

## Improving effect of historical and cultural tourism on mixed depression of tourists

Xiaoqing Zhu

Xi'an University, Xi'an 710065, China

**Background.** Mixed depression is a common mental health problem that causes great distress to the patient's life and social functioning. Due to historical and cultural tourism having communicative characteristics, it may have a positive effect on improving the symptoms of depression and is considered to affect improving mixed depression.

**Subjects and Methods.** A randomized controlled trial design was used in this study, which included 100 patients with mixed depression. The intervention group received an 8-week historical and cultural tourism intervention, while the control group continued to receive conventional psychotherapy. The analysis tool uses SPSS23.0.

**Results.** At the end of the study, patients in the intervention group showed significant improvement in depressive symptoms as measured by the Hamilton Depression Scale and Quality of Life questionnaire. Depression symptoms were reduced by 30 % in the intervention group compared to the control group. In addition, life quality in the intervention group also improved significantly, by 20% compared to the control group.

**Conclusions.** Historical and cultural tourism has a positive effect on improving the symptoms and life quality of patients with mixed depression. By providing new sensory and cognitive experiences, historical and cultural tourism can divert patients' attention and emotions, and alleviate their depressive symptoms. The combination of historical and cultural tourism with drug and psychotherapy can become an effective and feasible treatment method, which provides a new choice and treatment means for patients with mixed depression.

**Subjects and Methods.** This study adopted a randomized controlled experiment design and selected 200 freshmen from a university as the research objects. According to the principle of voluntary, the students with social anxiety characteristics were randomly divided into two groups to be included in the study. The control group received routine psychological counseling, while the intervention group participated in the study and research of ethnic instrumental ensemble. The activity cycle was one semester, and ensemble training was conducted 3 times a week for 2 hours each time. In this study, two groups of students were measured before and after using the social anxiety scale. The analysis tool is SPSS23.0.

**Results.** After one semester of study, it was found that the anxiety of students in the intervention group was significantly reduced, and the anxiety degree was more significantly decreased than that of the control group ( $P < 0.01$ ). The social anxiety level of the students in the intervention group remained relatively low during the three-month follow-up interview after the teaching.

**Conclusions.** The teaching of ethnic instrumental ensemble in colleges and universities can help alleviate the social anxiety of college students, improve their social ability and optimize the environment of campus mental health education.

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## Implementation of ideological political education concepts on PTSD students: based on educational psychology

Chunfeng Wang

Hunan University of Information Technology, Changsha 410151, China

## Ethnic instrumental ensemble teaching on social anxiety disorder in colleges and universities

Chuanli Fu\* and Qin Qin

China Three Gorges University, Yichang 443002, China

\*Corresponding author.

**Background.** In today's society, social anxiety disorder has become a major psychological problem affecting People's Daily life quality in recent years, especially among college students. Because of its collective and communicative characteristics, the collegiate instrumental ensemble is considered to be effective in alleviating social anxiety.

**Background.** Psychological trauma refers to the level of exposure during catastrophic events, including wars, sexual assault, earthquakes, etc. After experiencing, witnessing, or encountering these catastrophic events, we will experience varying degrees of emotional reactions such as fear, helplessness, or shock. This study will start with the post-traumatic stress disorder (PTSD) of college students and analyze the positive impact of ideological and political education concepts on students' psychological resilience.

**Subjects and Methods.** This study divided 120 PTSD college students who were affected by earthquake disasters into two groups, each consisting of 60 people. The experimental group received traditional psychological resilience positive emotion regulation therapy, while the control group received life cognitive therapy in ideological and political education based on traditional psychological resilience positive emotion regulation therapy. The study was measured using the Connor Davidson resilience scale (CD RISC).

**Results.** The experimental results showed that the experimental group of college students experienced fewer PTSD symptoms and