

professional background and family situation are the reality that graduates can't change when looking for a job. Finally, students find suitable jobs with their own strength. College students should improve their core competitiveness through various ways. They should not only seriously study professional knowledge and scientific and cultural knowledge to enhance their knowledge reserves, but also actively practice and train their ability to use knowledge and interpersonal communication methods. Facing the achievements and setbacks in job hunting with a positive and peaceful attitude will be a valuable experience in life.

**Conclusions:** In the process of college students' employment, college teachers should guide college students' employment, correctly guide college students' employment psychology, and make them establish a correct concept of employment, to obtain higher employment advantages in the process of employment. Relevant departments should pay more attention to the employment psychology of college students, formulate effective educational programs, increase the employment rate of college students, and create good conditions for reducing the employment problems of college students. To effectively solve the employment problem of college students, we also need to give full play to the role of government departments, universities, and families to provide better conditions for college students' employment.

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## EFFECT OF YAJI MUSIC ON ALLEVIATING PSYCHOLOGICAL PROBLEMS IN PATIENTS WITH AFFECTIVE DISORDER

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**Background:** The main meaning of affective disorder is that the patient has the problem of depression or mania. If there is the problem of depression, the main manifestations are depression, lack of happiness, low self-esteem, self-blame, self-sin, no hope for the future, decreased attention and memory, decreased appetite, difficulty in falling asleep, pessimism, despair and even negative thoughts. When there are manic problems, they may have high emotions, always be very happy, have high self-evaluation, and think they have strong skills, plan to do some big things, act recklessly, love to spend money, do things like a tiger's head and a snake's tail, etc. The main characteristics of these affective disorders are particularly unstable emotions, and sometimes they are unusually happy than ordinary people, sometimes people are significantly unhappy than ordinary people, so it is called affective disorder, also known as mood disorder. The clinical manifestations of affective disorder are mainly high or low emotion, accompanied by running or slow thinking, psychomotor excitement or inhibition. In the manic state, the patient's mood is high, which is not commensurate with the situation, and can be cheerful, irritable, irritable, angry and anxious. In severe cases, there can be delusions, hallucinations and other mental symptoms that are coordinated or uncoordinated with the mood. In depression, patients are in a bad mood, distressed and sad to pessimism and despair, unable to be happy, lose interest, and have low self-evaluation. In severe cases, suicidal ideas and behaviors occur, and the disease changes in a rhythm of heavy day and light night. The treatment methods are generally: (1) Comprehensive treatment principle. (2) The principle of individualized treatment. (3) Principle of long-term treatment. (4) Mood stabilizer-based treatment principle. (5) Principle of combined medication. (6) The principle of regular detection of blood drug concentration. The preferred specialty of psychotherapy is the psychiatrist practitioner of psychotherapy. Psychotherapy can run through the whole process of treatment. Cognitive behavioral therapy, supportive psychotherapy and traditional Chinese medicine psychotherapy (tip technology) are commonly used, which can last for a period of time even after complete withdrawal, which can effectively prevent recurrence. Psychotherapy is very important for patients with affective disorder. Through the research on the source of psychological problems of patients with affective disorder, it is found that exercise therapy and music therapy are of great significance. And Yaji music is the first choice of music therapy. The so-called "elegant gathering" simply refers to the gathering of ancient literati and refined scholars for recreational activities related to Literature and art.

**Objective:** In the intervention of Yaji music, people's thinking and psychology have changed a lot, and the pressure accumulated in their hearts has been released, making them feel that life is better. This has played a positive role in promoting the future development, so that they can better release their inner pressure in the future.

**Subjects and methods:** Listening to Yaji music has many advantages. Beautiful melody can calm the restless heart, but you should choose more soothing and gentle music. Gentle music can make people relax, relieve pressure, and cure some mental diseases to a certain extent. Music can stimulate the brain and intensify brain cells. Beautiful melody can stimulate brain activities and even achieve a certain anti-aging

effect. Listening to some light music before going to bed can also improve sleep quality and promote sleep. In short, the intervention of Yaji music can alleviate the listener's mood. This study mainly investigates the changes of patients' emotion, the influence of stress and the psychological changes of emotion.

**Study design:** A questionnaire survey was conducted and 100 people were randomly selected as participants. A total of 100 questionnaires were distributed and 93 questionnaires were recovered, with a recovery rate of 93%. There were 87 valid questionnaires, and the effective rate was 87%. Among them, 6 questionnaires are invalid because the answers on the questionnaire are completely the same or the number of answers is less than 50% of the questionnaire questions.

**Methods:** Excel was used to calculate the effect of Yaji music on the alleviation of psychological problems in patients with affective disorder.

**Results:** For the test results, four grades 1-4 are used to quantify the impact value of specific factors. 1 means irrelevant, 2 means average impact, 3 means great impact, and 4 means deeply affected. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation value of 100 participants is taken as the average and the results are rounded. The specific statistical table is shown in Table 1.

**Table 1.** Effect of Yaji music on alleviating psychological problems of patients with affective disorder

Group	Emotional aspect	Pressure relief	Emotional aspect
Participant	4	4	4

**Conclusions:** Yaji music intervention is a soothing intervention, which is different from other psychological interventions, and this intervention method can more effectively alleviate people's psychological depression and irritability. The intervention effect of Yaji music on people's emotional release is more obvious, and this intervention method is more acceptable, so that people can not only improve, but also cultivate their sentiment by constantly listening to Yaji music. So that people can release their pressure in music, which is very helpful for everyone's future development.

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## CLINICAL EFFECT OF SYSTEMATIC PSYCHOLOGICAL INTERVENTION COMBINED WITH DRUG THERAPY ON NON-EROSIVE GASTROESOPHAGEAL REFLUX DISEASE

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**Background:** Nerd is a common digestive system disease, which is mainly characterized by clinical symptoms such as upper abdominal burning, acid reflux and chest pain, but there is no esophageal mucosal damage in endoscopy. Many clinical literatures suggest the routine use of proton pump inhibitors in the treatment of this disease, but some patients have poor curative effect, and the symptom relief rate is lower than that of erosive gastroesophageal reflux disease (GERD). In recent years, it is considered that psychological factors may play an important role in the pathogenesis of GERD. Studies have shown that proton pump inhibitors can strongly inhibit gastric acid secretion. They are widely used in the treatment of GERD clinically, but the effective rate is 75%, and the curative effect of nerd is even worse. Therefore, the importance of psychological intervention for nerd patients while routine acid inhibition treatment has been recognized by more and more people. We applied psychological intervention combined with drugs to treat nerd patients and achieved satisfactory results. The report is as follows.

**Objective:** To explore the clinical effect of systematic psychological intervention combined with drug treatment on non-erosive gastroesophageal reflux disease.

**Subjects and methods:** The 90 items symptom checklist (SCL-90) 100 nerd patients whose scores were higher than the normal norm of our hospital from February 2020 to February 2021 was selected and were randomly divided into two groups. There were 50 cases in the combined intervention group and 50 cases in the single intervention group. Both groups took omeprazole orally. On this basis, the combined intervention group carried out psychological intervention for 8 weeks. The reflux symptoms such as upper abdominal burning, acid reflux and chest pain were evaluated before treatment. After 8 weeks of treatment, the continuous improvement of symptoms, clinical efficacy and adverse reactions of the two groups were