

psychological changes of college students, and puts forward the use of music therapy to intervene students' anxiety psychology. The experimental results show that music assisted education based on analytical psychology can effectively release students' negative emotions and alleviate students' anxiety, so as to improve students' mental health level and play an important role in the formation of students' sound personality.

Table 1. SDS scores of two groups of students

Timing	SDS score		t	P
	Research group	Control group		
Number of students	30	30	-	-
Before teaching	61.3±5.6	62.5±7.7	0.413	0.752
After teaching	38.7±1.6	63.1±5.3	7.216	0.000
t	7.355	0.582	-	-
P	0.000	0.705	-	-

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ANALYSIS ON THE RELIEVING EFFECT OF PEDIATRIC ACUTE AND CRITICAL CARE TECHNOLOGY ON PATIENTS' MENTAL ANXIETY

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Background: The acceleration of social rhythm and the accumulation of various pressures make individuals bear heavy psychological and emotional pressure, and correspondingly produce related psychological problems, and show a series of emotional characteristics and behavior diseases, such as persistent depression, pessimism and depression, despair and anxiety, sleep disorder and so on. According to statistics, the incidence rate of mental diseases in China is increasing year by year, and mental anxiety, as a common mental disease, is the core symptom of anxiety disorder. It is mostly manifested in anxiety in varying degrees, such as tension, irritability, fear and so on. It is very easy to suffer from poor mental state caused by external irritant events, and some patients are also prone to mental anxiety during postoperative rehabilitation. With the expansion of the audience coverage of mental anxiety, many scholars began to pay attention to mental health and the treatment of mental anxiety. Mental disorders can be caused by mental disorders, which can be divided into physical disorders and mental disorders. Mild mental anxiety also has certain self-adjustment ability, and has certain decision-making ability and judgment accuracy in judging things. However, severe mental anxiety will seriously affect the psychological state of patients, make them produce thinking transformation errors in judging things, and then make their overall function and mental state present a pathological state. At present, the main treatment methods of mental anxiety are drug treatment, self-psychological suggestion, psychological consultation and so on, but it has little effect due to the lack of systematic and comprehensive treatment and drug treatment compliance. Pediatric critical care and care technology refers to the systematic and continuous dynamic observation of the human body information of critically ill children, so as to accurately and timely grasp the changes of the disease and provide an objective and reliable basis for the diagnosis and treatment of the disease. Therefore, the research takes this as a technical means to explore its alleviating effect on patients' mental anxiety, so as to realize the intervention and treatment of patients' mental health.

Objective: In order to improve the anxiety and pathological mental state of patients with mental anxiety and improve their overall mental health level, this paper studies the dynamic monitoring of patients' psychological state changes and emotional fluctuations with the help of pediatric critical care and monitoring technology, and puts forward targeted intervention measures to achieve the application effect of adjusting their mental state.

Subjects and methods: The study took patients with mental anxiety as the research object. Before the experiment, the basic information about the degree and manifestation of mental anxiety was collected, and the data of mental anxiety were statistically analyzed with the help of Mini Mental State Examination (MMSE) and Self-rating Anxiety Scale (SAS) before and after the experiment. The subjects were randomly divided into technical intervention group and conventional psychotherapy group. The technical intervention group used pediatric critical care and monitoring technology to dynamically monitor the changes of patients'

mental anxiety and put forward targeted psychological intervention measures. The conventional psychotherapy group used normal psychological intervention for mental anxiety treatment. Both groups were supplemented with mental anti-anxiety drugs in this process. The experiment lasted for three months. At the end of the experiment, SPSS22.0 statistical analysis tool to process and analyze the experimental data, and draw the experimental conclusion.

Results: With the help of pediatric critical care and monitoring technology, we can effectively grasp the changes of psychological situation and anxiety of patients with mental disorders, and carry out targeted intervention to improve the mental health level of the subjects. Table 1 shows the statistical changes of the scale scores of the subjects in the technical intervention group before and after the experiment.

Table 1. Statistical changes of the scale scores of the subjects in the technical intervention group before and after the experiment

Experimental time	MMSE	Month on month change rate (%)	SAS	Month on month change rate (%)
Before experiment	29.36±2.48	-	56.34±2.69	-
After experiment	14.26±1.96	7.46	25.28±1.77	-4.25

The results in Table 1 show that the scores of MMSE and SAS in the technical intervention group decreased significantly after the intervention of mental anxiety patients with the help of technical means, and the maximum decreased score reached 21 points, indicating that the monitoring technology can realize the comprehensive and dynamic monitoring of anxiety patients.

Conclusions: Patients with mental anxiety are very vulnerable to the influence and stimulation of interference factors, resulting in the deterioration of their condition and affecting their physical and mental health. Therefore, psychological intervention needs to start from their etiological mechanism and realize the treatment of patients with mental anxiety with the help of multiple means and technologies. As a symptom of mental anxiety, mental anxiety has different expression mechanisms, and the mental anxiety of different sick groups also has individual differences. It is difficult to achieve personalized treatment by ordinary coke oven treatment. The research realizes the dynamic supervision of patients with mental anxiety by introducing pediatric critical care and monitoring technology, and formulates personalized treatment plans for them, which can effectively alleviate their mental anxiety symptoms. The results show that psychotherapy under the intervention of this technology can effectively reduce the scores of MMSE scale and SAS scale.

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STUDY ON THE RELIEVING EFFECT OF PHYSICAL TRAINING ON COLLEGE STUDENTS' MANIC DEPRESSION

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Background: Manic depressive psychology, also known as bipolar disorder, is a type of psychological disorder with the characteristics of mania and depression. The clinical symptoms of manic depression are complex, and the two emotional states may occur alternately and lack corresponding laws. The psychological characteristics of manic depression are divided into two psychological dimensions: mania and depression. The main symptoms of manic psychological dimension include the following characteristics: the patient's emotion is rising for no reason, and the mental state is in an overactive state. Patients are prone to exaggerated speech and behavior, and lack logic and integrity in conversation and behavior, often with faults. The patient's attention is difficult to concentrate, showing an uncontrollable state of mind running away. Patients' association speed is accelerated, and the association scale is difficult to control, accompanied by symptoms of difficulty in falling asleep. The main symptoms of the psychological dimension of depression include: unexplained depression, depression, limb weakness, loss of life motivation and interest. Patients are prone to pessimism, low evaluation of themselves, and often have thinking stagnation, nervousness and other phenomena. Patients have sleep disorders, self-injury or suicide. Generally speaking,