

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

analyzed to achieve the effect of early prevention. Discriminate the correlation between controllable risk factors and Alzheimer's, so as to provide certain theoretical guidance for the early prevention of Alzheimer's.

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INFLUENCE OF MENTAL HEALTH EDUCATION IN PARTY SCHOOL ON ANXIETY DISORDER OF LEADING CADRES

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Background: Maintaining mental health of leading cadres is not only a prerequisite for the correct performance of various duties, but also an important foundation for cultivating and improving overall quality. Psychological surveys in recent years have shown that the overall psychological condition of leading cadres is good, but a considerable proportion of cadres have sub-health conditions such as serious job burnout, low happiness, and inner anxiety, and even some cadres have serious psychological disorders, leading to mental breakdown. The prevalence of mental health problems among cadres determines that there is a greater demand for mental health education. Therefore, in-depth research on methods and measures to alleviate the inner anxiety of leading cadres and strengthen the mental health education of cadres are of important practical significance.

Our country's mental health education started late. At present, only comprehensive mental health education courses are offered in large, middle and elementary schools, while the mental health education for leading cadres is seriously lagging behind. Most leading cadres rarely have it when they are students and after work. Opportunity to receive systematic mental health education and professional training. Due to the uniqueness of the educational object and educational environment, mental health education for leading cadres is different from general mental health education. How to realize the value and goals of education and maximize the effect of education is a question worthy of consideration by educators.

Objective: Mental health education in party schools helps to internalize mental health knowledge into psychological qualities. Traditional lecture-style teaching can teach a large number of mental health theories to leading cadres in a relatively short period of time. However, mental health education cannot solve problems with lectures alone. Mental health education is a process of emotion regulation and emotional experience, a process of ideological recognition and spiritual communication. Therefore, from the perspective of party school mental health education, research and analysis of the current situation of leadership anxiety and analysis of its influencing factors are conducive to exploring more effective Mental health intervention methods.

Subjects and methods: Psychological health education in party schools has a positive guiding role, which can help leading cadres to establish correct values and work views, and effectively alleviate anxiety in the process of work. This shows that the anxiety of leading cadres needs to be relieved by the use of mental health education in the party school. Mainly analyze the various influences of mental health education in party schools. 500 leading cadres were selected as the research objects, and questionnaires were issued to them to count the influence of various aspects of the party school's mental health education. Use Excel to calculate the mental health education of the party school to relieve the anxiety of leading cadres.

Results: Party school mental health education can effectively improve the cognitive level of leading cadres, enable them to have correct cognitive abilities, be able to look at things objectively, rather than emotionally, and make correct and rational judgments in the face of complex situations and reduce anxiety. The moral ability of leading cadres can be improved. Party school mental health education requires leading cadres to restrain themselves and control their thoughts and behaviors in accordance with the norms of social behavior. At the same time, when dealing with work problems, maintain a stable mental state, increase willpower, and improve personal charm.

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 of the assessment The individual subjectively causes large errors, and the obtained results are determined by rounding. The specific statistical table obtained is shown in Table 1.

Table 1. Relief of anxiety disorder of leading cadres.