

traditional tourism space. It can eliminate the urban-rural dual structure and realize urban-rural integration through the collection and analysis of tourism big data. It is a new concept and model to drive and promote the coordinated development of economy and society with tourism. Under the background of the “Internet plus” era, the traditional rural tourism industry is facing the urgent need and development opportunity of upgrading and upgrading in order to adapt to the development of the times. Therefore, it is of great theoretical and practical significance to study how smart tourism promotes the improvement and upgrading of rural tourism.

Subjects and methods: Rural tourism based on smart tourism is a new tourism format that applies the Internet of things and modern information technology to rural tourism services. It can be said that it is a new upgrade of the future development mode of rural tourism. The demand of tourists for tourism products guides the development direction of rural tourism. At present, the demand of tourists for rural tourism products has changed greatly. Using the knowledge of social psychology, through the psychological analysis of tourists, the smart tourism platform improves and promotes the development of rural tourism by meeting the psychological needs of tourists.

Study design: Using the interview analysis method, 5 rural tourism developers and 30 tourists were interviewed to understand the development of rural tourism, the current situation and problems of rural tourism development under the smart tourism platform. The visit time is about 15-25 mins.

Methods: The impact of smart tourism platform on promoting rural tourism development from the perspective of Excel statistical social psychology.

Results: Based on the perspective of social psychology, this paper promotes the development of rural tourism from the aspects of tourism service, marketing and management of tourism enterprises and professional quality of service personnel.

According to the survey results, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence and 4 means full influence. The specific statistical table is shown in Table 1.

Table 1. Impact of social psychology on the development of rural health resort tourism

Factor	Natural resources	Green consumption	Development resources
Economics	4	4	4

Conclusions: With the rapid development of economy and society, the pace of urban life is accelerating day by day, and various competitions are intensifying. With the continuous increase of income, people’s psychological pressure is increasing, and they are more eager to return to nature than ever before. This demand is rigid and increasingly strong. Therefore, the demand for relatively short-term and cheap rural tourism products is gradually increasing. As far as tourists themselves are concerned, their educational background, working environment, living standards and cultural literacy are different, and their tourism needs are also different. They show personalized and diversified development, and pay more attention to participation and experience. They expect that rural tourism can be obtained in e-payment, online reservation, online travel and other smart scenic spots like other urban scenic spots Intelligent services in information retrieval and query. Therefore, this change in demand for rural tourism products can promote the transformation and upgrading of rural tourism. Rural tourism should be based on the new forms of “Internet plus tourism” and “smart tourism”. With reference to tourists personalized and diversified demands for rural tourism, we should appropriately adjust and improve the existing rural tourism industry by using modern information technology such as the Internet, so as to achieve upgrading and upgrading of rural tourism industry.

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THE RELATIONSHIP BETWEEN COLLEGE STUDENTS’ SELF-DIFFERENTIATION AND ANXIETY IN THE PERSPECTIVE OF IDEOLOGICAL AND POLITICAL EDUCATION

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Background: According to Bowen's family system theory, self-differentiation can be defined from the level of inner differentiation and the level of interpersonal relationship differentiation. On the inner level, self-differentiation refers to the individual's ability to distinguish between reason and emotion, that is, the individual's ability to be controlled by reason or emotion at a particular moment. On the level of interpersonal relationship, self-differentiation refers to an individual's ability to experience intimacy and independence at the same time when interacting with others. There were differences in anxiety and depression factors among the self-differentiation groups, moderate differentiation group and highly differentiation group. In contrast, the individuals with severe anxiety and depression lack the ability to regulate emotions, and are prone to produce more emotional responses. Individuals with lower scores of anxieties and depression are able to deal with the negative effects of anxiety and depression on body, mind, feeling and behavior, no matter they are closer to the real self. Self-differentiation is a measure of emotional maturity, and its meaning lies in the balance and harmony between the states of independence and intimacy. As far as the influencing factors are concerned, the less emotional response, the more conducive to maintaining the harmony within the self, the more rational handling of problems, emotional disconnection and integration to maintain balance, so that the self is in an appropriate position. When the level of self-differentiation is high, you can calmly deal with the pressures and difficulties in life, take positive and effective measures. Anxiety and depression are the result of the disharmony between the heart and the outside world in the process of development. It can be seen that the level of anxiety and depression is often low. Anxiety plays a part of mediating role in the relationship between self-differentiation and depression, that is, self-differentiation influences depression level through anxiety. Individuals with a lot of anxiety may often fall into anxiety and lead to excessive integration with people, or emotional cutoff, and thus the formation of inner fear and helplessness, a long-term depression. Understanding the role of anxiety in the relationship between self-differentiation and depression may help to improve the level of self-differentiation, reduce the level of anxiety and depression, and improve mental health. Ideological and political work is the lifeline of all work and the fundamental guarantee of all work. But in recent years, the effect of ideological and political education is not obvious, and the reasons are various. But the author thinks that it is counterproductive to treat all the problems as ideological problems because of lack of psychological knowledge education. This is one of the important reasons. Starting with the relationship between college students' self-differentiation and anxiety, this paper applies the knowledge of psychology and ideological education to the work of college students, so as to help college students face the growing problems rationally, improve their psychological endurance, enhance the scientific, predictability, pertinence and effectiveness of ideological and political education, and promote its further perfection and development.

Objective: University stage is the stage in which young students' outlook on life and values are gradually shaped, which makes the ideological education work in university period particularly important. The most important task of ideological and political education in colleges and universities is to promote the healthy development of college students and help people to have a correct understanding and healthy and harmonious psychology. Make it form the ideological and political quality that conforms to social development. Therefore, in order to improve the level of college students' self-differentiation, college ideological and political educators can make efforts from the following aspects: 1. Strengthen the construction of the moral character of college students. 2. Establish an evaluation system for the self-differentiation level of college students. 3. Specific analysis of specific problems in combination with psychological knowledge. 4. Helping students to establish corresponding social support systems. 5. Encourage college students to actively participate in social practice.

Subjects and methods: Random selection of 100 college students, age unlimited, gender unlimited, professional unlimited. According to the self-differentiation questionnaire, we had a conversation with the low self-differentiation score. Talk time is set at 30-45 mins. Ask the interviewee to explain clearly to the interviewee the purpose of the conversation and the issues that need attention before the conversation begins. If the interviewee agrees, take notes. Conversations often start with an open question, specifically: Ask the interviewee to briefly introduce himself/herself, give a brief account of his/her distress, and say what he/she wants to improve. In conversation, when interviewees describe events, they should pay attention to his emotions and let him be specific by asking questions. During the interview, we should pay attention to the relationship between the subjects and their parents and friends, the feelings of being suppressed, worried, afraid, dependent and comfortable when they are close to others, and understand the subjects' views on conflict, and how to deal with their own emotions and other people's relationships, even the defense psychology that may be included. After the interview, the reasons and psychological characteristics of college students' self-differentiation were summarized. Using Excel method for statistics.

Results: Through in-depth conversations, researchers can confirm that undergraduates with low self-differentiation often experience anxiety and depression, as well as distress over other emotions or intimate relationships with classmates, lovers, and parents. They are often not highly receptive to themselves, and have extreme thoughts about interpersonal relationships. Extreme dependence or excessive defense are their specific manifestations. The statistical results are shown in Table 1.

Table 1. Relationship between self-differentiation and anxiety in ideological and political education of college students

Low self-differentiation	Excessive dependence	Distrust	Narcissism	Emotionally significant
Is there any anxiety	Yes	Yes	Yes	Yes

Conclusions: College students' self-differentiation not only directly affects their mental health, but also has some relationship with anxiety and depression. Anxiety plays a part of mediating role between self-differentiation and depression. In order to help college students to develop their personality and improve their self-differentiation, it is of great significance.

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EFFECT OF PHOTOGRAPHIC ART BEHAVIOR THERAPY ON PATIENTS WITH MILD COGNITIVE IMPAIRMENT

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Background: Mild cognitive impairment (MIC) is a transitional stage between normal and dementia. If there is no timely intervention and treatment at this stage, when the cognitive function decreases to a certain extent, it will develop into dementia, and dementia is an irreversible process. Therefore, patients with mild cognitive impairment can still maintain good function and cannot reach the diagnostic criteria of dementia. In addition, patients with mild cognitive impairment have decreased cognitive abilities such as attention, memory and instrumental daily living ability. 35%-85% of patients with mild cognitive impairment will have different mental states to some extent, including depression and anxiety. These negative states will have a serious impact on patients' daily life and condition. Therefore, early and timely intervention can effectively slow down or alleviate the process of mild cognitive impairment patients to dementia, which is of positive significance for the improvement of life ability and quality of life of patients with mild cognitive impairment. Mild cognitive impairment is not only affected by memory, but also closely related to patients' daily life style and mental state. There are many risk factors for mild cognitive impairment, so there is no unified conclusion on its diagnostic criteria at home and abroad. Scholars will study it according to different criteria, but no matter which identification criteria, the most core problem involved in the diagnosis of mild cognitive impairment is still cognitive impairment, its core contents are: (1) Cognitive decline: cognitive impairment reported by the principal complaint or insider, and there is evidence of cognitive impairment through objective examination. (2) The basic daily living ability is normal, but complex daily activities, such as the use of more complex electrical appliances, can have slight damage. (3) No Alzheimer's disease.

Objective: Mild cognitive impairment refers to memory impairment and mild other cognitive impairment, but the individual's social, occupational or daily life function is not affected, and cannot be explained by known medical fields or neurological diseases. In recent years, a combination of music therapy, art therapy, group therapy and exercise therapy has emerged. Among them, photography art behavior can improve the cognitive ability of patients with mild cognitive impairment according to their cognitive ability, mental state and lifestyle. Therefore, by exploring the influencing factors and intervention modes of patients with cognitive impairment, establish a social work intervention mechanism of mild cognitive impairment, so as to seek the early prevention and early warning of dementia during mild cognitive impairment. The purpose of this study was to study the effect of photographic art behavior therapy on patients with mild cognitive impairment.

Subjects and methods: Fifty patients with mild cognitive impairment were randomly selected as researchers. No age limit, no gender limit, no occupation limit. Fifty patients with mild cognitive impairment were randomly divided into two groups, 25 in the experimental group and 25 in the control group. The survey was conducted by issuing questionnaires. Through the intervention of photographic art behavior, the experimental group took pictures of different objects, such as natural scenery, garden scenery and interior