

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

breakthrough. However, due to the implementation of the family planning policy, China's family structure has changed into a "4-2-1" type, the family pension security capacity is insufficient, the middle-aged and young people do not have the energy and ability to take care of the elderly, and the elderly have a surge in demand for professional and socialized elderly services. The specific manifestations are: limited-service capacity of home-based elderly care, short supply of elderly care institutions, spiritual comfort for the elderly, insufficient medical rehabilitation, low professional quality of service personnel. Improving China's social security system for the elderly is the only way to deal with the aging population and meet the elderly's pension needs.

**Objective:** China's aging population is accelerating, and China's social security system for the elderly is facing great challenges. The government bears an important responsibility on the issue of social security for the elderly. Improving the social security system for the elderly is an important measure related to the rights and interests and well-being of the elderly, and is conducive to social stability and development. The purpose of this study is to explore the impact of social security and social services on the depression of the elderly, in order to provide some therapeutic reference for the depression of the elderly.

**Subjects and methods:** A random sample of 200 elderly people in a provincial capital was selected as the research object, and the subjects were intervened through elderly social security and social services. Before and after the intervention, the subjects were evaluated by the basic situation questionnaire, Symptom Checklist 90 (SCL-90), Self-rating Anxiety Scale (SAS) and self-designed decision-making self-efficacy scale. The relevant data are in Excel and SPSS20.0 software for calculation and statistics.

**Results:** This study counted the depression and decision-making self-efficacy of the elderly, as shown in Table 1. According to the results in Table 1, except that the score of information collection ability is relatively normal, the scores of the other five factors are low, which reflects the low scores of all factors, indicating that the self-efficacy level of all subjects is generally low.

**Table 1.** Statistical analysis of the results of the self-efficacy scale for the accompanying elderly people

Score of self-efficacy subscale	Data of this study	
	M	S
Self-evaluation	20.88	4.57
Information gathering	31.45	6.32
Select the target	29.86	6.65
Planning	20.22	5.99
Problem solving	22.98	5.09
Total amount table	125.31	26.03

**Conclusions:** China's population aging is developing rapidly, the number of elderly populations ranks the largest in the world, and the preparation of old-age security is insufficient. These reasons make it very difficult to solve the problem of old-age security in China. Moreover, due to the lack of family pension security capacity in China, the elderly has a surge in demand for professional and socialized elderly services, which urgently requires the improvement of the elderly social security system. Based on the above background, this paper analyzes the problems existing in China's elderly social security system, draws lessons from the experience of developed countries, and then puts forward some suggestions to improve China's elderly social security system: first, we should strengthen the target substitution rate of basic old-age insurance and reduce the vigilance of the elderly. The second is to improve the psychological imbalance of medical insurance funds for the elderly, so as to reduce the risk of poor income and expenditure. Third, do a good job of publicity in the community to improve the mental health of the elderly. Fourth, the elderly social assistance and care service team lacks high-quality and professional elderly service personnel, and the supply and demand of assistance is inconsistent.

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## ANALYSIS ON THE PROMOTING EFFECT OF MUSIC ASSISTED EDUCATION ON THE FORMATION OF STUDENTS' PSYCHOLOGICAL PERSONALITY