

strong sense of loneliness, and their mental health is very unsatisfactory. The research analyzes the relationship between personality traits, self-esteem and the loneliness of the rural left behind elderly, analyzes the community home-based elderly care model, and analyzes the improvement effect of community elderly care service on the mental health of the elderly, which provides theoretical support for improving the quality of life of the rural left behind elderly, and can effectively promote the construction and development of a harmonious society in China.

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FACTORS AFFECTING COMPETITION EMOTION OF WUSHU ROUTINE ATHLETES AND PSYCHOLOGICAL TRAINING METHODS

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Background: 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 cause individuals to have negative psychological emotions about upcoming things, cause behavioral cognitive conflict, and hit the individual's enthusiasm and initiative to solve things. In the long run, it is easy to cause a vicious closed-loop cycle and damage their physical and mental health, life and work. When individuals are under certain psychological pressure, they will correspondingly show certain external negative emotions, such as anxiety, striving, impatience, uneasiness, etc. If individual emotions are not controlled and intervened in time and effectively, they will have emotional regulation obstacles, and it is difficult to show a stable and positive psychological state on the basis of dealing with the surrounding environmental things. Wushu routine athletes are often affected by tension, anxiety and anxiety, so they are difficult to give full play to their best strength in competition activities, and then miss the championship. There are many factors that affect the competition emotion of Wushu routine athletes. In addition to the subjective factors such as the athletes' psychological quality, emotion regulation ability and competition experience, they will also be affected by the external objective factors such as the competition site environment, the audience's reflection, the opponent's strength and psychological status. Negative emotions will affect the athletes' competition confidence and mental health. Therefore, we need to pay attention to their emotional changes and put forward corresponding psychological intervention methods in time to help athletes actively adjust their competition emotions and improve their mental health level and ability.

Subjects and methods: The research take Wushu routine athletes as the research object. Firstly, the basic information such as psychological pressure, competition situation and competition emotion of the research object are collected before the experiment, and then the psychological status of athletes is divided into grades. Then, the subjects were divided into different groups by different psychological training methods, that is, they were divided into self-suggestion group, simulation training group, action reproduction training group and the group without any psychological training. The self-suggestion group is to reduce the doubt of self-professional ability through the positive suggestion of competition confidence and self-ability. The simulation training group is to help athletes overcome the tension caused by the reaction of the competition venue and the audience and make them adapt to this situation. The action reproduction training is to let athletes reproduce and recall the existing training actions in the process of daily training, increase focus to reduce distracting negative emotions. The experiment lasted for three months. After the experiment, the experimental data were collected and sorted out with the help of

psychosomatic stress test scale and emotional perception scale, and the data processing and difference analysis were realized with statistical analysis tools.

Results: On the basis of understanding the competition emotion of Wushu routine athletes, this paper carries out targeted psychological training methods. The results show that the psychological training methods used in the study can effectively alleviate the negative emotion of athletes. Table 1 shows the statistics of the scores of negative emotions of the subjects in the self-suggestion group before and after the experimental intervention.

Table 1. The scores of negative emotions in the self-suggestion group before and after the experimental intervention

Scoring dimension	Before intervention	One month after intervention	Two months after intervention	Three months after intervention
Nervous	13.45±0.63	8.37±0.45	6.03±0.42	4.14±0.36
Anxious	11.35±0.35	7.21±0.39	4.07±0.46	2.14±0.58
Uneasy	15.94±0.57	9.25±0.46	8.02±0.57	5.37±0.41
Fear	14.73±0.45	8.34±0.15	7.55±0.41	3.21±0.77

It can be seen from Table 1 that the psychological training method of self-suggestion for Wushu routine athletes can effectively reduce their competition emotions of tension, anxiety, uneasiness and fear, and the scores of emotion data decreased to a large extent one month, two months and three months after the intervention. The scores of competition emotions decreased to 9 points, 9 points, 10 points and 11 points before and after the intervention, it effectively improves the score of athletes' psychological status and emotional regulation.

Conclusions: The self-imposed psychological pressure and the interference of external environmental factors will make Wushu routine athletes easy to produce negative emotions before and during the competition, which will affect the exertion of professional strength and competition results, resulting in irreparable losses, and this negative emotion will also make athletes doubt their own value, which is not conducive to their career planning in the long run. The experimental results show that targeted psychological training intervention for athletes can effectively reduce their negative emotions, improve their competition confidence, and improve their emotional adjustment ability and their overall quality.

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EFFECTS OF SOCIAL SECURITY AND SOCIAL SERVICES FOR THE ELDERLY ON DEPRESSION IN THE ELDERLY

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Background: Depression is a common mental disease, which has a very high incidence rate and disability rate. However, most patients with depression refuse to admit that they are mental patients and are not willing to accept hospital treatment. Research shows that if an individual is unhappy or depressed for a long time in reality, then the individual will evolve from depression at the beginning to grief, and the heart will feel that every day in the world is torturing himself or even suicidal. If a patient has somatic symptoms such as chest tightness and shortness of breath, the patient will not want to go out and just want to stay at home every day. When the condition is serious, there will even be more schizophrenic symptoms, such as multiple personality, victim delusion and auditory hallucination. The duration of depressive psychosis is usually more than 14 days, sometimes more than a year, and many cases have recurrence. With the continuous development and progress of society, people's life pressure is increasing. Depressive psychosis has gradually become a common psychological disease. This disease is mainly reflected in the continuous depression of mood, which belongs to one of the important types of social psychological diseases. Generally, the treatment of depressive psychosis mainly includes psychotherapy and drug treatment. In recent years, there are more and more physical treatment methods for depressive psychosis, such as repetitive transcranial magnetic stimulation, electric shock and so on. However, the treatment cost of these treatment methods is very expensive, so that many patients cannot be treated in time. In order to improve people's help seeking for mental diseases, most scholars recommend non drug contact intervention. In recent years, the Chinese government has made a lot of efforts in old-age security, and China's social pension service has made a