

guiding role, which can help young people to establish correct values and learning concepts, and alleviate anxiety. It can be seen that the anxiety of adolescents needs to be relieved by the use of ideological and political courses in colleges and universities, especially to make full use of positive language. This article mainly conducts research on adolescents' intellectual development, emotional pleasure, mental health, interpersonal relationship, and personality stability from the ideological and political courses in colleges and universities. Primary schools, junior high schools, and high schools were selected as the research objects, and questionnaires were issued to their students to count the influence of language on various aspects.

**Study design:** A stratified cluster random sampling method was used to survey 1,000 adolescents. Randomly select 1 elementary school, junior high school and high school, randomly select 1 class for each grade, and conduct a questionnaire survey among 12 classes of students. 983 questionnaires were distributed and 939 valid questionnaires were collected.

**Methods:** Excel was used to calculate the alleviating situation of anxiety disorder of teenagers of all ages by ideological and political courses.

**Results:** Under the influence of college ideological and political courses, teenagers will have different effects on their own anxiety disorders. Elementary school students are not mentally sound, so the effect is small, while junior high school students and high school students have matured with respect to mental and physical development, so the ideological and political courses have a greater impact on all aspects of it.

In the survey results, five levels of 1-5 are used to quantify the impact value of specific factors. 1 represents irrelevant, 2 represents slight impact, 3 represents general impact, 4 represents significant impact, and 5 represents sufficient impact. In order to reduce the impact, the individual subjectively caused a large error. Take the assessment value of 1000 students and take the average, and the result is determined by rounding off. The specific statistical table is shown in Table 1.

**Table 1.** Relief of anxiety in adolescents of different ages.

Factor	Mental development	Emotional pleasure	Mental health	Interpersonal relationship	Stable personality
Primary school	4	3	4	5	3
Junior high school	5	4	4	4	5
High school	5	5	5	4	4

**Conclusions:** Adolescent anxiety from the perspective of ideological and political courses in colleges and universities is affected by language attributes. Positive language will have a good role in promoting young people, develop harmonious classmate relationships, be diligent in communicating with parents, and improve academic performance. The research on anxiety of adolescents in ideological and political courses in colleges and universities overcomes the defect that traditional research methods only target a small number of students with outstanding psychological problems. How teachers communicate with students, treat and deal with students' psychological problems with a positive perspective, correct, develop and supplement traditional adolescent anxiety treatment models can effectively improve the positive psychological quality of adolescents.

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## THE EFFECT OF NURSING INTERVENTION FOR PATIENTS WITH MENTAL ILLNESS IN NEUROLOGY DEPARTMENT

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**Background:** The contemporary medical form advocates nursing to intervene in the diagnosis and treatment of patients, but monotonous nursing methods cannot fully meet the actual needs of patients. Comfort care is a form of overall care with a strong pertinence, which is essentially to allow patients to achieve the highest quality status in the overall aspect, thereby improving the actual diagnosis and

treatment results. Neurology patients are generally emotional, anxious, and pessimistic, which will have a serious impact on the patient's psychology and body in the long run. Neurology patients are relatively older, most of which are accompanied by other diseases, and the use of comfortable nursing interventions can help patients recover better and shorten the length of hospitalization.

Nursing intervention can significantly improve the anxiety and depression of patients with neurology and mental illness and improve the patients' ability to manage the disease. Related research shows that the implementation of psychological nursing intervention can significantly improve the anxiety and depression of patients with neurological and mental illness, promote their recovery and improve their quality of life. For those suffering from diseases, they not only demand relief from pain and troubles, but also more satisfaction, joy and happiness. Therefore, while studying how to reduce or eliminate patients' anxiety and depression and other negative emotions, it is also important to pay attention to their mental health and improve their subjective well-being.

**Objective:** Neurology diseases are common diseases of the elderly. Neurology diseases include cerebrovascular diseases, brain tumors, stroke, Alzheimer's disease, epilepsy, cerebral thrombosis, Parkinson's disease and many other diseases. Neurology diseases have the characteristics of high incidence and high mortality. At present, they have seriously endangered the physical and mental health of the elderly in our country, and brought adverse effects on the physical and mental health of the elderly in our country. Nursing intervention means that hospital nurses under the guidance of a certain theory, have a purposeful, planned and arranged influence on the patient's psychology, in order to achieve the purpose of restoring the patient's condition. The use of psychological nursing interventions in the Department of Neurology has a good effect, which is beneficial to the rehabilitation of patients.

**Subjects and methods:** 108 patients with neurological and mental illnesses were selected as the research objects, of which 56 were male patients, and the rest were females. The age of the patients was 39-68 years old. All patients were randomly divided into groups: the study group (54 cases) and the control group (54 cases). The general conditions of the two groups of patients were compared, and there was no significant statistical difference ( $P>0.05$ ). A comparative study can be carried out. The BADL scale was used to compare the satisfaction of the two groups of patients with care. The score is based on a percentage system. The higher the score, the higher the patient satisfaction.

**Results:** After the nursing intervention, the satisfaction distribution of the two groups was compared. After comparison, there were significant statistical differences. See Table 1 for details.

**Table 1.** Comparison of satisfaction with nursing care between the two groups.

Group	Number of cases	Very satisfied	Satisfy	Dissatisfied	Satisfaction
Test group	54	50 (92. 59)	4 (7. 41)	0 (0. 00)	54 (100. 00)
Control group	54	50 (92. 59)	1 (1. 85)	3 (5. 56)	51 (94. 44)

Nursing staff actively explain to patients the theoretical knowledge, treatment methods, and treatment processes related to induced neurological diseases, so as to allow patients to have a more comprehensive understanding of their own diseases. At the same time, they can tell patients some successful cases of treatment and let patients Don't worry too much and increase your confidence in recovery.

**Conclusions:** Psychological nursing intervention plays a very important role in medical nursing, and its application effect is relatively good. It is currently widely used in the nursing of patients with mental illness in the Department of Neurology. In the process of applying this nursing method, it is necessary for the nursing staff to establish a good relationship with the patient, so that the patient can trust the nursing staff, so as to improve the effect of psychological intervention nursing work. Nursing staff and patients respect each other and cooperate with each other, so that nursing staff can influence patients through words and deeds, expressions, actions, emotions, etc., so that patients can understand what the nursing staff wants to express from all aspects. Compared with younger groups, the elderly is more likely to suffer from neurological diseases. The main symptoms of neurological diseases in the elderly are epilepsy and dementia. Once the elderly suffers from neurological diseases, not only the mortality rate is higher, but also seriously affects the physical and mental health of the elderly. Therefore, in order to help the elderly to restore their health, we must strengthen their care and pay attention to the psychological problems of the elderly sick. Psychological intervention nursing for the elderly can not only provide comprehensive care for the elderly sick group, but also pay attention to the psychological problems of the patients.

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## MODELING ANALYSIS OF THE IMPACT OF RURAL TOURISM ON ALLEVIATING THE RISK OF ALZHEIMER'S DISEASE

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**Background:** Alzheimer's is a comprehensive disease, and "forgetfulness" manifested by simple progressive memory decline is a typical symptom of Alzheimer's. Innate endowments, acquired factors and the physiological characteristics of the elderly together constitute the special physique of the elderly and have a decisive influence on the onset of Alzheimer's disease. Alzheimer's disease is a common clinical disease. In recent years, China's population has become aging and the number of patients with Alzheimer's disease is also increasing. The pathogenesis of Alzheimer's disease has not yet been fully clarified. It is clinically believed that its occurrence and development are related to many factors. Alzheimer's disease is a comprehensive disease characterized by advanced cognitive dysfunction. The pathological features are mainly senile plaques, neurofibrillary tangles and neuron loss. With the progress and development of modern social sciences, the life span of human beings is constantly extending. In the world, especially in China, the aging trend of the population is increasing rapidly, and the diseases of the elderly are also increasing, especially the incidence of senile dementia is on the rise, which seriously affects the quality of life of the elderly. It is not only an individual disease, but because of the social burden it brings, it has become an important public health issue.

Rural tourism is defined as a tourism project based on agricultural resources. Rural tourism is a new type of tourism that evolved from the combination of eco-tourism and agricultural tourism. Eco-tourism includes both natural eco-tourism and cultural eco-tourism. The original motivation for tourists to choose this type of tourism is the double return to nature and the ancestral lifestyle. Therefore, rural tourism uses agricultural cultural landscape, agricultural ecological environment, agricultural production activities, farmers' daily life and environment, and rural folk customs as resources, and integrates viewing, participation, leisure, vacation, recuperation, entertainment and other methods.

**Objective:** Aged infatuation is the fourth leading cause of death in the elderly after tumors, heart disease, and cerebrovascular diseases. As a result, it has attracted the attention of domestic and foreign scholars and became a major subject of medical research in the 1990s. Therefore, the research on Alzheimer's has important medical and social significance. By analyzing the development model of rural tourism, effective research can be conducted on the impact of alleviating the risk of Alzheimer's disease.

**Subjects and methods:** Rural tourism helps to model and analyze the impact of Alzheimer's disease risk. Randomly select 300 senile dementia patients as the research objects, and improve the range of interpersonal communication among the elderly through rural tourism. In the survey results, five levels from 0 to 4 are used to quantify the impact of specific factors. 0 means no improvement, 1 means slight improvement, 2 means general improvement, 3 means obvious improvement, 4 means sufficient improvement, in order to reduce the evaluation When the individual subjectively caused a large error, the evaluation value of 300 Alzheimer's patients was taken and the average was taken to determine the result by rounding.

**Results:** Rural tourism takes rural natural and humanistic objects as tourist attractions, and relies on the beautiful landscape, natural environment, architecture and culture of the rural area. On the basis of traditional rural leisure tourism and agricultural experience tourism, it expands the development of conference vacations, Emerging tourism methods for leisure and entertainment projects. Through rural tourism, you can effectively perceive the people's feelings in the country, experience the rural life style, improve your communication ability, expand the scope of communication, and effectively analyze the impact of the risk of Alzheimer's disease.

**Table 1.** Effects of rural tourism.

Type	Feel the countryside	Experience life mode	Improve communication skills
Effect	4	4	3

**Conclusions:** Alzheimer's is a degenerative disease of the central nervous system, which reduces the patient's ability to take care of themselves and social behavior, seriously affects the patient's quality of life, increases family economic and social economic expenditures, and causes great psychological pressure on family caregivers However, there is currently no effective treatment for senile dementia. Therefore, a proper healthy lifestyle, reasonable diet, and proper physical exercise can all improve the health of the human body, delay the decline of cognitive function, and reduce the risk of Alzheimer's. Through the rural tourism development model, the risk factors of Alzheimer's disease can be determined and modeled and