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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.

Results: The positive effects of optimized Lego toys on autistic children with different pathological degrees are shown in Table 1. It can be seen from Table 1 that the effect of Lego toys combined with traditional intervention treatment for children with mild autism and children with severe autism is better than that of traditional intervention treatment. In the single play concentration time of children with mild autism, the average time under traditional intervention treatment is 0.42 h, while the average time of Lego toy combination treatment is 0.71 h. The single game concentration time of children with severe autism was 0.19 h and 0.44 h respectively. This shows that the optimized toys are helpful for autistic children to focus on mental exercise. At the same time, children’s behavior of actively sharing toys and correct recognition of emotional expressions were improved under Lego toys combined with traditional intervention treatment. Experiments show that the optimized Lego toy products can achieve behavioral and emotional intervention for autistic children, which proves the effectiveness of product performance.

Table 1. Positive effects of optimized Lego toys on autistic children with different pathological degrees

Intervention therapy / observation index	Mild autism			Severe autism		
	Single focus time (h)	Number of toys sharing behaviors	Correct emotion recognition times	Single focus time (h)	Number of toys sharing behaviors	Correct emotion recognition times
Traditional intervention therapy	0.42	1.85	2.49	0.19	0.97	1.17
Lego toy combination therapy	0.71	3.24	4.07	0.44	2.05	2.94

Conclusions: Lego building blocks have systematic and predictable characteristics, which are consistent with the thinking characteristics of autistic children, so they are conducive to improve the social ability of autistic children. The application of design psychology in the production of Lego building blocks can further pay attention to the negative emotions of autistic children, carry out targeted Lego game therapy training for them, help them improve their social skills, and alleviate and release the negative emotions that cannot be expressed.

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ANALYSIS OF THE THERAPEUTIC EFFECT OF LEISURE EXERCISE TRAINING ON MILD DEPRESSIVE PSYCHOSIS

Weimin Zhao

Shanghai Maritime University, Shanghai 201306, China

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. Studies have shown that if an individual is unhappy for a long time in reality or is depressed for a long time, then the individual will evolve from depression at the beginning to grief, and 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 hallucinations. Depression is characterized by depression, decreased activity, decreased interest and other “three low” symptoms. It is widely valued by the society because of its great harmfulness, high recurrence rate and low recognition rate. Among them, mild to moderate depression accounts for a large proportion. Mild to moderate depressive disorder accounts for a large proportion of depressive disorders. Although the severity and risk are less than those of severe depressive episode, it will still affect the quality of life and social function of patients to varying degrees. If