

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

Jingfan He, Siti Aishah Mohammad Razi\* and Akmar Hayati Ahmad Ghazali

University of Putra Malaysia, Kuala Lumpur 43400, Malaysia

\*Corresponding author.

**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.

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## Music culture inheritance and education on bipolar disorder in college students

Yu Cao

Nanchang Vocational University, Nanchang 330000, China

**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

Huijun Zhang<sup>1</sup> and Xiaoli Sun<sup>2\*</sup>

<sup>1</sup>Yancheng Institute of Technology, Yancheng 224000, China and <sup>2</sup>Jiujiang Middle School, Foshan 528200, China

\*Corresponding author.

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

**Results.** The results showed that after treatment, the mental state and quality of life scores of both groups of students were increasing, and the scores of the treatment group were significantly higher than those of the control group ( $P < 0.05$ ). In addition, there was a significant decrease in depression and anxiety scores in both groups of students, and the scores in the treatment group were lower than those in the control group ( $P < 0.05$ ).

**Conclusions.** From this, it can be seen that the inheritance of ethnic music culture and music education in universities are beneficial for alleviating the bipolar disorder of college students.

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## Urban rail transit design practice on cognitive obstacles in art and design majors

Shan Tang

Xuzhou University of Technology, Xuzhou 221000, China

**Background.** Students majoring in art and design exhibit a more assertive personality, emphasizing their interests and hobbies while emphasizing their major over culture. They are easily suffering from cognitive impairment under the influence of professional characteristics, family environment, and growth experiences. The research added practical content of urban rail transit design to some content of art and design majors. It is to achieve intervention in cognitive impairment of art and design students.

**Subjects and Methods.** Two classes of students majoring in design from art schools were selected as the research subjects and assigned to groups A and B. Group A adopts traditional art and design professional cognitive impairment treatment methods, while Group B participates in urban rail transit design practice for combined intervention. The experimental total lasted for six months, and the data were organized according to SPSS23.0. t-tests for comparison between the two sets of intervention pre and post were used.

**Results.** After intervention, the perceptual-cognitive function score of Group B increased to  $54.46 \pm 6.68$  points, and the perceptual-cognitive function score increased to  $20.32 \pm 1.97$  points, significantly higher than Group A. At the same time, the quality of life score increased to 11.68, resulting in a significant improvement of 1.66 cases.

**Conclusions.** The combination of traditional treatment methods with urban rail transit design practices has an effective intervention effect on treating cognitive impairment in art and design majors.

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## Manifestations and treatment strategies of anxiety disorders among English Chinese translators in cross-cultural translation

Shanshan Zhu

Wuhan Huaxia University of Technology, Wuhan 430223, China

**Background.** Although English Chinese translators receive high salaries, their mental abilities are overwhelmed during long-term cross-cultural translation. In addition, the requirements for translation submission time and quality make them face long-term pressure, and over time, they develop anxiety disorders, mainly manifested as sleep disorders. To address this issue, research has added psychological intervention therapy to traditional drug therapy and used a combination of treatment strategies to treat anxiety disorders.

**Subjects and Methods.** 100 English Chinese translators with anxiety disorders were randomly divided into two groups: Group C and Group D. Group C received drug therapy, while Group D received psychological intervention in addition to drug therapy. The experiment lasted for 3 months and their psyche was evaluated by Hamilton Anxiety Scale and data treatment was analyzed using SPSS 21.0. Metrics were indicated in the shape of average  $\pm$  criterion variation and t-test was used.

**Results.** The Hamilton scale score of Group D was  $25.52 \pm 1.15$  before the intervention, and  $7.06 \pm 0.88$  after the intervention; Before the intervention, the score of Group C was  $25.47 \pm 1.06$ , and after the intervention, it was  $14.03 \pm 1.55$ . Overall, the combination of drug therapy and psychological intervention has a better therapeutic effect.

**Conclusions.** English Chinese translators often exhibit anxiety disorders such as neurotic tension and sleep disorders in cross-cultural translation, and the combination of psychological intervention strategies in drug therapy is effective in treating their anxiety disorders.

## Music curriculum innovation construction on postgraduate mania from the perspective of curriculum ideology and politics

Kun Cao

Nanning Normal University, Nanning 530001, China

**Background.** Graduate students, as highly intelligent individuals, are more likely to experience mania during their studies than the general population. They are affected by learning pressure,