

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.

* * * * *

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

Yiqing Qian^{1*}, Jun Wei^{2,4} & Xiaotong Yang³

¹Physical Education College, Jiangxi Normal University, Nanchang 330027, China

²Jiangxi Normal University Science and Technology College, Nanchang 330000, China

³Physical Culture Institute, Jiangxi Normal University Science and Technology College, Jiujiang 332020, China

⁴SEGi University, Kuala Lumpur 47810, Malaysia

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,

manic depressive patients are often in the alternating state of two extreme psychological states, which will have an extremely serious impact on their normal study and life. During the period of social depression, patients often fall into a negative cycle of self-blame. Based on the psychological theory of individual physical and mental consistency, individual physical behavior is closely related to mental state. Through physical training, we can intervene students' manic depression psychology from the perspective of physical behavior, help students establish psychological relief channels and alleviate manic depression symptoms.

Objective: By analyzing the alleviating effect of physical training on college students' manic depression, this study provides a group psychological intervention way for manic depression students, helps students get rid of the trouble of manic depression, restore normal learning and social life, and improve the overall mental health level.

Subjects and methods: In this study, the clinical psychological characteristics of manic-depressive students are divided into two main psychological dimensions, namely, depressive psychological dimension and manic psychological dimension. On this basis, the method of intervention experiment is used for psychological intervention. The main content of the experiment is to use community sports training on campus to intervene the students with manic depressive psychological characteristics. On this basis, the factor analysis method is used to analyze the relationship and influence between physical exercise and the elements of students' manic depression psychological dimension.

Results: The relieving effect of physical training on the two psychological dimensions of depression and mania in the manic depression psychology of college students is shown in Figure 1.

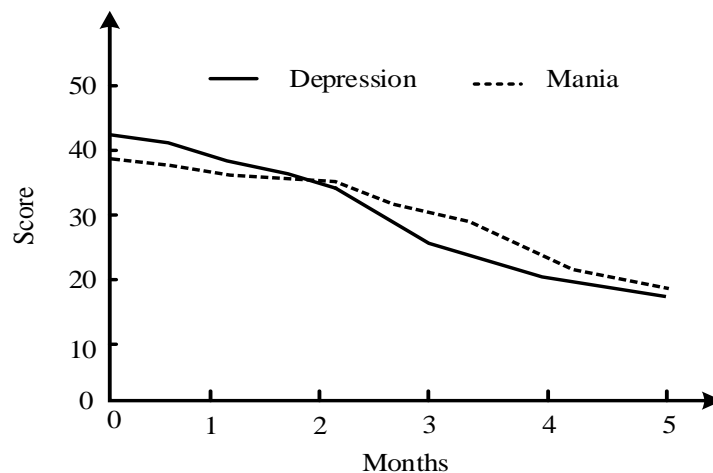


Figure 1. Psychoanalysis of manic depression

It can be seen from Figure 1 that with the increase of college physical training intervention time, the psychological dimension of depression of students shows a gradual downward trend, in which the depression score from the second month to the fourth month after the intervention decreases the fastest and the largest range. At the same time, in the mania dimension, with the increase of college physical training intervention time, students' mania dimension psychology shows a gradual downward trend, in which the mania score from the second month to the fifth month after the intervention decreases the fastest and the largest range. It can be seen that college physical training has an obvious intervention effect on the psychological dimensions of depression and mania. With the increase of intervention time, the obvious degree of intervention effect also increases, that is, the intervention effect needs a certain time to show its intervention effect, attention should be paid in the process of intervention.

Conclusions: In order to solve the problem of lack of psychological intervention in the campus life of manic depressive college students, this study divides the clinical psychological characteristics of manic depressive college students into two main psychological dimensions: depressive psychological dimension and manic psychological dimension, and uses the method of physical training intervention experiment for psychological intervention. Then, the factor analysis method is used to analyze the influence path and effect of the psychological dimension of depression and the psychological dimension of mania. The results show that with the increase of college physical training intervention time, students' depression dimension psychology and mania dimension psychology show a gradual downward trend. Among them, the psychological score of depression dimension decreases the most from the second month to the fourth month after the intervention, and the psychological score of mania dimension decreases the most from the second month to the fifth month after the intervention. It can be seen that physical training intervention has a better intervention effect on the psychological dimensions of depression and mania of manic-depressive

students.

* * * * *

THE EFFECTIVE EFFECT OF LEGO TOY PRODUCTION ON IMPROVING THE NEGATIVE EMOTION OF AUTISTIC CHILDREN FROM THE PERSPECTIVE OF DESIGN PSYCHOLOGY

Yujie Jin^{1*}, Chunhua Wang², Xin Zhang¹ & Silin Deng¹

¹*Changsha Normal University, Changsha 410100, China*

²*Xiangya Humanity Rehabilitation Hospital, Changsha 410100, China*

Background: Autism is a kind of disorder that occurs in children's early childhood in terms of feeling, emotion, language and thinking level. It mostly shows symptoms such as communication disorder, language disorder, repeated carving behavior, abnormal intelligence and behavior. It has large emotional fluctuations and unintentional injurious behavior, which is harmful to children's physical and mental health development. Moreover, children with autism are mostly immersed in their own thinking and behavior world, and it is difficult to have normal standards for judging things. The main treatment means and intervention methods of autism are drug treatment and psychological counseling mechanism. However, because the drug compliance and toxicity are easy to cause brain damage, children should not take it for a long time, and psychological intervention counseling has little effect due to the obstacles of communication and the failure of communication. It is difficult for children to communicate with others due to lack of self-awareness, anxiety and anxiety, and so on. In order to realize the intervention and treatment of negative emotions and psychological problems of autistic children, we need to treat them in a way that children are willing to accept, with the help of emotional interaction, color stimulation, pattern and picture guidance, so as to help them reveal their emotions and show their inner world in the process of treatment, and then find a breakthrough in psychological guidance and treatment. Therefore, from the perspective of design psychology, the research guides autistic children to participate in hands-on practice with the help of Lego toy production, and the bright color of Lego toys can effectively bring children positive psychological hints, so as to alleviate negative emotions and improve their mental health level.

Design psychology is to design and create products according to people's psychological state and psychological needs. It studies the psychological state of designers in design and creation, and explores the psychological impact of designed works on society or individuals, which in turn acts on design and creation, so that works can reflect and meet people's psychological needs. Lego blocks are called "magic plastic blocks", which can make players think and work together to create endless shapes. Because there are many works piled up with Lego blocks, it can meet the psychological needs of different children. Lego building block games can create a fully free space for children. With the help of building block games, children can show their inner problems and anxiety, so as to alleviate and release the unspeakable negative emotions, so as to achieve the purpose of healing. The reason why Lego blocks are conducive to improving the social ability of autistic children is that they are systematic and predictable, and the thinking characteristics of autistic children are systematic cognition. Therefore, the principle of Lego blocks is in line with the thinking characteristics of autistic children. As an intervention method of psychological therapy, Lego therapy is an active intervention method based on Lego blocks. By guiding children to communicate and communicate, therapists urge children to pay attention to the same goal and cooperate to complete Lego game tasks. In the process of playing, no matter children encounter conflicts or setbacks, they solve them through mutual help and communication. Therefore, Lego games help children alleviate their negative psychological emotions and build an optimistic and positive psychological structure.

Subjects and methods: The purpose of this study is to explore the effect of Lego toy design on relieving the negative emotions of autistic children. The subjects of this experiment are autistic students with different pathological degrees, including 17 mild autistic children and 15 severe autistic children. The test content of this experiment is the frequency of children's emotional expression behavior and other expression phenomena, the frequency of children's active toy sharing behavior, and the observation of autistic children's average game time of toys. The purpose of the experiment is to detect the attention attracting effect of toys with high affinity and soft image design on autistic children, the improvement of children's communication ability and the improvement of children's emotional expression recognition ability. The observation time of this experiment lasted for 7 days. The average age of the children was 5.4 years old. The experimental results were the comparison of traditional intervention therapy and Lego toy combination therapy.