

irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, and 4 means sufficient influence.

Study design: (1) Before the experiment, investigate the emotional relief of the experimental group and the control group;

(2) Starting the experiment, the control group was given routine care, including basic care, diet care, rehabilitation training, sports training, and psychological care. The experimental group conducted traditional manual arts training for mental patients on the basis of routine nursing;

(3) Twelve weeks after the implementation of the experiment, conduct a second survey on emotional relief, and once again understand the emotional stability of patients with mental illness in the experimental group and the control group;

(4) Compare the data before and after the experiment, and analyze the differences between the subjects before and after the experiment.

Methods of statistical analysis: The SPSS software was used to count and analyze the original data of the two questionnaires to test the emotional changes of the experimental group and the control group of patients with mental illness before and after the experiment.

Results: Comparing the difference in emotional stability between the experimental group and the control group before and after the experiment, the experimental results of the average score are shown in Table 1.

Table 1. Comparison of emotional stability between the two groups before and after the experiment.

Group	Before and after the experiment	Self-esteem	Self-confidence	Hands-on ability
Test group	Before the experiment	0	0	0
	After the experiment	4	3	3
Control group	Before the experiment	0	0	0
	After the experiment	1	1	1

Before and after the experiment, the emotional stability of the experimental group showed significant changes. According to the change of the mean value, the mood of patients with mental illness was relieved. Mental patients have exercised their ability to use their hands and brains through hand-made training, helping them win the respect of others and improve their self-esteem; at the same time, they also recognize their own advantages and stimulate self-confidence. Group activities encourage mentally ill patients to use the positive vocabulary they have learned to praise others, and at the same time accept positive comments from others about themselves. This process is a process in which patients with mental illnesses form positive perceptions and explore positive expressions, which can change the tendency of patients with mental illnesses to mechanically defend against the outside world.

Conclusions: Traditional manual art training is an effective auxiliary therapy for patients with mental illness. It enriches the patient's hospital life. Patients share the content of origami, share the experience of origami, and share everyone's thinking. Nurses use positive self-suggestion methods, allow patients to learn from each other and make progress together. Patients can recognize their own abilities, vent their emotions, and eliminate inferiority complex and aggressiveness. Traditional handcrafting can relax the mind and body of patients with mental illness through appropriate exercise and attention, which is conducive to the regulation and improvement of patients' emotions. When mentally ill patients use visual art as a means of expression, they will be driven by a strong desire to communicate with the outside world, allowing them to find happiness and inspiration. Traditional manual art training can promote the contact between patients with mental illness and real life, let patients see the beauty and hope of life, and help manage their own emotions.

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THE PROMOTING EFFECT OF VOCAL MELODY ON THE REHABILITATION TREATMENT OF JUVENILE MENTAL ILLNESS

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Background: The incidence of mental illness in adolescent population is increasing. Patients are generally conscious and generally normal in intelligence, but cognitive impairment may occur in the course of disease development. There are many reasons for the occurrence of adolescent mental diseases, which are generally related to negative factors such as inadaptability to life and learning environment, interpersonal communication barriers and other factors, as well as unsafe, self-abasement and psychological factors caused by character, frustration or loss. Mental illness can cause pathological changes in the gray matter structure of the brain of patients, mainly manifested as decreased gray mass and asymmetry in bilateral anterior cingulate gyrus, prefrontal lobe and right superior temporal gyrus. Antipsychotic drug therapy is currently the preferred treatment for adolescent mental illness. Some studies have found that after 3 months of antipsychotics treatment for adolescent psychiatric patients, their cognitive ability is significantly improved, positive and negative symptoms are significantly improved, and their cognitive function is highly correlated with psychiatric symptoms, which should be paid attention to in clinical treatment. However, the treatment of adolescent mental illness is more complicated than that of adult due to the physiological stage of adolescent development, the immaturity of cognition, the dependence on adults in life, the resistance of adolescent cases to treatment, and the difficulty of diagnosis. Recently, with the continuous development and progress of medical science and the transformation of medical model, psychotherapy and various rehabilitation measures have been widely used in clinical practice, and have achieved good results. Therefore, to explore the effective means of psychological treatment has become the focus of research, the first step of treatment must be health education, to assist adolescents and parents to understand what is depression, its clinical symptoms, prognosis, recurrence of symptoms, recurrence of how-to real-time diagnosis.

Objective: With the transformation of bio-psychology-social medical model, psychotherapy and various mental rehabilitation measures have been widely used in clinical practice and achieved good expected results. Therefore, the vocal music melody as a means of music therapy, in the adolescent patients with mental illness mental rehabilitation center to take music therapy combined with behavioral therapy for treatment, in order to explore effective psychological treatment means.

Subjects and methods: 150 adolescent patients were randomly divided into control group (78 cases) and study group (72 cases). The control group received normal treatment, and the study group received treatment as follows: (1) According to patients' physical conditions and interests, the music therapy group adopted the combination of receptive and participatory music therapy, and carried out active music therapy or passive music therapy, collective music therapy or individual music therapy. The research team treated the patients according to their general physical condition, current severity of the disease, education level, hobbies and interest in music. First of all, prepare for the selection of music. The patient's medical history should be fully understood before the selection of music, and the patient's living habits should be combined with the destination. If the patient is more passive, you can listen to some relaxed, passionate, cheerful, lively, aspirant songs. Patients with stable conditions, if there is initiative in music learning, can organize singing karaoke, playing guitar, violin and singing chorus. After treatment, it is best for patients to communicate with each other and evaluate each other. They should participate in music therapy 10 times a week, 30min each time, half a month for a course of treatment, a total of 10 courses. (2) Behavioral therapy: A. Social communication skills training. Can be carried out in the social communication ability training room, the staff should first understand the characteristics of the patient's condition, step by step to guide patients how to express their emotions, how to learn to communicate with people, how to control their emotions, how to understand the society and adapt to society. 1 time a day, each time 1h, 1 month as a course of treatment, adhere to 5 courses. B. Life skills training. Gradually teach patients to master the necessary life skills every morning, such as getting up on time, making beds, cleaning clothes, paying attention to personal hygiene, washing clothes, cooking, teaching children, simple communication with people, and gradually establish a good law of life and daily habits. To adhere to exercise, when necessary to do a good record, for patients who have done well can be given appropriate rewards and encouragement, supervision and reinforcement of their behavior, adhere to 5 months.

Methods: Before and after treatment, the improvement rate of clinical symptoms (apathetic, poor thinking, hypo volitional, attention disorder, sleep disorder, hallucination and delusion) was calculated by statistical table, and the statistical results were compared and analyzed. χ^2 test was used to compare the count data. $P < 0.05$ was considered statistically significant.

Results: The statistical results are shown in Table 1. It was found that the clinical symptoms of the study group were significantly improved after vocal music therapy.

Conclusions: Patients with schizophrenia are often accompanied by cognitive impairment, and the degree of cognitive impairment is an important indicator to measure the long-term prognosis of patients with schizophrenia, which has become the consensus of most experts at home and abroad. With the changes in the biological-psychological-social medicine model, it is necessary to carry out rehabilitation training for the patients at the same time as the drug treatment of the adolescent patients with mental illness. As a

result, people pay more and more attention to non-drug treatment in psychiatry. For example, the role of music, art, and behavioral therapy in helping patients in the process of mental rehabilitation. It is hoped that patients can improve their cognitive and social functions while adhering to medication, so as to better promote patients' return to society.

Table 1. Comparison of clinical symptom improvement effect between the two groups before and after treatment (n/%).

Group	Emotional indifference	Poverty of thought	Will decline	Attention disorders	Sleep disorders	Hallucinatory delusion
Study group	62/86.11	59/75.64	48/66.67	56/71.79	67/85.90	22/28.21
Control group	42/53.85	39/50	36/46.15	39/50	47/60.26	15/19.23
χ^2	6.514	5.741	7.482	8.175	1.18	1.038
<i>P</i>	<0.05	<0.05	<0.05	<0.05	>0.05	<0.05

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THE INFLUENCE OF MODERN ART THERAPY ON STABILIZING THE MOOD OF PATIENTS WITH MENTAL ILLNESS

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Background: Art therapy is an interdisciplinary professional field that emerged and is developing in Europe and America after World War II. It is based on multidisciplinary theories such as psychology, art, sociology, and philosophy, and emphasizes that visual symbols and images are the most natural of human experience. The form of communication tries to achieve the purpose of treatment by allowing the client and professional art therapists to conduct various artistic creation activities such as painting and sculpture on the premise of establishing a certain trust relationship, and to carry out multi-dimensional interactive activities around the work. However, how to define art therapy comprehensively and precisely is still controversial in the art therapy field.

As a widely used form of psychotherapy, the theoretical basis of art therapy comes from Sperry's theory of division of labor between the left and right brain and the theory of mental projection. The main theoretical basis of modern art therapy is the psychological projection in analytical psychology. The theory believes that psychological projection is a reflection of free will in the individual's consciousness, which is an active and unconscious performance activity. The products of different psychological projections not only exist in the form of artistic creation, but human dreams, hallucinations and even delusions can all be regarded as manifestations of psychological projections. Therefore, artistic creation activities can be applied as a technique of mental projection, which can effectively stabilize the mood of patients with mental illness.

Objective: As a psychological phenomenon, emotions play an important role in the daily life of individuals. Since the category of emotions is multi-level, any one of them can be the object of individual adjustment, so stabilizing the emotions of patients with mental illness is also a complex and diverse process. Modern art therapy has the effect of relieving emotions and stabilizing mood. Therefore, the emotions of patients with mental illness can be controlled through modern art therapy.

Subjects and methods: Selected 3505 patients with mental illness admitted from 2010 to 2020, including 2500 males and 1005 females; the oldest is 69 years old, the youngest is 16 years old, and the average age is 42.5 years old. Education level: 1000 cases of high school and above, 1065 cases of junior high school, 1085 cases of elementary school, 355 cases of illiteracy. Types of diseases: 1680 cases of schizophrenia, 205 cases of paranoid psychosis, 836 cases of mood disorders, 362 cases of reactive psychosis, 366 cases of schizophrenia psychosis, and 56 cases of anxiety. Course of disease: The longest is 12 months, the shortest is 45 days, and the average is 40.5 days. Living environment: 1605 cases in urban areas and 1,900 cases in rural areas. Randomly divided into 1642 cases of art therapy group and 1863 cases of non-art therapy group.

Study design: (1) Before the experiment, test the emotional stability of the experimental group and the control group respectively;

(2) Start the experiment and give art therapy to the experimental group, while the control group does