

Psychological effect of entertainment of vlog news communication on anxiety of audience under life pressure

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Background. Mental anxiety disorder, also known as anxiety disorder, can be basically divided into acute anxiety and chronic generalized anxiety. With the development of society and economy, the number of patients with anxiety disorder is also gradually increasing. The entertainment of video blog (vlog) news dissemination can reduce the seriousness of news.

Subjects and Methods. In order to investigate the therapeutic effect of vlog news dissemination entertainment on mental anxiety disorder, 80 patients with mental anxiety were selected and randomly divided into a research group and a control group, with 40 patients in each group. The control group only received medication with paroxetine, while the research group received psychological intervention using vlog news dissemination and entertainment based on medication. The treatment period for both groups was 4 weeks. In addition, the analysis tools used in the study include the Self-Rating Anxiety Scale (SAS), Hamilton Anxiety Scale (HAM-A), and SPSS23.0.

Results. The results showed that the scores on the Self-Rating Anxiety Scale and Hamilton Anxiety Scale of the two groups of patients were lower than the pre-treatment levels ($P < 0.05$), and the difference was statistically significant. The scores on the Self-Rating Anxiety Scale and Hamilton Anxiety Scale in the research group were significantly lower than those in the control group ($P < 0.05$), and the difference was also statistically significant.

Conclusions. In summary, psychological intervention through the entertainment of vlog news dissemination has a certain alleviating effect on excessive mental anxiety.

immediately after an individual experiences a sharp and severe traumatic event. Athletes are prone to encountering acute stress disorder during exercise, and failure to receive timely treatment can easily lead to the end of their sports career.

Subjects and Methods. In order to analyze the correlation between the quality of public service in large sports venues and acute emergency disorders among sports personnel, the study used tools such as the Symptom Checklist (SCL-90), Hamilton Anxiety Scale (HAMA), Hamilton Depression Scale (HAMD), and SPSS23.0. In addition, the study selected 70 athletes who had experienced sports injuries and divided them into a treatment group and a control group. Among them, the control group received medication with estazolam, while the public service quality of large sports venues was improved based on medication treatment in the treatment group. In addition, the treatment period for both groups of athletes was 4 weeks.

Results. The results showed that the factors such as depression, terror, and anxiety in the treatment group were significantly lower than those in the control group ($P < 0.05$), indicating that this indicator has statistical significance. In addition, there was a significant improvement in individual support utilization ($P < 0.05$), which also indicates that this indicator has statistical significance.

Conclusions. Therefore, by improving the quality of public services in large sports venues, acute emergency barriers for sports personnel can be reduced.

Acknowledgement. Philosophy and Social Science Research in Colleges and Universities in Jiangsu Province (No. 2021SJA1923).

Music culture inheritance and education on bipolar disorder in college students

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Background. Bipolar disorder, also known as bipolar disorder, is a common mental disorder that combines manic or mild manic episodes with depressive episodes. With the development of society, the proportion of college students suffering from bipolar disorder is gradually increasing, which has a serious impact on their physical and mental health.

Subjects and Methods. In order to analyze the impact of the inheritance of ethnic music culture and music education in universities on bipolar disorder among college students, the study selected 60 college students with bipolar disorder and randomly divided them into two groups, the research group and the control group, with 30 students in each group. The control group mainly used quetiapine for treatment, while the treatment group added psychological intervention therapy for ethnic music culture inheritance and music education based on drug treatment. The treatment cycle for both groups is one month. In addition, the study selected the Self Rating Anxiety Scale (SAS), Self-Rating Depression Scale (SDS), and SPSS23.0 to evaluate the various conditions of patients.

Correlation between the quality of public service in stadiums and acute stress disorder among athletes

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Background. Acute stress disorder, also known as acute stress response, refers to a transient mental disorder that occurs