

after the experiment. This study used the BAI anxiety scale for analysis. The BAI scale uses the degree of anxiety distress of subjects as an indicator, and adopts five levels of psychological standards: no anxiety, mild anxiety, moderate anxiety, severe anxiety and panic. In this study, a score over 45 was considered parenting anxiety.

**Results:** The data obtained were statistically analyzed using Excel spreadsheets and SPSS22.0, and the results of the analysis are shown in Table 1. For the general changes in the data were mainly presented using the mean  $\pm$  standard deviation, and for the differences between the high and low groups before and after the experiment were tested using *t*. The differences were statistically significant ( $P < 0.05$ ).

**Table 1.** The psychological anxiety of the two groups of families before and after the experiment

	Before the experiment	After the experiment	<i>t</i>	<i>P</i>
Research group	48.93 $\pm$ 8.15	25.12 $\pm$ 3.51	1.569	0.015
Blank group	46.15 $\pm$ 9.80	45.98 $\pm$ 8.86	2.254	0.569

As can be seen from Table 1, the anxiety score of the parents of the study group before the introduction of the kindergarten was (48.93 $\pm$ 8.15), and after the introduction of the kindergarten, the score decreased to (25.12 $\pm$ 3.51), the *t* value was 1.569, *P* value was 0.015, indicating that the difference was statistically significant. The psychological anxiety score of the parents in the blank group was (46.15 $\pm$ 9.80) before the experiment, and the anxiety score of the parents after one year of traditional childcare mode was (46.15 $\pm$ 9.80). The blank group did not introduce a childcare institution but adopted the traditional childcare model for independent childcare. Therefore, there was no significant change in the anxiety score of the blank group, and the *P* value was 0.569, indicating that the difference between before and after the experiment was not statistically significant.

**Conclusions:** In order to alleviate the psychological anxiety of infants and young children in dual-earning families in China, this study attempts to explore the changes in the psychological anxiety of infants and young children in dual-earning families after the introduction of children. The experimental results showed that when the infants and young children in the research group did not enter the nursery for parenting education, their parents' anxiety score was higher, which was 48.93 $\pm$ 8.15, and their psychological anxiety was significantly improved after being introduced to the nursery. Their BAI anxiety score dropped to 25.12 $\pm$ 3.51, while the *P* value was 0.015, indicating a significant difference. Under the traditional parenting mode, the blank group's anxiety score before and after the experiment was 46.15 $\pm$ 9.80 and 45.98 $\pm$ 8.86 after the experiment, respectively. Not significant, the *P* value was 0.569, indicating that the difference was not significant. To sum up, the promotion and intervention of childcare institutions can effectively alleviate the parenting anxiety of dual-income families, help dual-income families adjust their parenting psychology, and promote the development of healthy parenting psychology.

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## ANALYSIS OF THE REASONS FOR WOMEN'S INCARCERATION IN THE CONTEXT OF SOCIAL PSYCHOLOGY AND RESEARCH ON POLICY MEASURES AFTER RELEASE

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**Background:** Psychology studies the essence of human psychological activities. Marxism shows that there is a dialectical relationship between material and spirit, and spirit is a subjective response to the objective world. Due to the need for interaction in the psychological research process, the research methods of human psychology and spiritual activities are different from other natural disciplines. In the process of psychological research, we need to consider the complexity of physiological mechanism and human nature at the same time, and pay attention to social practice, quantitative research and its uncertainty. In terms of research content, we should not only pay attention to traditional empirical research. The research form should not be limited to one person or one thing, the research of the whole society should be paid attention too. As a branch of psychology, criminal psychology can be recognized and exists objectively. As a discipline, criminal psychology has scientific theoretical basis, reflects the characteristics of this discipline, meets the practical needs, and promotes the development of this discipline. Criminal psychology studies the thoughts, intentions and other psychological activities related to criminal groups, deeply studies the motives of criminals, and analyzes the psychological activities in the

process of crime. Different from the research methods of psychology, criminal psychology first uses the investigation methods of social science to study the subjective and objective influencing factors that lead to criminals committing crimes, as well as the psychological process in the process of crime. Then, it makes scientific assumptions on the psychological factors that promote crime, and uses practice and data information to corroborate and form theoretical knowledge. Next, the psychological tests and questionnaires of the offenders are statistically analyzed, and the correction methods are compared according to the preset scene. In the research process, science and technology provide scientific support for the study of the psychological activities of the criminal population. Modern methods and instruments are used to test the biochemical indicators of the criminal, and modern science and technology such as computers are used for interrogation and lie detection. In the study of criminal psychology, the proportion of female crime is gradually increasing. Psychological influence is the main inducement of female crime, and modern society has given more inclusiveness to women. However, personal personality and ideas may lead to the extreme tendency of female groups, resulting in psychological imbalance. This bad psychological state will lead to criminal behavior.

**Objective:** Due to the improvement of women’s status and the importance of harmonious family relations, society has paid more attention to female crime. Some studies have shown that there is a significant relationship between female crime and the impact of psychological factors, so this experiment analyzes the reasons for female imprisonment in the psychological background, and adopts appropriate policies and measures to carry out psychological intervention after release, hoping to reduce the crime rate of female groups and promote social and family harmony.

**Subjects and methods:** According to the information provided by the staff, this study conducted a sampling survey in 13 prison districts of a prison, and screened the experimental subjects in the form of questionnaires. A total of 501 questionnaires were issued, and 410 were valid. Excluding the cases of missing values, 335 female offenders were finally selected as the research objects. Among them, more than 83% of the criminals have a junior high school education or below, 53% are rural population, 58% have a job before imprisonment, 90% are first-time offenders, and the age of the first crime is between 18 and 35 years old. A regression model is established to analyze the influencing factors such as education level, employment, criminal record, domicile and age of first crime. The relevant data are calculated and counted by Excel software and SPSS20.0 software.

**Results:** Regression analysis was carried out on stress factors such as abuse and discrimination and economic pressure. In model 1, abuse and discrimination had a very significant impact on negative emotions ( $P < 0.01$ ). In model 2, abuse, discrimination and experience pressure have a very significant impact on the level of crime ( $P < 0.01$ ). In model 3, abuse and discrimination have a very significant impact on the level of crime ( $P < 0.01$ ). The results are shown in Table 1.

**Table 1.** Multiple regression analysis

		Model 1 (negative emotions)		Model 2 (crime level)		Model 3 (crime level)	
		B	SE	B	SE	B	SE
<i>t</i> value	-	2.73E-15	0.06	9.61**	0.17	10.61**	0.97
Nervous	Abuse and discrimination	0.37**	0.06	0.89**	0.17	0.69**	0.19
	Economic pressure	-0.02	0.06	0.45**	0.17	0.23	0.21

Note: \* $P < 0.05$ , \*\* $P < 0.01$ .

**Conclusions:** Among imprisoned criminal women, negative emotions have a significant impact on criminal behavior, which may increase the crime rate after experiencing negative emotions such as abuse. In models 1 to 3, abuse and discrimination have a very significant impact on negative emotions and crime levels ( $P < 0.01$ ). In model 2, experience stress has a very significant impact on the level of crime ( $P < 0.01$ ), indicating that abuse and discrimination that cause tension and experience stress have an important impact on crime. This may be because women are more vulnerable to gender discrimination and domestic violence. At the same time, due to social development and progress, women’s experience pressure in modern society has gradually increased, resulting in an increase in the level of crime.

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## MUSIC, EMPATHY, AND GLOBAL PUBLIC AND MENTAL HEALTH