

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

not treated in time, it may develop towards severe depressive episode. At present, these diseases are mainly treated by new antidepressants such as Selective Serotonin Reuptake Inhibitor (SSRI). Although it can improve the recovery of patients, the effect is slow and the compliance is poor. This may be related to serious adverse reactions and cognitive impairment of patients, which is easy to cause incomplete treatment or repeated attacks. Leisure sports are recommended for disease prevention and treatment because there is sufficient evidence that it is beneficial to health. Relevant studies also show that leisure sports have positive effects on the treatment of anxiety and depression in convalescent schizophrenic patients and on the depression and anxiety in hemodialysis patients, patients with cardiovascular and cerebrovascular diseases and somatic diseases. Especially mild to moderate depressive episode, relevant studies have also confirmed that leisure sports have a better effect on depressive patients. The specific mechanism may be that leisure exercise can increase the synthesis of central trophic factors, promote synaptic function and structural adjustment, promote the regeneration of hippocampal neurons, and then restore and improve the overall function of the nerve. However, at present, it is only in the state of reasoning, which is still uncertain.

Objective: This study used a small sample randomized controlled study to explore the impact of leisure sports on mild to moderate depressive psychosis, in order to provide help for the treatment of mild to moderate depressive disorders.

Subjects and methods: Taking 200 students in a university as the research object, this paper carried out psychological intervention on students' leisure exercise. The effect was evaluated by Symptom Checklist 90 (SCL-90) before and after the intervention. There are 9 factors in the questionnaire, including somatization factor, interpersonal sensitivity factor, obsessive-compulsive symptom factor, depression factor, anxiety factor, phobia factor, hostility factor, paranoid factor and psychotic factor. Generally, the assessment time within 7 days is adopted, and the assessment standard is divided into 5 grades, namely, none, mild, severe, fairly severe and severe. Relevant data are calculated and counted by Excel software and SPSS20.0 software.

Results: As shown in Table 1, the influencing factors of college students' mild psychological problems are somatization, depression, anxiety, terror, interpersonal, hostility, compulsion, psychoticism and paranoia; The influencing factors of middle and high psychological problems were somatization, interpersonal, depression, anxiety, terror, hostility, psychosis, obsessive-compulsive symptoms and paranoia. It shows that recreational sports training has a better therapeutic effect on mild depressive psychosis.

Table 1. Comparison of SCL-90 factor scores

	Factor score ≥ 2 (%)	Rank	Factor score ≥ 3 (%)	Rank
Somatization	18.6	1	3.3	1
Force	9.0	6	1.7	5
Relationship	11.8	4	2.9	2
Depressed	13.4	2	2.5	3
Anxious	12.2	3	2.5	3
Hostile	10.6	5	2.1	4
Terror	11.8	4	2.5	3
Paranoia	8.2	8	1.7	5
Psychotic	8.6	7	1.7	5
Total	23.9	-	11.0	-

Conclusions: The results of this study show that the influencing factors of college students' moderate and high psychological problems are somatization, interpersonal, depression, anxiety, terror, hostility, psychosis, obsessive-compulsive symptoms and paranoia. It shows that leisure exercise training has a good therapeutic effect on mild depressive psychosis, which to some extent shows that leisure oxygen exercise has an effect on mild to moderate depressive disorders, which is consistent with relevant studies. However, due to the small sample size and short time, the results may be biased. To obtain more sufficient and accurate evidence, large samples, long-term investigation and data analysis are required.

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THE APPLICATION OF SCULPTURE APPRECIATION IN THE TREATMENT OF COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY AND DEPRESSION

Wen Sun^{1,2*} & Dandan zhao^{1,2}

¹*Pingdingshan University, Pingdingshan 467000, China*

²*Russian State University, Moscow 115419, Russia*

Background: At present, many college students in China have different degrees of mental illness. Mental diseases seriously threaten the lives of college students. Mental patients may have suicidal tendencies, and various behavioral disorders of adults generally come from anxiety caused by social pressure, mainly manifested as dependence, eating disorders and internet addiction. Anxiety disorder is a common mental disorder. Its incidence rate and disability rate are very high, which brings a great burden to patients and their families. "Anxiety reaction" is a normal psychological phenomenon, that is, when a person's wish cannot be realized for a long time, or it is estimated that the possibility of realization is very small, anxiety will occur. Psychological anxiety refers to the negative and complex emotional states, such as tension, anxiety, worry, and worry, caused by the possible future dangers, losses, and threats. Anxiety is the main emotion, and its main clinical manifestations include panic disorder and panic attack somatic symptoms. Anxiety is only a form of contradiction and conflict, which can be used as a defense mechanism to avoid deeper troubles, but excessive anxiety response will lead to anxiety disorder. In the heart of anxiety disorder, there is often a psychological problem that cannot be rid of and unwilling to face. Anxiety is only a form of contradiction and conflict, which can be used as a defense mechanism to avoid deeper troubles. The common treatment of psychological anxiety is mainly anti-anxiety drugs and psychotherapy, which will cause great damage to the physical and mental health of individuals, and individuals with psychological anxiety lose confidence in everything around them, and are easy to fall into emotional regulation obstacles and psychological difficulties. Anxiety and depression often occur in the form of companionship, which makes individuals fall into negative emotions and anxious psychology for a long time, causing greater damage to individual mental health. However, college students, as a high incidence group of anxiety and depression, will be affected by employment pressure, examination pressure, interpersonal communication and other factors, which will lead to psychological diseases and cause great confusion to their growth trajectory. Research shows that appropriate art guided treatment can enable students to have a clear and objective understanding of themselves and their external environment, and reduce their non-objective evaluation of themselves. Therefore, in order to improve students' psychological anxiety and depression, the research takes sculpture appreciation as an intervention tool, and explores the application effect of sculpture appreciation in the treatment of college students' psychological anxiety and depression with the help of relevant psychological theories. In order to give play to the adjustment mechanism of art therapy on students' mental health.

Subjects and methods: The research take the students suffering from psychological anxiety and depression in colleges and universities as the research object. Firstly, the classification of their psychological disease status and the collection of basic information are carried out. Subsequently, the subjects were invited to participate in the psychological intervention experiment, and the subjects were randomly divided into the fusion intervention group and the psychotherapy group. The fusion intervention group used the method of "sculpture appreciation + psychological counseling" for the experiment, while the psychotherapy group only used psychological counseling for the psychotherapy experiment. The experiment lasted for three months. After the experiment, with the help of self-rating anxiety scale and self-rating depression scale, the data of the changes in psychological anxiety and the improvement of depression of the subjects before and after the experiment were sorted out and analyzed, and the data were statistically analyzed with the help of statistical analysis tools, so as to better explore the relief effect and intervention effect of sculpture appreciation on the treatment of psychological anxiety and depression of college students.

Results: The psychological imbalance caused by the surrounding environment and the pressure and burden brought about by examination and employment will make college students have negative emotions and psychological anxiety. To intervene and alleviate them, it is first necessary to improve students' recognition and affirmation of their own values. The experimental results show that the appreciation of sculpture works can effectively exert its intervention effect on the treatment of college students' psychological anxiety and depression through art therapy, and reduce negative emotions. Table 1 shows the psychological anxiety scores of the subjects in the fusion intervention group before and after the experiment.

It can be seen from Table 1 that the anxiety scores of the research object ang in the dimensions of learning anxiety, social anxiety, employment anxiety and self-cognitive anxiety before the experimental intervention are all above 3.5 points, and the self-cognitive anxiety is the highest, which is 4.53 points.