups, people individuals, etc., and with the changes of the times, the share and dominant weight of each construction subject will be different. As an important base in the history of China's Anti-Japanese War, Shandong base area has laid the foundation for the establishment of North China base area. Therefore, the memory trace of Shandong children to history is more obvious and prominent, and their psychological status is more easily affected by Anti-Japanese war film and television works. Psychological intervention from the perspective of Anti-Japanese war memory and combined with the psychological characteristics of Shandong children can effectively help them better form their own personal memory in historical collective memory, reduce psychological pressure and improve their physical and mental health.

Acknowledgement: The research is supported by: Research on Children's Daily Life in Shandong Base Area from the Perspective of Anti-Japanese War Memory, research achievements of Shandong Social Science planning project (No. 19CDSJ08).

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RESEARCH ON THE DESIGN OF COMMUNITY PARENT-CHILD INTERACTIVE ENTERTAINMENT FACILITIES BASED ON THE PSYCHOLOGY OF ANXIETY PATIENTS

Xiaoying Li, Qiaohui Chen* & Le Wan

School of Industrial Design, Hubei University of Technology, Wuhan 430000, China

Background: Anxiety symptoms are typical psychological diseases. Anxiety patients are prone to mental tension, depression, irritability, fear, physical pain and other symptoms. With the accelerated pace of modern life, unhealthy diet, work and rest habits, work pressure and learning pressure have led to anxiety problems in more and more people. Patients with mild anxiety disorder were nervous, depressed and had poor enthusiasm. Moderate anxiety disorder is often accompanied by insomnia, dreaminess, anorexia and other symptoms, usually mental stress concentration, prone to neurological fatigue. Patients with severe anxiety disorder often have chest tightness, emotional tension, fear, accompanied by physical fatigue, physical discomfort and other symptoms. As soon as patients have anxiety symptoms, they should see a doctor in time. At present, there are several treatment schemes for anxiety disorders, such as drug treatment methods, which can alleviate patients' anxiety symptoms through psychiatric regulating drugs, but taking drugs for a long time is easy to damage their body. At the same time, there are ways to relieve physical tension and mental problems of patients, such as physical massage, eye exercises and so on. The last is psychotherapy. Psychotherapy is a common method to treat patients with anxiety disorder. Through communication with patients, we can understand the causes of patients' anxiety, and regulate patients' symptoms by alleviating patients' emotions through reasonable psychological comfort. At present, more and more people suffer from anxiety symptoms. How to effectively alleviate the anxiety of patients has important research significance for treatment.

For parents of children with anxiety symptoms, by participating in personal activities, accompanying children in parent-child games, or jointly participating in the design of community parent-child interactive entertainment facilities, they can have a positive impact on the anxiety symptoms of patients. Community personal interaction entertainment project is a relatively novel parent-child interaction project. In the design of entertainment facilities, children and parents need to fully participate in the activities, which can not only enhance the emotion between children and parents, but also exercise people's body and mind and regulate people's pressure, which has a positive impact. The focus of the community personal interaction entertainment project is to pay attention to the emotional communication and interaction between themselves. Through personal participation, improve the combination form of fitness and entertainment facilities or entertainment form, so as to enhance the emotion between parents and children and improve the effect of parent-child communication. Therefore, for the parents of children with anxiety disorder, it is proposed to alleviate the anxiety of patients through the research on the design of parent-child interactive entertainment facilities. Therefore, this paper analyzes the main manifestations of anxiety symptoms, analyzes the common treatment methods of anxiety disorders, and then studies the influence of anxiety patients' participation in community personal interactive entertainment implementation design on their condition.

Objective: This paper discusses the main manifestations and hazards of current anxiety patients, analyzes several treatment methods of anxiety, studies the impact of the design of community parent-child interactive entertainment facilities on anxiety emotion, and then discusses the impact of the design of community parent-child interactive entertainment facilities on anxiety patients.

Subjects and methods: 200 parents of children with anxiety disorder were randomly selected as the research object. Through the design of parent-child interactive entertainment facilities in children's community, the changes of psychological activities of patients were recorded, so as to evaluate whether the parent-child interactive entertainment projects in the community have a positive impact on anxiety patients.

Results: The number of psychological activity changes of 200 parents with anxiety symptoms after community parent-child interactive entertainment is shown in Table 1. It can be seen from the table that after the activities of parent-child interactive entertainment in the community, the patients' anxiety symptoms and psychological activities have been improved, with a score of 1-5. The higher the score, the better the mentality. Compared with before and after learning, the scores of stress relief indicators, optimism indicators and parent-child relationship also improved, indicating that community parent-child interactive entertainment projects can improve the condition of anxious patients and alleviate their stress.