

RESEARCH ON THE INFLUENCE OF RURAL CULTURAL CONSTRUCTION ON ALLEVIATING THE SPIRITUAL PRESSURE OF RURAL GOVERNANCE

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SUMMARY

Introduction: Mental stress is a psychological concept with two-way force in psychology. In a positive sense, appropriate psychological stress helps social individuals form behavioral driving force in social competition, so as to help individuals achieve better competitive effect in social competition, and then promote the competitive intention in the next stage. However, excessive mental pressure will lead to the formation of escape psychology and withdrawal behavior under the pressure of competition, which is not conducive to the formation of individual behavioral self-confidence. At the same time, it may also lead to many psychological obstacles. This study aims at the sources and characteristics of mental stress of rural groups, connects the mental stress intervention of rural groups with the behavior of rural cultural construction, and explores the changes of mental stress and psychological state of rural groups under the behavior of rural cultural construction.

Subjects and methods: This study uses a questionnaire to analyze the impact of rural cultural construction on the mental stress of rural groups, and takes 200 rural people in a rural area, aged between 18 and 70. 200 questionnaires were distributed to 200 people, and 200 were recovered, with a recovery rate of 100%. Before and after the construction of rural culture, the mental stress of the subjects was analyzed and evaluated. In this study, the self-made rural residents' emotional scale, Symptom Checklist 90 (SCL-90) and Eysenck questionnaire (EPQ) were used to analyze and evaluate the mental stress of the subjects.

Results: After the construction, the scores of the people in the four dimensions of the scale were significantly higher than those before the construction ($P < 0.05$), indicating that the construction of rural culture can significantly improve the psychological and emotional problems of the people.

Conclusions: From the perspective of improving the mental health of rural people, this study studies the impact of rural cultural construction on alleviating the spiritual pressure of rural governance, in order to improve the psychological negative emotions of rural people. This study suggests that the construction of rural fitness and entertainment facilities should meet the psychological needs of local people, pay attention to the construction of rural psychological and cultural activity groups, and the content and mode of rural activity facilities and community construction cannot be the same.

Key words: cultural construction - rural governance - mental stress - sustainable development

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INTRODUCTION

With the continuous development of society, people's spiritual and cultural life is becoming richer and richer (Shaygan & Shayegan 2019). As a special group in social development, rural people are affected by various factors from society, and their spiritual field is also changing. Some rural people are facing various pressures (Turner et al. 2018). Mental stress is a psychological concept with two-way force in psychology. In a positive sense, appropriate mental stress helps social individuals form a behavioral driving force in social competition, so as to help individuals achieve better competitive effect in social competition, and then promote the competitive intention in the next stage (Bourdon et al. 2020). However, excessive mental pressure will lead to the formation of escape psychology and withdrawal behavior under the pressure of competition, which is not conducive to the formation of individual behavioral self-confidence. At the same time, it may also lead to many psychological obstacles (Auerbach et al. 2018; Treharne 2020). In the current social environment, social

individuals face different types of mental stress due to different specific environments. By summarizing different types of mental stress, they can be divided into three main sources of stress, including social pressure, life pressure and competitive pressure (Pampouchidou et al. 2019; Liang et al. 2015). Among them, social pressure refers to the mental pressure that may be generated by individuals in the specific social environment. This kind may be self-identity pressure in the social environment, social development pressure such as social pressure, or the most basic social survival pressure. Life stress refers to the mental stress caused by the negative events that individuals may encounter in life and the basic negative life experience. The basic negative life experience can be improved by improving the living standard, and the mental stress caused by negative events reflects different characteristics due to different individual characteristics. Competitive pressure refers to the mental pressure produced by individuals in the face of external competition (Poletti et al. 2019).

Some scholars have studied individual mental stress. Orsila (2015) and others have compared the perceived

mental stress during professional work with Heart Rate Variability (HRV). The analysis shows that the stress decreases with the increase of the Root Mean Square of Successive Differences (RMSSD) and Trigonometric Interpolation (TINN) of the difference of continuous RR interval from late to morning. Yang (2017) studied the relieving effect of hot spring therapy on mental stress, sleep disorders, general health problems and female health problems of sub-health people. The results showed that various health problems in the intervention group were significantly reduced. This study aims at the sources and characteristics of mental stress of rural groups, connects the mental stress intervention of rural groups with the behavior of rural cultural construction, and explores the changes of mental stress and psychological state of rural groups under the behavior of rural cultural construction. By exploring the influence path and degree of rural cultural construction on the mental pressure of rural groups, this study provides a path for the psychological intervention of local residential groups in the process of rural development, and provides a localized psychological protective means for rural sustainable cultural construction.

SUBJECTS AND METHODS

Study setting

In this study, a questionnaire survey was used to analyze the impact of rural cultural construction on the mental stress of rural groups, and 200 rural people in a village were investigated, aged between 18 and 70. 200 questionnaires were distributed to 200 people, and 200 were recovered, with a recovery rate of 100%. Before and after the construction of rural culture, the mental stress of the subjects was analyzed and evaluated.

How to improve the situation of rural people and improve their mental health has become a hot issue in China's rural social transformation. The "Rural Revitalization Strategy" put forward by the government provides policy support to solve this practical dilemma. From the perspective of improving rural people's mental health, this study studies the impact of rural fitness and entertainment facilities and community organizations on Villagers' mental stress. The rural cultural construction scheme proposed in this study is mainly divided into three points: (1) the construction of rural fitness and entertainment facilities should meet the psychological needs of local people. The construction of rural fitness and entertainment facilities is an important means to revitalize rural culture and respond to the internal needs of rural society. It should be arranged according to the actual situation of the local rural population. If there are few young people in rural areas and more elderly people in rural areas, more consideration should be given to the needs of the elderly, and do not build too many basketball courts, table tennis tables, single and parallel bars and other facilities. (2) Pay attention to the construction of rural psychological and cultural activity groups. Because the construction of fitness and entertainment facilities has a great demand for funds and

venues, but at present, the economic conditions in many rural areas are poor. Appropriate community organization construction can effectively improve the psychological quality of rural people. At present, the new rural construction is not only to build beautiful villages, but also to meet the psychological needs of the rural population and improve the spiritual and cultural emptiness of farmers. (3) The content and mode of rural activity facilities and community construction cannot be one size fits all. At present, many areas begin to learn from advanced areas, but each village has its own characteristics and cannot blindly follow suit. For example, different places have different cultures such as dragon and lion dance, ancient costume drama, rural minor and allegro waist drum. Therefore, when building facilities and associations, we should understand the psychological needs of local people and put people first.

Design

After the construction of rural culture, this study used self-made rural residents' emotional scale (Alaie et al. 2020), Symptom Checklist 90 (SCL-90) (Van et al. 2015) and Eysenck questionnaire (EPQ) (Adrian et al. 2018) to analyze and evaluate the mental stress of the subjects. Among them, the emotional scale of rural residents focuses on the psychological feelings of the people after the construction of rural culture, including four subscales: vitality stimulation, physical and mental calm, physical fatigue and active investment. Each subscale has three items, a total of 12 items, and the scores of each item are 0-5, followed by no feeling, slight feeling, medium feeling, strong feeling and strong feeling. The highest score of each subscale is 15 and the lowest score is 0 (Sontag-Padilla et al. 2020). See Table 1 for the design of rural residents' emotion scale.

The EPQ questionnaire has 88 questions, including four subscales: extroversion (E), neuroticism (N), psychoticism (P) and concealment (L). A high score on the L scale indicates that the subject has a high ability of concealment. The high score of P scale indicates that the subjects have pathological personality. A high score of N scale indicates emotional instability, and a low score indicates emotional stability. A high score one scale indicates extroversion, and a low score indicates introversion. Combined with the current situation of mental stress of rural people, this paper investigates and studies through Symptom Checklist 90 (SCL-90) to judge the mental stress before and after rural cultural construction. SCL-90 has 90 self-assessment items in total. The test factors include somatization, obsessive-compulsive symptoms, depression, anxiety, psychosis, etc. through the 5-level scoring method, the higher the score of 0-4, the lower the level of mental health, 0 for asymptomatic, 1 for mild symptoms, and 2 for moderate symptoms. Severe symptoms: 3 points. Extremely serious: 4 points. The design of SCL-90 scale is shown in Table 2.

The calculation formula of the questionnaire validity of this study is obtained by the ratio of the real score variance related to the measurement target to the total

variance, as shown in formula (1).

$$R_{xy} = \frac{SV_2}{SX_2} \quad (1)$$

In formula (1), R_{xy} represents validity, SV_2 represents true variance and SX_2 represents total variance.

Table 1. Design of rural residents' emotion scale

Gauge	Subscale	Subject
Rural residents' Emotion Scale	Emotional vitality stimulation	1. Cheer up
		2. Calm
		3. Fatigue
		4. Full of passion
	Physical and mental peace	5. Relax
		6. Energetic
		7. Happiness
	Physiological fatigue	8. Boredom
		9. Revitalization
		10. Peace
	Active involvement	11. Exhausted
		12. Happy

Table 2. Symptom Checklist 90 (SCL-90)

Serial number	Factor	Self-assessment items
1	Somatization	1, 4, 12, 27, 40, 42, 48, 49, 52, 53, 56, 58
2	Obsessive compulsive symptoms	3, 9, 10, 28, 38, 45, 46, 51, 55, 65
3	Interpersonal sensitivity	6, 21, 34, 36, 37, 41, 61, 69, 73
4	Depressed	5, 14, 15, 20, 22, 26, 29, 30, 31, 32, 54, 71, 79
5	Anxious	2, 17, 23, 33, 39, 57, 72, 78, 80, 86
6	Hostile	11, 24, 63, 67, 74, 81
7	Terror	13, 25, 47, 50, 70, 75, 82
8	Paranoid	8, 18, 43, 68, 76, 83
9	Psychotic	7, 16, 35, 62, 77, 84, 85, 87, 88, 90
10	Sleep and diet	19, 44, 59, 60, 64, 66, 89

RESULTS

Aiming at the mental stress of rural people, this study discusses whether the construction of rural culture can be used as a psychotherapy method to improve the villagers' psychological conditions such as anxiety, depression and mental stress. Traditional methods for the treatment of mental stress include drug therapy, physical therapy, psychotherapy, etc., but patients generally have a certain sense of shame, feel that mental illness is directly related to morality, personality, personality and even family, or think that long-term use of antipsychotic drugs will cause damage to some internal organs. When many people have mental problems, they tend to hide and hide as much as possible and will not take the initiative to seek help. However, the early intervention of mental stress is conducive to the recovery of social function and mental health.

The comparison of scores of people's emotional scale before and after rural cultural construction is

shown in Figure 2. The results showed that after the construction, the scores of the people in the four subscales of vitality stimulation, physical and mental calm, physical fatigue and active investment were significantly higher than those before the construction ($P < 0.05$), indicating that the rural cultural construction can significantly improve the people's psychological and emotional problems, and the rural cultural construction can make the people's body and spirit relax in an all-round way. The construction of rural culture helps villagers form harmonious interpersonal relationships. Interpersonal relationship is a relatively stable psychological relationship formed through communication in order to meet certain needs. Rich interpersonal relationship is the guarantee for villagers to shape themselves, improve personality and obtain mental health. At the same time, interpersonal imbalance is also one of the difficult problems of villagers' psychological adaptation. In interpersonal communication, villagers may have cognitive, emotional, personality and various psychological obstacles in

communication skills and methods, such as shyness, inferiority, jealousy, self-centered and so on. The construction of rural culture requires the tacit cooperation between villagers and relevant departments, and this tacit understanding comes from the team cognitive spirit of each villager. Especially in the process of rural cultural construction, if villagers want to achieve tacit cooperation, they should always respect and encourage partners and have the courage to take

responsibility. This provides villagers with places and opportunities to meet their communication needs, so that they can overcome their loneliness in the multi-directional communication of unity and cooperation, generate a sense of closeness and trust with others, learn to help each other, treat others sincerely and expand social contact, so as to improve the social adaptability of villagers and avoid psychological discomfort caused by poor interpersonal relationship.

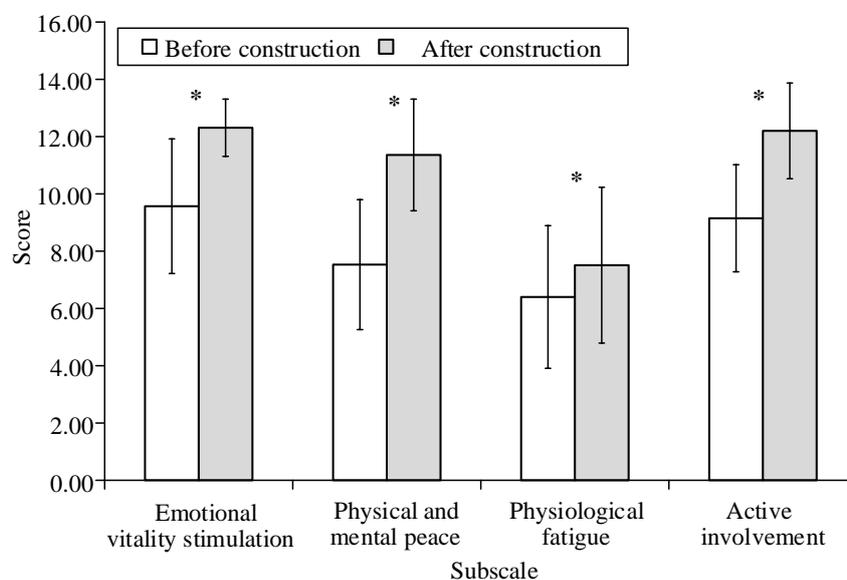


Figure 1. Comparison of scores of people's emotional scale before and after rural cultural construction
Note: * $P < 0.05$.

As shown in Figure 2, after the construction of rural culture, all indicators of SCL-90 of the people are significantly better than those before the construction ($P < 0.001$). It shows that rural cultural construction can effectively improve people's anxiety and depression, which belongs to a safe and fast method to improve people's anxiety and depression. Rural cultural construction is one of the important measures of "Rural Revitalization". It can mobilize the existing participation enthusiasm, transmit instructions easy to be excited to the brain center, and form a large number of "excitement foci" in the cerebral cortex, so as to raise the villagers' mood and bring psychological happiness. This psychological satisfaction and pleasure caused by physiology is a positive emotional experience. When villagers encounter setbacks and failures in their studies or life, the construction of rural culture can vent their bad emotions such as tension, anxiety, anxiety and depression in time, so as to actively show themselves, so as to realize the empathy effect and reduce the psychological pressure. Through the construction of rural culture, it can trigger the villagers' rising emotions, interfere with and destroy the villagers' negative psychological guidance, transfer the villagers' emotional center, vent the villagers' bad emotional experience, and consume a large amount of energy accumulated by psychology, so as to reduce the mental burden of patients, maintain psychological balance and eliminate the sick

psychology of villagers. The construction of rural culture organically combines the beauty of art with the beauty of environment, which has a significant therapeutic effect on patients with depression and anxiety. According to the relevant principles of psychology, non-drug treatment methods such as rural cultural construction can change the content of neurotransmitters, lead to the emotional changes, psychological stress and communication of villagers, reduce the tension and depression of patients, and improve the happiness of patients. It can be seen that the construction of rural culture can effectively reduce the degree of depression and anxiety of villagers with mental diseases, and alleviate various psychological discomfort symptoms of villagers. Therefore, the implementation of rural cultural construction has a positive impact on villagers' depression and mental health factors.

After the construction of rural culture, the correlation analysis results between people's EPQ score and SCL-90 score are shown in Table 3. It can be seen from Table 3 that the scores of the four subscales of EPQ are significantly correlated with the factor scores and total average scores of SCL-90 ($P < 0.01$). Among them, P and N components were significantly positively correlated with SCL-90, and E and I components were significantly negatively correlated. It reflects that the mental health problems of the subjects in this study are closely related to their personality traits.

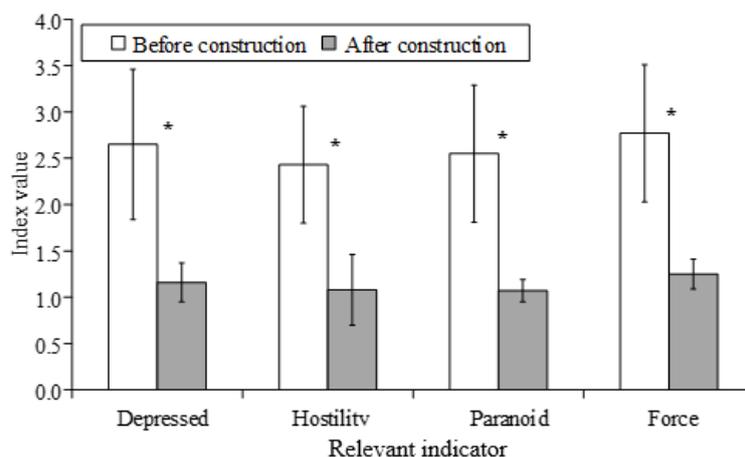


Figure 2. Comparison of SCL-90 self-test scores of people before and after construction

Table 3. Correlation coefficient between EPQ score and SCL-90 score of people after construction

Project	P	E	N	L
Somatization	0.531**	-1.382**	0.295**	-0.164**
Force	0.245**	-0.227**	0.616**	-0.259**
Interpersonal sensitivity	0.65**	-0.294**	0.282**	-0.187**
Depressed	0.707**	-0.362**	0.267**	-0.162**
Anxious	0.67**	-0.249**	0.256**	-0.135**
Hostile	0.594**	-0.113**	0.397**	-0.282**
Terror	0.542**	-0.21**	0.197**	-0.145**
Paranoid	0.592**	-0.147**	0.378**	-0.32**
Psychotic	0.628**	-0.272**	0.247**	-2.012**
Other	0.602**	-0.242**	0.234**	-0.118**
Total average	0.737**	-0.285**	0.324**	-0.227**

Note: ** Indicates $P < 0.01$.

To sum up, rural cultural construction can effectively improve people’s mental pressure and avoid the withdrawal of rural people’s emotional and social functions. Rural cultural construction can restore and stimulate the spirit of the people, and has a good emotional awakening function for the people. The construction of rural culture gives villagers more opportunities to communicate with others, which is conducive to the adjustment of villagers’ abnormal psychology. The results show that the construction of rural culture has a certain positive effect on the mental health intervention of most villagers. In view of this, this study puts forward some suggestions for the above results: (1) In order to promote the improvement of villagers’ mental health to a greater extent, relevant government departments should fully consider the control of comprehensive factors in rural cultural construction. (2) The construction of rural culture plays an extremely special role in maintaining the mental health of villagers. We should actively and effectively carry out mental health education, make use of the unique characteristics and advantages of rural cultural construction, carry out positive mental health education for villagers, pay attention to regulating the emotional

state of villagers, improve the self-consciousness of villagers, exercise the will quality of villagers, coordinate the interpersonal relationship of villagers and help some villagers alleviate the symptoms of mental diseases, so as to continuously improve the psychological quality of villagers, vigorously promote the mental health development of villagers. (3) It is suggested that relevant government departments strengthen the macro management of rural cultural construction, further promote the process of rural cultural construction, create conditions for the development of rural cultural construction, create a positive atmosphere, and improve the effect of rural cultural construction in improving villagers’ mental health. Conditional areas can match and cooperate the rural cultural construction with other mental health means and methods, and make it closely cooperate with psychological counseling institutions, so as to create conditions for solving the psychological problems of some villagers.

CONCLUSIONS

From the perspective of improving the mental health

of rural people, this study studies the impact of rural cultural construction on alleviating the mental pressure of rural governance, in order to improve the psychological negative emotions of rural people. The results showed that the scores of the four dimensions of the scale after the construction were significantly higher than those before the construction ($P < 0.05$), indicating that the construction of rural culture can significantly improve the psychological and emotional problems of the people. After the construction of rural culture, the indexes of SCL-90 were significantly better than those before the construction ($P < 0.001$), indicating that the construction of rural culture can effectively improve people's anxiety and depression, which belongs to a safe and rapid method to improve people's anxiety and depression. The scores of the four subscales of EPQ were significantly correlated with the factor scores and total average scores of SCL-90 ($P < 0.01$). Among them, P and N were significantly positively correlated with SCL-90 and E and I were significantly negatively correlated, reflecting that the mental health problems of the subjects in this study were closely related to their personality traits. This study suggests that the construction of rural fitness and entertainment facilities should meet the psychological needs of local people, pay attention to the construction of rural psychological and cultural activity groups, and the content and mode of rural activity facilities and community construction cannot be the same. Rural cultural construction can effectively improve people's mental pressure, avoid the withdrawal of rural people's emotional and social functions, and restore and stimulate people's spirit. Rural cultural construction has a good emotional arousal function for the people, which makes the villagers have more opportunities to communicate and communicate with others, which is conducive to the adjustment and treatment of villagers' abnormal psychology. Rural cultural construction has a certain positive effect on the mental health intervention of most villagers.

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Xin Liu: conception and design of the manuscript and interpretation of data, literature searches and analyses, clinical evaluations, manuscript preparation and writing the paper;

Chang Liu: made substantial contributions to conception and design, literature searches and analyses, participated in revising the article and gave final approval of the version to be submitted.

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RESEARCH ON INTERNATIONAL CONFLICT FROM THE PERSPECTIVE OF REGIONAL PSYCHOLOGY

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SUMMARY

Background: In addition to the conflict of actual behavior interests, there are also some conflicts of values and cultural concepts. This conflict essentially comes from the conflict of psychological values in different regional regions from the perspective of contemporary internationalization, regional psychology has both regional cultural value and regional psychological value. This study applies regional psychology to the conflict of values and psychological guidance in international conflicts, and analyzes the conflict of psychological concepts and values in international conflicts by using the theory of regional psychology.

Subjects and methods: This paper selects different ethnic groups in different countries and regions as the research object, and analyzes the impact of international conflict strategies on their psychology through K-means clustering algorithm. The regional psychology of different races is divided into internal regional psychology and external regional psychology. The internal regional psychology involves cultural identity, identity and Aesthetic identity. External regional psychology involves collective concept and psychological image. International conflict strategies are divided into internal psychological strategies, external psychological strategies, internal and external mixed strategies, identification strategies, coercion strategies, and identification and coercion mixed strategies. The evaluation level quantifies the impact degree through five levels of 0-4. 0 indicates no impact, 1 indicates slight impact, 2 indicates impact, 3 indicates obvious impact and 4 indicates serious impact.

Results: The results show that the influence values of cultural identity, identity, aesthetic identity, collective concept and psychological image are 4, 4, 3, 4 and 3 respectively. This shows that the six strategies of international conflict will have an obvious and serious impact on people's different psychology.

Conclusions: The proposed six international conflict strategies have certain effectiveness and feasibility. In the subsequent settlement of international conflicts, we need to combine people's cultural identity, identity, Aesthetic identity, collective concept and psychological image, so as to solve international disputes and conflicts well.

Key words: regional psychology - regional culture - conflict of ideas - sense of worth

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INTRODUCTION

Regional psychology is a kind of psychology aiming at the relationship between man and earth. It will change with historical reasons, economic differences, geographical differences and other factors. It mainly studies the psychological differences and similarities of two or more regional populations (Fettweis 2019). The theory of regional psychology points out that people represent the psychological subjective individuals who carry out social activities and production activities under a certain regional space and mode of production, while land represents the geographical environment closely related to human production activities and psychological activities (Yarhi-Milo 2019). In the interaction between man and land, different cultural communities and regional psychological forms can be produced. At the same time, as an important contradiction in the world, international conflict is not only related to the safety of personal life and property, but also closely related to the stable development of the country, but also closely related to the coordinated development of the world (Parsonson 2019).

Hirblinger at scholars discussed not only the role of civil society in societies affected by violent conflict, but also the participation of civil society in global policy

processes and implementation partnerships aimed at conflict prevention and peacekeeping (Hirblinger 2018). Bulkes and other scholars analyze the educational dimensions of learning promotion activities, behaviors and values related to today's society, aiming to develop emotion, cognition and movement, in order to improve learning and creativity, and take action on some behaviors. Outdoor activities can release children, explore nature, have greater autonomy, respect, responsibility, help, solve conflicts and greater risks - safety, dirt and inappropriate conditions (Bulhes & Condessa 2019). Researcher Koç research from a valuable perspective of theorists and scientists around the world, provides a holistic approach to identity related issues and conflict resolution at the national / regional / international level. The international application of psychological and psychoanalytic methods is highly feasible (Koç 2020).

Psychological theory points out that regional psychology is a kind of psychology facing the relationship between man and earth, in which man represents the psychological subjective individual who carries out social and production activities under a certain regional space and mode of production, while Earth represents the geographical environment closely related to human production activities and psychological