

Subjects and Methods. This study selected English teachers and 86 students from a university as the research subjects. By comparing the differences in students' social fear levels between traditional and interactive teaching modes, the traditional teaching group usually adopts traditional face-to-face teaching methods for learning. The interactive teaching group adopts a more interactive and participatory teaching approach, using methods such as classroom discussions, group activities, experiments, and applications. This study used SPSS23.0 statistical software to analyze the data.

Results. In the experiment, the scores of social phobia patients in the traditional teaching group showed a decreasing trend on the Self Rating Anxiety Scale, from 58.64 points to 34.16 points; The score of the interactive teaching changed from 60.24 points to 52.77 points. By comparing the scores of the interactive teaching group and the traditional teaching group, the interactive teaching mode of college English can improve communication skills of patients with social phobia.

Conclusions. The study adopted an interactive teaching model in college English teaching, and found that the symptoms of social phobia among college students were alleviated to some extent, which had a positive impact on their mental health.

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The positive influence of ideological and political education on the mental health of college students

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Background. Students' mental health issues have attracted more attention due to the pressure and challenges they experience in today's society. This study attempts to include the new era sports ideology and politics into the positive influence of college students' mental health in an effort to better manage the mental health state of college students.

Subjects and Methods. 100 college students with psychological anxiety issues were selected as test subjects. 50 college students were assigned to the experimental group and 50 to the control group. The new era sports ideological and political education was provided to the college students in the experimental group during the course of a six-month psychological intervention. The typical personality education approach was employed to students in the control group for a six-month psychological intervention.

Results. The mental health status of the two groups of college students was evaluated and scored according to the anxiety item

in the Stanford Acute Stress Response Questionnaire (SASRQ). Compared with the control group, the anxiety of college students in the experimental group was obviously eliminated, and the emotional regulation was very effective. Their comprehensive score was 10 points, and the control group scored 22 points.

Conclusions. College students' mental health is greatly benefited from the modern incorporation of sports-related political and ideological education into their mental health education.

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Cross-cultural tourism on tourists' generalized anxiety disorder in the context of internationalization

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Background. With the continuous development of globalization, the internationalization of tourism has become an important trend in today's society. More and more people are choosing to travel abroad to experience the diversity of different countries and cultures. However, when most tourists travel, they will inevitably have anxiety due to a variety of factors such as worrying about the quality of the tour, whether the plane is delayed, whether the diet is customary, and so on.

Subjects and Methods. This paper is to further understand and study the influence of cross-cultural tourism on tourists' generalized anxiety disorder, and improve tourists' travel experience and mental health. In this study, 50 tourists with generalized anxiety disorder were selected as experimental subjects. Among them, 25 tourists were in the experimental group who received cross-cultural tourism treatment, and 25 tourists were in the control group that received traditional psychological treatment. The treatment period was 3 months for both groups.

Results. The results were measured using anxiety items from the Stanford Acute Stress Response Questionnaire (SASRQ). The higher the score, the more severe the anxiety. The experimental results showed that the anxiety symptoms of tourists in the experimental group were generally reduced, and their mental health was greatly improved, with a comprehensive evaluation score of 9 points, while some tourists in the control group had poor treatment effects, with a comprehensive score of 15 points.

Conclusions. Cross-cultural tourism in the context of internationalization has a positive therapeutic effect on tourists' generalized anxiety disorder.