

depression, and other negative psychology, causing personality crises. In recent years, many colleges and universities have set up psychological consultation rooms for college students. However, with the expansion of college enrollment, psychological counseling for tens of thousands of people but a drop in the bucket, unable to provide more student services.

Subjects and Methods. Ideological and political courses can carry out the education of ideas and moral norms in a planned way to ensure college students' ideological and ethical standards. Therefore, the study proposes to use the ideological and political curriculum education in colleges and universities to intervene in the anxiety of college students. Sixty students with anxiety in a university were randomly selected. It is divided into ideological and political course education groups and general education groups; each group is 30 people. SPSS23.0 software was used to analyze the changes in psychological anxiety.

Results. Before the experiment, the baseline data of all students had no statistical significance ($P>0.05$). After the intervention, the psychological anxiety of students in the ideological and political education group was significantly improved compared with that in the general education group, and the difference was statistically significant ($P<0.05$).

Conclusions. Improving ideological and political courses can alleviate the anxiety of college students and enhance their personalities and thoughts.

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Alleviation effect of ideological and political education on psychological obstacles of college students

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Background. The increasing pressure of social competition has gradually increased the pressure on the college student community. The psychological problems of college students have become increasingly prominent, even becoming an important factor affecting campus stability in some universities. Although traditional treatment methods are effective in alleviating psychological disorders in college students, long-term treatment has developed drug resistance or reduced treatment effectiveness. Therefore, the study aims to alleviate the psychological barriers of college students by introducing ideological and political education from the perspective of educational psychology.

Subjects and Methods. A total of 52 college students with psychological disorders were selected as the research subjects and randomly divided into H and I groups. Group H adopted traditional treatment methods, while Group I introduced ideological

and political education on this basis. The experiment lasted for one year, and after the experiment, independent t-tests were conducted on the samples using SPSS 20.0 and data analysis was conducted on the samples.

Results. After the experiment, the somatization score of Group I was 1.30 ± 0.45 points, the interpersonal sensitivity score was 1.56 ± 0.51 points, the paranoid score was 1.44 ± 0.48 points, the mental parallelism score was 1.49 ± 0.61 points, and the terror score was 1.40 ± 0.35 points, all lower than those of Group H and before the experiment.

Conclusions. From the perspective of educational psychology, ideological and political education can effectively alleviate psychological barriers for college students.

Aesthetic landscape design in forest parks on the rehabilitation of patients with mood disorders

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Background. Mood disorders are mental illnesses characterized by mood or emotional changes. It mainly manifested as emotional highs or lows, as well as behavioral changes. Currently, medication and psychological therapy are the main methods. However, the current treatment methods have become increasingly ineffective in the long term. Therefore, research has applied the aesthetic landscape design in forest parks to the rehabilitation of patients with mood disorders, in order to alleviate their psychological problems.

Subjects and Methods. The subjects and methods of the study were 100 patients with mood disorders who were treated in a certain hospital from 2021 to 2022. They were divided into an observation group (A) and a control group (B) based on their admission time. The observation group used aesthetic landscape design from forest parks for treatment, while the control group used traditional treatment methods. After the experiment, SPSS20.0 software was used for data analysis.

Results. Before intervention, the self-efficacy score of Group A was 23.81 ± 3.10 points, while that of Group B was 23.95 ± 3.17 points; After intervention, the score of Group A reached 31.74 ± 3.91 points, and after intervention, it was 28.12 ± 3.55 points. From the sleep status, the score of Group A after intervention was 24.39 ± 3.17 points, which was higher than Group B's 22.04 ± 2.86 points.

Conclusions. The aesthetic landscape design methods in forest parks are effective for the rehabilitation of patients with mood disorders.

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