

**Methods:** The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

**Results:** The EPQ scores of college students in the experimental group were different from those in the control group, as shown in Table 1. The scores of EPQ subscales of college students in the control group were significantly different from those in the control group ( $P < 0.01$ ). The scores of E subscale were significantly higher than those of the control group ( $P < 0.01$ ), and the scores of P subscale, N subscale and L subscale were significantly lower than those of the control group ( $P < 0.01$ ).

**Table 1.** Comparison of EPQ scores between the two groups before and after intervention

Project	Experience group	Control group	<i>t</i>	<i>P</i>
P	4.53±2.57	5.88±2.95	-7.596	<0.01
E	13.48±3.77	10.74±4.53	8.318	<0.01
N	9.23±4.91	11.37±4.14	-5.315	<0.01
L	10.34±3.73	12.25±3.68	-6.522	<0.01

**Conclusions:** The mode of mental health education for college students is to help students correctly understand the law of mental development and master the necessary mental health knowledge by setting up mental health education courses and giving full play to the role of the main channel of the classroom teaching. By carrying out various and colorful mental health education activities, students can improve their comprehensive quality and realize comprehensive and coordinated development. Through carrying out psychological education guidance, psychological counseling, and counseling, psychological guidance is carried out to help students dispel doubts and doubts. By carrying out psychological crisis intervention, we should take preventive measures, pay attention to students' safety, and ensure students' healthy and smooth growth. Through psychological investigation and research, we can timely understand and grasp the psychological status and characteristics of students, carry out targeted work, and enhance the pertinence and effectiveness of mental health education in colleges and universities.

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## SELECTION OF MEDICAL CARE COMBINED SERVICE MODE FOR ELDERLY PATIENTS WITH NEUROPATHY

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**Background:** China's population aging is serious, the number of elderly people is increasing, and the incidence rate of senile neurosis is increasing year by year, which has become one of the major social problems in China. Senile neuropathy is senile psychosis, also known as senile mental disorder. It is a kind of mental disease that often occurs in the elderly. Senile psychosis is characterized by slow onset, long duration, and repeated uncertainty. Stable and aggravated conditions often occur alternately. The main manifestations of senile psychosis are thinking rupture, emotional disorder, hallucination and delusion. After the condition is aggravated, there will even be suicide, self-mutilation and other situations. The mental state of patients will also be unstable, resulting in impulse, running away, lack of self-knowledge and so on. Therefore, finding a suitable treatment method for senile psychosis and treating and intervening in senile psychosis patients are of great significance to improve the quality of life of senile psychosis patients and the harmonious development of society.

The combination of medical care and elderly care service model is a comprehensive elderly care service system integrating medical care and elderly care proposed to solve the medical and elderly care problems of China's elderly groups. It is a new concept first put forward in 2013. The combination of medical care and elderly care service mode realizes the integration of medical resources and elderly care resources, and the organic integration of medical services and elderly care services, so as to provide medical services, humanistic care and elderly care services for the elderly. In recent years, the elderly patients with psychosis are mostly cured by the combination of medical care and service mode. However, the mental state of patients with senile psychosis is unstable and often has abnormal behavior, which seriously affects the progress and effect of treatment. Behavioral psychology originated in the United States in the early 20th century. It is a branch of psychology. Behavioral psychology is a subject that studies the relationship

between human behavior and psychological activities. Behavioral psychology holds that human behavior is an active and conscious behavior under the guidance of consciousness. Human consciousness is composed of intention and cognition, which is the result of the interaction of these two factors. Based on the theory of behavioral psychology, the analysis of abnormal behavior of senile psychiatric patients can more accurately analyze the condition of patients, and then targeted treatment. Therefore, the research on integrating behavioral psychology into the integrated medical care service system to reform the integrated medical care service mode can effectively treat and intervene the elderly psychiatric patients, and is of great significance to improve the quality of life of the elderly psychiatric patients and the harmonious development of society.

**Objective:** The population aging in China is serious, the number of elderly people is increasing, and the incidence rate of senile neurosis is increasing year by year, which has become one of the main social problems in China. In recent years, the elderly patients with psychosis are mostly cured by the combination of medical care and service mode. However, the mental state of patients with senile psychosis is unstable and often has abnormal behavior, which seriously affects the progress and effect of treatment. Research on integrating behavioral psychology into the integrated medical care service system, so as to reform the integrated medical care service mode, and then effectively treat and intervene the elderly psychiatric patients, which is of great significance to improve the quality of life of the elderly psychiatric patients and the harmonious development of society.

**Research objects and methods:** 80 elderly psychiatric patients, aged 57-72 years, were selected from a psychiatric hospital. The Geriatric Depression Scale (GDS) was used to analyze and evaluate the emotional state of the subjects.

**Study design:** 80 patients were randomly divided into study group and control group with 40 people in each group. For the patients in the study group, the improved medical care combined service system based on behavioral psychology was used for treatment intervention. For the patients in the control group, the traditional medical care combined with a service system was used for treatment intervention. After three months of treatment, the GDS scores of the two groups were compared.

**Methods:** The corresponding data were processed and analyzed by software SPSS17.0.

**Results:** After 3 months of treatment, the GDS score of patients in the study group was significantly lower than that of patients in the control group ( $P < 0.05$ ). The GDS scores of the two groups are shown in Table 1.

**Table 1.** GDS scores of patients in both groups

Timing	Examination results		<i>t</i>	<i>P</i>
	Research group	Control group		
Before treatment	25.3±4.2	26.1±5.8	0.147	0.852
After Treatment	10.7±3.4	15.7±4.9	8.051	0.009
<i>t</i>	9.475	4.352	-	-
<i>P</i>	0.001	0.043	-	-

**Conclusions:** The combination of medical care and the elderly care service model is a comprehensive elderly care service system integrating medical care and elderly care, which is proposed to solve the medical and elderly care problems of elderly groups in China. The combination of medical care and elderly care service mode realizes the integration of medical resources and elderly care resources, and the organic integration of medical services and elderly care services, so as to provide medical services, humanistic care and elderly care services for the elderly. For senile mental patients, most of them are cured by the combination of medical care and service mode. However, the mental state of patients with senile psychosis is unstable and often has abnormal behavior, which seriously affects the progress and effect of treatment. Research on the integration of behavioral psychology into the integrated medical care service system in order to reform the integrated medical care service model. The results showed that after 3 months of treatment, the GDS score of the study group was significantly lower than that of the control group ( $P < 0.05$ ). Therefore, the reform of the service mode of the combination of medical care and nursing can effectively treat and intervene the elderly psychiatric patients, which is of great significance to improve the quality of life of the elderly psychiatric patients and the harmonious development of society.

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## ANALYSIS OF THE INFLUENCE OF NATIONAL MUSIC ART ON MENTAL DISORDERS IN THE ELDERLY

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**Background:** China's economic level and scientific and technological level are developing and improving, and people's quality of life is also improving. However, the problem of population aging has become the focus of social attention. The functions of the body and organs of the elderly begin to deteriorate, the brain is more vulnerable to damage, and the probability of mental disorders is also higher. Mental disorder is a kind of mental disease that leads to individual cognitive disorder, emotional disorder, behavioral disorder and will disorder due to the disorder of brain functional activities. There are many factors leading to mental disorders, such as congenital genetic, social factors, emotional disorders and so on. The main manifestations of mental disorders are delusion, hallucination, emotional control, abnormal behavior, decline of willpower, decline of insight and so on. Most patients with mental disorders do not recognize their condition and refuse to seek help from doctors, resulting in the aggravation of their condition, which not only increases the burden on their families, but also affects the construction of a harmonious society. The traditional treatment methods of mental disorders include drug treatment and acupuncture treatment, but the above treatment methods are expensive and bring a great burden to the patient's family. In recent years, the treatment methods are more complex, which is easy to lead to the emotional control of elderly patients with mental disorders. Therefore, we need to find an economic and convenient method to intervene the condition of elderly patients with mental disorders.

Music intervention is a common treatment for mental illness. Music intervention is an intervention method that takes listening to music performance as an intervention means to improve the cognitive function, emotional state, and mental behavior of patients with mental illness. Therefore, many scholars have studied the intervention effect of music intervention on elderly patients with mental disorders. The results show that music intervention has a certain therapeutic effect on senile mental disorders, but it does not reach the expected value. Cognitive psychology is a branch of psychology that began to rise in 1950. It mainly studies human advanced psychological processes, such as attention, perception and so on. The orientation of cognitive psychology focuses on the mode of thinking and reasoning by using cognition. Based on cognitive psychology, this study analyzes the cognitive situation of elderly patients with mental disorders, improves the traditional music intervention, and puts forward the use of national music art to intervene elderly patients with mental disorders. National music refers to the music produced and spread among the people, with the theme of reflecting folk life. It is a form of expression of China's traditional music. National music art is closer to people's life and in line with the artistic aesthetics of the elderly. Therefore, it can better arouse the emotional resonance of elderly patients with mental disorders, and then play a better intervention effect. Based on cognitive psychology, the research applies national music art to music intervention, and carries out treatment and intervention for elderly patients with mental disorders, which can effectively alleviate the degree of mental disorders of patients, improve the quality of life of patients, reduce the economic burden of patients' families, and promote the harmonious development of society.

**Objective:** Music intervention is a common treatment for mental diseases. Many scholars have studied the intervention effect of music intervention on elderly patients with mental disorders. The results show that music intervention has a certain therapeutic effect on senile mental disorders, but it does not reach the expected value. Therefore, based on cognitive psychology, applying national music art to music intervention, and treating and intervening elderly patients with mental disorders can effectively alleviate the degree of mental disorders, improve the quality of life of patients, reduce the economic burden of patients' families and promote the harmonious development of society.

**Subjects and methods:** 60 elderly patients with mental disorders, aged 60-71 years, were selected from a psychiatric hospital. The degree of mental disorder was analyzed and evaluated by the Diagnostic Schedule of Mental Disorders (DSMD).

**Study design:** 60 patients were randomly divided into study group and control group with 30 people in each group. For the patients in the study group, the improved music intervention method based on cognitive psychology was used for treatment. The patients in the control group were treated with traditional music intervention. After three months of treatment, the DSMD scores of the two groups were compared.

**Methods:** The corresponding data were processed and analyzed by software SPSS17.0.

**Results:** After 3 months of treatment, the DSMD score of patients in the study group was significantly lower than that of patients in the control group ( $P < 0.05$ ). The DSMD social function scores of the two groups are shown in Figure 1.