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

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**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.

**Table 1.** Changes in psychological activities of 200 parents with anxiety symptoms after community parent-child interactive entertainment programs

Positive psychology	Before teaching	After teaching	P
Stress relief	3	4	<0.05
Optimistic index score	1	3	<0.05
Parent child relationship score	3	4	<0.05

**Conclusions:** With the acceleration of social development, more and more people are suffering from anxiety disorders. Anxiety disorders not only affect people’s physical and mental health, but also have an adverse impact on people’s work and life. Therefore, this paper analyzes the performance and influence of the three stages of anxiety symptoms. Through the analysis of the symptoms, it is proposed to alleviate the symptoms by participating in the design of parent-child interactive entertainment facilities. The results show that after participating in parent-child interactive entertainment projects, the patients enhance the communication and communication with children, and maintain the parent-child relationship through joint participation in activities, the anxiety of patients has been significantly improved. Therefore, the research content has important research value for alleviating anxiety symptoms.

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## RESEARCH ON THE INTERVENTION EFFECT OF DRAMA APPRECIATION COURSE ON PSYCHOLOGICAL RELIEF OF LEFT BEHIND CHILDREN

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**Background:** Psychological stress refers to physiological changes and emotional fluctuations caused by changes in the external environment and internal state of the body. There are many factors leading to psychological stress, and their sources and properties are different. It may come from society or family. It may be pleasant or unpleasant. It can be beneficial or harmful. In any case, people always have to adopt a certain attitude to adapt to pressure. Pleasant and beneficial psychological stress generally does not harm people’s health. Temporary psychological pressure does little harm to people’s physical and mental health, but long-term psychological pressure will lead to excessive physiological response. If you do not actively overcome unpleasant and harmful psychological pressure, it will often lead to various diseases. Stressors include: biological stressors: physical trauma or disease, hunger, sexual deprivation, sleep deprivation, noise and temperature changes. Psychological stressors: wrong cognitive structure, personal bad experience, moral conflict, bad personality and psychological characteristics. Social environmental stressors: pure sociality. Interpersonal adaptation problems caused by their own conditions. The production process can be divided into three stages: stress response stage, gain and loss stage of intermediary system, and clinical stage: timely symptoms and delayed symptoms. The mediating system of stress is composed of three subsystems: cognitive system, social support system and immune system. Among them, the cognitive system is to evaluate the nature and controllability of stress and affect people’s self-control of behavior. The social support system is an effective buffer of stress through the relationship of intimacy and trust. The immune system can alleviate the symptoms and functional consequences of the body’s immune system. With the acceleration of China’s urbanization, a large number of migrant workers pour into cities to work, resulting in the increasing number of rural lefts behind children. At the same time, it also brings a series of social problems. The education and psychological problems of left behind children have become a hot issue, especially the psychological problems of left behind children have become an important factor affecting the healthy growth of children. Therefore, it is necessary to expand the psychological problems of left behind children through social activities, enhance children’s self-confidence and sense of responsibility, strengthen communication with left behind children in school and family, cultivate their sense of happiness and belonging, and broaden communication channels with left behind children, so as to promote the healthy and happy growth of left behind children.

As one of the three ancient drama cultures in the world, opera has a long history, extensive and profound,