

physical exercise and anxiety. Therefore, physical exercise can help alleviate anxiety symptoms by promoting mental state.

**Acknowledgement.** General Project of Social Science Planning in Chongqing (No. 2022NDYB198); General Project of Education Science Planning in Chongqing (No. 2022-GX-49); Chongqing Jiaotong University 2021 Education and Teaching Reform Research Key Project (No. 2102004).

## College physical education on students' social anxiety disorder from perspective of psychology

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**Background.** Social anxiety disorder is a condition in which people become wary of strangers when they are in unfamiliar or socially threatening situations. With the increasing pressure of life and study, more and more students suffer from social anxiety disorder. If this negative psychological emotion can not be improved in time, it will even cause extremely serious consequences.

**Subjects and Methods.** Physical education in colleges and universities is one of the effective ways to promote students' physical and mental health. Therefore, this study from the perspective of psychology makes an in-depth analysis of the influence of college physical education on students' social anxiety disorder. The experiment randomly selected 70 students from a university to make statistics on their social anxiety disorder before and after the physical education intervention and compared their self-rating anxiety scale (SAS) before and after the intervention. SPSS 23.0 statistical software was used for data processing.

**Results.** The score of SAS scale of students before intervention had no statistical significance ( $P>0.05$ ), but the score of SAS scale of students after intervention was higher than that before intervention, and the difference was statistically significant ( $P<0.05$ ). It shows that physical education in colleges and universities can improve social anxiety disorder significantly.

**Conclusions.** With the support of psychological theory, physical education in colleges and universities can improve the frequency of communication between students and others through physical activities, so as to promote communication between students and effectively improve their social anxiety disorder.

## The positive influence of Chinese traditional music therapy in the treatment of personality disorder

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**Background.** Personality disorder refers to the obvious deviation of personality characteristics from the normal, making people in daily life and interpersonal relationship perform abnormal behaviors. Personality disorders have a negative impact on the development of individuals and bring a negative influence on society. In addition, people with personality disorders are easy to have unstable emotions and even cause harm to themselves and others.

**Subjects and Methods.** Music therapy uses various forms of music to help patients heal emotionally. Among many, traditional Chinese music therapy can effectively relieve depression and improve the quality of people's mental health. The study uses Chinese traditional music therapy to analyze its influence on the treatment of personality disorders. Fifty patients with personality disorders were randomly selected and divided into a research group and a control group, with 50 people in each group. The research group received conventional psychological intervention treatment, and the control group received traditional Chinese music therapy. After the experiment, the Self-rating Anxiety Scale (SAS) was compared between the two groups. SPSS 23.0 statistical software was used for data processing.

**Results.** Before the intervention, there was no statistical significance in baseline data between the two groups ( $P>0.05$ ). After the intervention, the SAS scale score of the control group was significantly higher than that of the research group, and the difference was statistically significant ( $P<0.05$ ).

**Conclusions.** Chinese traditional music therapy can effectively improve personality disorders and play a positive role in people's mental state.

## Intergenerational education model on social anxiety disorder of rural left-behind children

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**Background.** At present, many parents in rural families choose to go out for work. Traditional intergenerational guardians generally adopt food and clothing education, and it is difficult to implement correct guidance and education. Left-behind children in rural areas often have a sense of loneliness and inferiority due to the lack of family care. The negative psychology will further damage the physical and mental health of left-behind children, making