

the 3-minute Delirium Diagnostic Scale (3D-CAM) and statistically analyzed using SPSS23.0 software.

**Results.** The results showed that after participating in red culture identity education, the mental health status of students with borderline personality disorder was significantly improved. They exhibit higher emotional stability, self-confidence, and a sense of self-worth. At the same time, they are also more willing to express themselves and have a deeper understanding and identification with the core socialist values.

**Conclusions.** Art and design education can effectively improve the level of red cultural identity of college students with borderline personality disorder. The collaborative educational approach of art and design education can help college students with borderline personality disorder better adapt to the social environment, and enhance their mental health and self-development ability. Therefore, educational psychology should incorporate art and design education into the education plans of students with borderline personality disorders to promote the development of their red cultural identity.

## Inheritance and development of ethnic dance culture on anxiety disorders in college students

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**Background.** Anxiety disorder is one of the common psychological problems faced by college students, which has a negative impact on their studies and lives. As a traditional cultural form, folk dance not only carries the essence of national culture, but also has potential mental health benefits by means of body movement, music, and emotional expression. Therefore, it is of great significance to explore the efficacy of the inheritance and development of folk-dance culture on the anxiety disorder of college students.

**Subjects and Methods.** The study first involved a subset of participants receiving anxiety disorders treated with a folk-dance intervention. The intervention can be conducted through classroom teaching, group activities and other forms. It mainly includes personalized exercise, key training, emotional regulation, etc. In the traditional drug treatment of the control group, the effect of the folk dance was analyzed during the experiment.

**Results.** The analysis found that the incidence of anxiety disorders decreased by 65.87% after the experimental group participants received the folk-dance intervention 83.23% of the patients showed significant disease improvement. Among the participants in the control group, only 62.36% of the patients with anxiety disorders had improved. It was 20.87% lower than the experimental group.

**Conclusions.** The experiment found that by participating in folk dance activities, college students can release tension through body movement while experiencing traditional culture, and adjust their emotional state with the help of the rhythm and expression form of music. Therefore, participating in the inheritance and

development of folk-dance culture can produce positive effects on the intervention of college students.

## The psychological and emotional relief effect of tourism on residents with autism

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**Background.** In the context of rural revitalization, the tourism industry, as an important economic growth point, has been widely concerned. At the same time, as a special group, autistic residents are facing the challenges of psychological and emotional distress and social integration. Therefore, it is of great theoretical and practical significance to explore the development path of the rural tourism industry to alleviate the psychological emotions of autistic residents.

**Subjects and Methods.** The rural tourism industry provides opportunities for autistic residents to work and social integration. In the tourism service industry, autistic residents can play the role of tour guide, receptionist or handicraft producer. Through the accumulation of work experience, they can improve their self-confidence and social skills, and increase their sense of identity in society, which can help to improve their emotional state and self-feeling.

**Results.** Through the analysis of the psychological and emotional relief effect of autistic patients, it is found that the development path of the tourism industry under the background of rural revitalization has an emotional regulation effect on 80.65% of autistic patients. About 22.65% of people with autism showed significant improvement.

**Conclusions.** The rural tourism industry is characterized by diversity and interaction, which provides rich experience and participation opportunities. By participating in tourism activities, autistic residents can get the opportunity for physical and mental relaxation, emotional pleasure, and social interaction. Elements such as natural environment, cultural landscape and animal proximity in tourism activities provide autistic residents with sensory stimulation and emotional connection and help to improve their emotional state and self-feeling.

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