

## ANALYSIS ON THE INFLUENCE OF FILM AND TELEVISION MUSIC APPRECIATION ON UNIVERSITY STUDENTS' MENTAL HEALTH

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**Background:** In recent years, colleges and universities have recruited more and more people, and more college students have received a good education. With the increase of the number of college students, it also brings some problems, such as the increasingly prominent psychological problems of college students. For freshmen, leaving the familiar environment in the past, many freshmen will have negative emotions such as anxiety, anxiety and fear. In the process of getting along with classmates and roommates, there will be some conflicts, especially those college students who are self-centered. Their interpersonal relationship processing ability is poor and they do not get along well with the people around them, so they are prone to anxiety and depression. Gradually, they will become alienated from other classmates and like to be alone. In this case, it is easy to aggravate their mental health problems. Some college students show emptiness of mind and great dependence on the Internet, so as to avoid the problem of communication difficulties. With their increasing dependence on the Internet, some college students are even addicted to the Internet. They indulge in the virtual world all day, isolate themselves from real life and are unwilling to communicate with others. The whole person becomes very decadent, with poor academic performance and no will to fight. Some college students are under great learning pressure because their major is not what they like. In this kind of conflict, students' physical and mental suffering. Or there are many learning contents, heavy learning pressure, fear of failing the exam and failing to get credits, resulting in anxiety among college students. Or the unsatisfactory learning methods of college students bring a sense of frustration, which makes students feel anxious and uneasy. In the long run, they are prone to anxiety disorder. Some college students can't deal with emotional problems well, which affects their mental health. For example, college students' emotional crisis caused by love leads to psychological abnormalities. Some college students can't accept lovelorn, so they go to extremes and have vicious behaviors such as self-mutilation and hurting others. In colleges and universities, many college students are only children. The long-term doting of their parents and relatives leads to these college students being more willful, arrogant and selfish. These bad habits are easy to cause psychological diseases, and even violent tendencies and behaviors will appear because of a little thing. Some college students will be affected by their family and external environment, which will lead to psychological problems, college students tend to be sensitive to others' mental health when they are born, and tend to be sensitive to their own family. Music can affect students' individual mental health. Through music appreciation, individuals can feel the beauty of music and produce spiritual pleasure. In the process of listening to music, it can enhance the state of low metabolism opposite to awakening, and alleviate individual negative emotions. Therefore, this paper analyzes the impact of film and television music appreciation on college students' mental health problems.

**Objective:** To understand the mental health problems of college students, analyze the causes of mental health problems of college students, and study the role of film and television music appreciation in mental health education. Reform the mental health education, regulate the bad mood of college students through film and television music appreciation, relieve the nervous nerves of college students and improve their sleep. With the help of music, it is conducive to the elimination of interpersonal barriers and self-expression of college students.

**Subjects and methods:** The research object are college students. 120 college students are randomly selected from a university. These students come from different grades, majors, gender, age and family background, and their personalities are different. Understand the mental health status, daily life, study, interests and hobbies of these college students, and understand their views and suggestions on film and television music appreciation. These college students were divided into control group and experimental group. The number of the two groups was 60. The control group received general mental health education, and the experimental group added the teaching content of film and television music appreciation on the basis of the control group. The experimental cycle was 2 semesters, and the relevant data during the mental health education were recorded. Fuzzy evaluation is used to analyze the impact of the reform of mental health education on college students' mental health problems, quantify the specific factors, use grade 1-5 score, the higher the score, the heavier the degree, and use SPSS software and Excel software to process and analyze the data.

**Results:** In view of the mental health problems of college students, we should carry out the reformed mental health education and teaching for them, and integrate film and television music appreciation into mental health education. After two semesters, the mental health problems of college students have been improved to some extent. The improvement effect of the experimental group is more obvious than that of the control group. The score of college students in the experimental group on harmonious interpersonal

relationship is 4.35. The results are shown in Table 1.

**Table 1.** Mental health level of two groups of students

Group	Correct self-evaluation	Harmonious interpersonal relationship	Normal social adaptation
Experience group	4.21	4.35	4.67
Control group	3.26	3.62	3.89

**Conclusions:** The mental health problems of college students are widespread in colleges and universities, which affect their daily life and study. There are many learning contents, heavy learning pressure, fear of failing the exam and failing to get credits, which leads to anxiety among college students. Or the unsatisfactory learning methods of college students bring a sense of frustration, which makes students feel anxious and uneasy. In the long run, they are prone to anxiety disorder. Some college students can't deal with emotional problems well, which leads to psychological abnormalities, self-mutilation and hurting others. Integrating film and television music appreciation into mental health education, through film and television music appreciation, college students' mental health problems have been significantly improved and their hearts have been purified.

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## STUDY ON THE IMPACT OF THE CONSTRUCTION OF HOME-BASED ELDERLY CARE SERVICE SYSTEM ON THE MENTAL HEALTH PROBLEMS OF THE ELDERLY

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**Background:** In psychology, anxiety, tension, anger, depression, sadness, pain and other emotions are collectively referred to as negative emotions. People's experience of such emotions is not positive, and their bodies will feel uncomfortable, even affect the smooth progress of work and life, which may cause physical and mental damage. At present, some citizens in China have different degrees of mental diseases. Mental diseases have seriously threatened the lives of citizens, and patients with mental diseases may have suicidal tendencies. Depression and anxiety disorder are common mental diseases, which have a very high incidence rate and disability rate, and will bring a great burden to patients and their families. As China gradually enters the aging era, more and more elderly people have psychological problems. In addition to their own diseases, many family problems also increase the mental pressure of elderly patients, such as disability, living alone and other problems, so that the psychological problems of the elderly cannot be solved. In addition, the social adaptability of the elderly is also weakening, resulting in a large number of elderly people unable to enjoy a comfortable life in their later years. Anxiety has a serious impact on their quality of life and psychology. At present, China's medical level is higher and higher, the average life expectancy of the people is also increased, and the proportion of the elderly population in the total population is also higher and higher. Today, the number of elderly people in China is very large, far exceeding some developed countries in Europe and America. At the same time, the growth rate is also very fast, which has affected the existing political, economic, social and people's lives to a certain extent. The home-based elderly care medical care service continues the traditional home-based elderly care model, but it is different from the traditional model in connotation. The home-based medical service system includes the establishment of personal health management for the elderly, family health management, health management of community medical institutions, health education and communication, chronic disease management for the elderly, third-party medical services and health intervention for the elderly. The home-based elderly care service system includes home-based service management system, home-based service system innovation, home-based medical service system and home-based care service system. Therefore, the elderly can provide for the aged in their familiar environment, which increases the harmony of family and community, and further improves the psychological anxiety of the elderly.

**Objective:** Home care needs to be combined with medical care, care, housekeeping and psychological services. At present, there are still many problems in home services in China, such as paying attention to life care and ignoring medical and psychological services. Therefore, this study establishes a high-standard and high-quality home-based elderly care service system, in order to explore the impact of the service system on the mental health problems of the elderly.

**Subjects and methods:** The subjects were 400 elderly people in three communities in an urban area. All