

RESEARCH ON INTERNATIONAL CONFLICT FROM THE PERSPECTIVE OF REGIONAL PSYCHOLOGY

Peng Ni^{1,2}

¹School of History and Culture, Shandong Normal University, Jinan 250358, China

²School of History, Culture and Tourism, Liaocheng University, Liaocheng 252000, China

SUMMARY

Background: In addition to the conflict of actual behavior interests, there are also some conflicts of values and cultural concepts. This conflict essentially comes from the conflict of psychological values in different regional regions from the perspective of contemporary internationalization, regional psychology has both regional cultural value and regional psychological value. This study applies regional psychology to the conflict of values and psychological guidance in international conflicts, and analyzes the conflict of psychological concepts and values in international conflicts by using the theory of regional psychology.

Subjects and methods: This paper selects different ethnic groups in different countries and regions as the research object, and analyzes the impact of international conflict strategies on their psychology through K-means clustering algorithm. The regional psychology of different races is divided into internal regional psychology and external regional psychology. The internal regional psychology involves cultural identity, identity and Aesthetic identity. External regional psychology involves collective concept and psychological image. International conflict strategies are divided into internal psychological strategies, external psychological strategies, internal and external mixed strategies, identification strategies, coercion strategies, and identification and coercion mixed strategies. The evaluation level quantifies the impact degree through five levels of 0-4. 0 indicates no impact, 1 indicates slight impact, 2 indicates impact, 3 indicates obvious impact and 4 indicates serious impact.

Results: The results show that the influence values of cultural identity, identity, aesthetic identity, collective concept and psychological image are 4, 4, 3, 4 and 3 respectively. This shows that the six strategies of international conflict will have an obvious and serious impact on people's different psychology.

Conclusions: The proposed six international conflict strategies have certain effectiveness and feasibility. In the subsequent settlement of international conflicts, we need to combine people's cultural identity, identity, Aesthetic identity, collective concept and psychological image, so as to solve international disputes and conflicts well.

Key words: regional psychology - regional culture - conflict of ideas - sense of worth

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INTRODUCTION

Regional psychology is a kind of psychology aiming at the relationship between man and earth. It will change with historical reasons, economic differences, geographical differences and other factors. It mainly studies the psychological differences and similarities of two or more regional populations (Fettweis 2019). The theory of regional psychology points out that people represent the psychological subjective individuals who carry out social activities and production activities under a certain regional space and mode of production, while land represents the geographical environment closely related to human production activities and psychological activities (Yarhi-Milo 2019). In the interaction between man and land, different cultural communities and regional psychological forms can be produced. At the same time, as an important contradiction in the world, international conflict is not only related to the safety of personal life and property, but also closely related to the stable development of the country, but also closely related to the coordinated development of the world (Parsonson 2019).

Hirblinger at scholars discussed not only the role of civil society in societies affected by violent conflict, but also the participation of civil society in global policy

processes and implementation partnerships aimed at conflict prevention and peacekeeping (Hirblinger 2018). Bulkes and other scholars analyze the educational dimensions of learning promotion activities, behaviors and values related to today's society, aiming to develop emotion, cognition and movement, in order to improve learning and creativity, and take action on some behaviors. Outdoor activities can release children, explore nature, have greater autonomy, respect, responsibility, help, solve conflicts and greater risks - safety, dirt and inappropriate conditions (Bulhes & Condessa 2019). Researcher Koç research from a valuable perspective of theorists and scientists around the world, provides a holistic approach to identity related issues and conflict resolution at the national / regional / international level. The international application of psychological and psychoanalytic methods is highly feasible (Koç 2020).

Psychological theory points out that regional psychology is a kind of psychology facing the relationship between man and earth, in which man represents the psychological subjective individual who carries out social and production activities under a certain regional space and mode of production, while Earth represents the geographical environment closely related to human production activities and psychological

activities, and different cultural communities and regional psychological forms in the process of human earth interaction (Khalid 2021). The development stages of regional psychology of human groups can usually be divided into four regional psychological development stages: agriculturalization, industrialization, land regionalization and internationalization. Different regional psychology evolves different community regional cultures or psychological theories with cross-cultural characteristics. Under the background of urban and rural areas and regional psychology, urban and rural social psychology is the main form of regional psychology. Regional psychology mainly aims at the group regional psychology under the influence of different regional cultures; International regional psychology mainly aims at the differences and connections between psychological concepts and values of different countries in the international environment (Larsen et al. 2020). At this stage, both developing and developed countries hope to quickly solve international contradictions and promote the vigorous development of national economy (Moskowitz 2019). As an important basis for normal communication and exchanges between the two peoples, a harmonious and stable social and economic order has a very important positive promoting effect on the rapid development of the global economy.

At this stage, both developing and developed countries hope to quickly solve international contradictions and promote the vigorous development of national economy. As an important basis for normal communication and exchanges between the two peoples, a harmonious and stable social and economic order has a very important positive promoting effect on the rapid development of the global economy. A country's foreign policy cannot be separated from decision-makers and implementers, and their roles should be paid attention to. Different people have different thinking understanding, which leads to different decisions. The reason is the wrong perception caused by cognitive limitations, which belongs to the category of cognitive psychology. There are three psychological mechanisms that can easily cause this false perception: cognitive consistency,

induced set and historical burden. In the psychological mechanism of cognitive consistency, when people receive messages, they will unconsciously connect new information with the original understanding under the trend of the original understanding, so as to keep them consistent. If there is a contradiction between the two, decision makers will tend to the original understanding (Lonner 2019). If they want to completely change this psychological mechanism, they need to be stimulated by many shocking events. When making decisions, decision makers will be affected by the problems they focused on at that time, and will produce a tunnel vision to judge the impact of their own problems, and think that this is the other party's purpose (Utlík 2019). Influenced by the burden of history, it will mislead the understanding of reality and fail to pay attention to the substantive difference between history and real events, resulting in serious wrong perception.

At present, the solutions to international conflicts at home and abroad involve relatively little psychology, and the proposed strategies have a negative impact on people's mental health. The research takes different ethnic groups in different countries and regions as the research object, and analyzes the impact of international conflict strategies on their psychology through K-means clustering algorithm, in order to provide new ideas and paths for the efficient and rapid resolution of international conflicts.

SUBJECTS AND METHODS

Study setting

In regional psychology, regional elements and group consciousness elements have an extremely important impact on individual psychological concepts and value forms. From this perspective, this study divides regional psychology into internal regional psychological representation and external regional psychological representation, as shown in Figure 1.

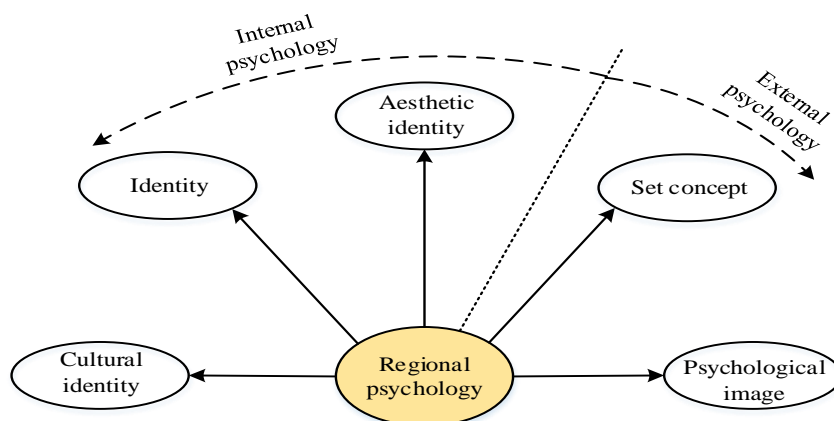


Figure 1. Regional psychological classification

The internal regional psychological representation in Figure 1 is mainly manifested by internal psychological identity, which is cultural identity, identity and aesthetic identity. The external regional psychological representation takes the external reflection of psychology as the main manifestation, which are collective concept and psychological image. Among them, cultural identity refers to the identity of individuals in the region to the unique cultural atmosphere and cultural form of the region, which is expressed in the same forms of cultural appreciation and cultural entertainment. Identity is a kind of psychological identity, that is, psychologically, individuals in the region have a sense of identity for their own identity and think that they are subordinate to

a member of the regional society. Aesthetic identity means that individuals in the same area have the same aesthetic tendency, that is, the directivity and similarity of aesthetic preference. Collective concept refers to the existence of a psychological concept from the same cultural heritage among individuals in the region. This psychological concept will guide individuals to produce the same oriented behavior, and then urge the sense of psychological identity. Psychological image refers to the image of oneself in the outside world imagined by individuals in the same region, which is consistent in the region. This consistency will not be affected by cultural, racial, ethnic and other differences (Moskowitz 2019; Lonner 2019; Utlik 2018).

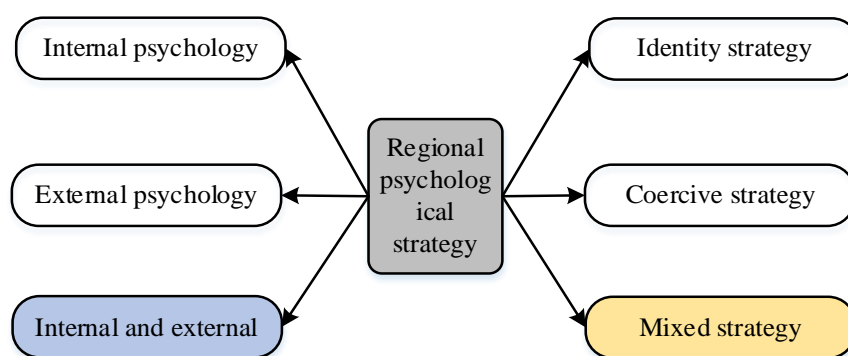


Figure 2. Six international conflict strategies

In order to analyze the impact of international conflict strategies on people's different psychology, the research puts forward six international conflict strategies according to people's different regional psychology, as shown in Figure 2. The six international conflict strategies are divided into internal psychological strategy, external psychological strategy, internal and external mixed strategy, identification strategy, coercion strategy, identification and coercion mixed strategy. Internal psychological strategy refers to the internal psychological presentation strategy proposed for people's psychological characteristics in different regions and cultural backgrounds. This strategy can make people feel peaceful and happy, and pay attention to the harmonious unity of individual body, mind and spirit. External psychological strategy refers to the strategy of external manifestations of people's psychological characteristics in different regions and cultural backgrounds. This strategy can make people in different regions look harmonious and stable, and help to maintain the harmony and unity of the world. Internal and external mixed strategy refers to the combination of external psychological strategy and internal psychological strategy. This strategy can not only contribute to the harmonious unity of individual body, mind and spirit, but also maintain the harmonious unity of the world. Identity strategy refers to the psychological identity strategy proposed for the

psychological characteristics of people in different regions and cultural backgrounds. This strategy can make people in different regions gain respect and identity. Coercion strategy refers to the coercive psychological strategy put forward to the psychological characteristics of people in different regions and cultural backgrounds. This strategy can force people in different regions to make strategies to a certain extent. The mixed strategy of identification and coercion refers to the joint identification strategy and mixed strategy. In the false perception of unity perception, national policymakers are easy to overestimate the opponent's mastery of the situation and power, think that the opponent's internal is very united and can be banned, and over understand some unintentional and coincidental events as strategic actions, believing that this is a kind of camouflage fraud. If the relationship between the two sides is in a state of hostility and conflict, this false perception will occur even more when the information is not smooth. Exaggerated cognition means overestimating the influence of the country on the other party's decision-making. When this expectation is inconsistent, it is considered to be the other party's hostile premeditation, which has nothing to do with their own behavior. Under the influence of desire thinking, actors' perception comes from the news they expect to perceive, so as to avoid the things they don't want to perceive. Under maladjusted cognition, decision makers will

justify things that are inconsistent with their original cognition and weaken this cognitive maladjustment.

Design

As a classical data mining algorithm, the core idea of K-means algorithm used in the research is to find the partition scheme of clusters, and finally minimize the overall error of the mean value of clusters. Clustering algorithm is a classification method of unsupervised learning. It divides the data without similar labels and disordered arrangement into fixed categories through data processing. This method can divide the samples with small difference and high similarity into the same category (cluster), and finally make all data samples be divided into different categories. Before clustering, select one sample point from all sample points as the center of the first stage clustering, and then put the rest of the data into the cluster with the shortest distance from the cluster center. Finally, the iterative method of constantly moving the center is used to divide the cluster. The similarity criterion of the algorithm is the distance between data, which indicates that the smaller the distance, the higher the similarity of data, and the greater the possibility of being divided into the same category. Although the algorithm steps of this method are simple and the processing effect is high and efficient, there are also the following problems. The algorithm is easy to fall into the local optimal solution and has a strong dependence on the initial conditions.

Since the parity of the original set data cannot be determined, it will be put into the group. This ensures that one set is the two closest data objects in the data set, eliminates the random uncertainty in classification, and shows the spatial distribution uniformity of cluster centers in the selection stage, so as to avoid the concentration of initial cluster centers. However, the algorithm is not suitable for dealing with discrete data, and has a good effect on continuous data. Therefore, a small amount of education time field data is selected for the training sample set. Given training W , sample $\{x^{(1)}, \dots, x^{(m)}\}$, where, $x^{(i)} \in \mathbb{R}^n$. K-means algorithm is based on the sum of squares of minimum error, and its cost function is formula (1).

$$W = \sum_i^n \sum_w^k r_{iw} \|x^{(i)} - u_w\|^2 \quad (1)$$

In formula (1), u_w refers to the category of the first sample. The value of r_{iw} depends on whether the data $x^{(i)}$ is classified as u_w . If so, the value is 1. Otherwise, the value is 0.

The calculation formula of the criterion function is shown in formula (2).

$$E = \sum_{i=1}^k \sum_{P=C_i} (P - m_i)^2 \quad (2)$$

In formula (2), a point in all object spaces in the database is represented by P , the mean value of cluster C_i is represented by M_i , and the sum of square errors between each object and the corresponding cluster center is represented by E . The calculation formula of probability T that the sample is selected as the cluster center is formula (3).

$$T = B(x)^2 / \sum_{i=1}^n B(x_i)^2 \quad (2)$$

In formula (3), $B(x)$ refers to the similarity between data, which is calculated by various distance formulas. Euclidean distance calculation formula is adopted in the study.

The research objects selected by the Institute are not limited by country, region, culture, race and age. Countries cover 58 countries and regions, including Canada, the United States, Russia, the United Kingdom, the Netherlands, France, Australia, New Zealand, China, Myanmar, India, Taiwan, China, Germany, Spain, Sweden, Switzerland, Norway, Austria, Italy, Finland, etc. Culture can be divided into broad sense and narrow sense. Broad sense culture can be divided into psychological culture, institutional culture and material culture. Material culture refers to the material civilization created by human beings, including means of transportation, clothing, daily necessities, etc. Institutional culture and psychological culture refer to life system, family system, social system, way of thinking, religious belief and aesthetic taste respectively. They belong to invisible hidden culture, including literature, philosophy, politics and so on. The internal structure of culture includes mentality culture, behavior culture, system culture and material culture. The physical cultural layer is the sum of human material production activities and products. It is a tangible cultural thing with material entity. The institutional culture layer is a variety of social behavior norms established by human beings in social practice. The behavioral culture layer is a behavior pattern formed by convention in interpersonal communication in the form of etiquette and customs, folk customs, customs and so on. Mentality culture is the subjective factors such as values, aesthetic taste and mode of thinking bred by human beings in social consciousness activities. It is equivalent to the concepts of spiritual culture and social consciousness. This is the core of culture. In a narrow sense, culture refers to people's common social habits, such as clothing, food, housing and transportation, customs, lifestyle, code of conduct and so on. The race includes three types: yellow, white and black. The average age of all people is (22.56±4.68) years old, and the total number is 100. In order to avoid the interference of personal subjective influence on the results in the evaluation process, the average value of all research objects is selected and the data after rounding is taken as the final result.

RESULTS

Figure 3 shows the impact of six strategies of international conflict on five kinds of psychology of people in different countries and regions. The results show that the influence values of cultural identity, identity, aesthetic identity, collective concept and psychological image are 4, 4, 3, 4 and 3 respectively. This shows that the six strategies of international conflict will have an obvious and serious impact on people's different psychology. In the subsequent settlement of international conflict, we need to focus on the cultural identity, identity and collective concept of people in different regions. Secondly, we also need to consider Aesthetic identity and psychological image.

Combined with the research status of international conflict strategies at home and abroad, six international conflict strategies, including internal psychological strategy, external psychological strategy, internal and external mixed strategy, identity strategy, coercion strategy, identity and coercion mixed strategy, can greatly improve the cultural identity, identity, aesthetic identity, collective concept. The reason for the five kinds of psychology of psychological image is that the different psychology of different groups is considered in the process of formulating corresponding strategies to solve international conflicts. Therefore, the psychology of different groups should be emphatically considered in the process of formulating strategies.

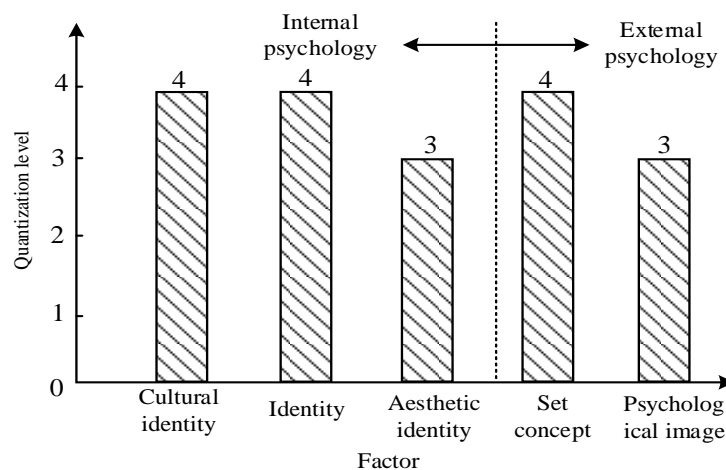


Figure 3. Analysis of the effects of six international conflict strategies on five kinds of psychology

Figure 4 refers to the analysis of the impact of six international conflict strategies on cultural identity. Figure 4 (1) and Figure 4 (2) respectively refer to the impact of internal and external psychological mixed strategies and identification and coercion mixed strategies on people's cultural identity. The influence results are as follows: the influence values of internal psychological strategy, external psychological strategy and internal and external mixed strategy on cultural identity are 3, 3 and 4 respectively. The influence values of identity strategy, coercion strategy, identity and coercion mixed strategy on cultural identity are 4, 3 and 4 respectively. This shows that the six strategies of international conflict will have an obvious and serious impact on people's identity psychology. In the subsequent settlement of international conflict, we should focus on the cultural identity psychology of people in different regions. Combined with the impact of international conflict strategies at home and abroad on the identity psychology of different groups, the study believes that people's identity psychology should be considered in the formulation of internal psychological strategies, external psychological strategies and coercion strategies, which is not only helpful to maintain the harmony and stability of the country and region, but

also conducive to the balance of people's physical and mental health.

Figure 5 refers to the analysis of the impact of six international conflict strategies on identity. Figure 5 (1) and Figure 5 (2) respectively refer to the impact of internal and external psychological mixed strategies and identification and coercion mixed strategies on people's cultural identity. The influence results are as follows: the influence values of internal psychological strategy, external psychological strategy and internal and external mixed strategy on identity are 4, 3 and 4 respectively. The influence values of identification strategy, coercion strategy, identification and coercion mixed strategy on identity are 4, 3 and 4 respectively. This shows that the six strategies of international conflict will have an obvious and serious impact on people's identity psychology. In the subsequent settlement of international conflict, we need to focus on the identity psychology of people in different regions. Combined with the impact of international conflict strategies at home and abroad on the identity psychology of different groups, the study believes that people's identity psychology should be considered in the formulation of external psychological strategies and coercion strategies, which is not only helpful to maintain the harmony and

stability of the country and region, but also conducive to the balance of people's physical and mental health. From a long-term perspective, the international conflict strategy of combining internal psychology, external

psychology, internal and external mixing, identification, coercion, identification and coercion is feasible and practical.

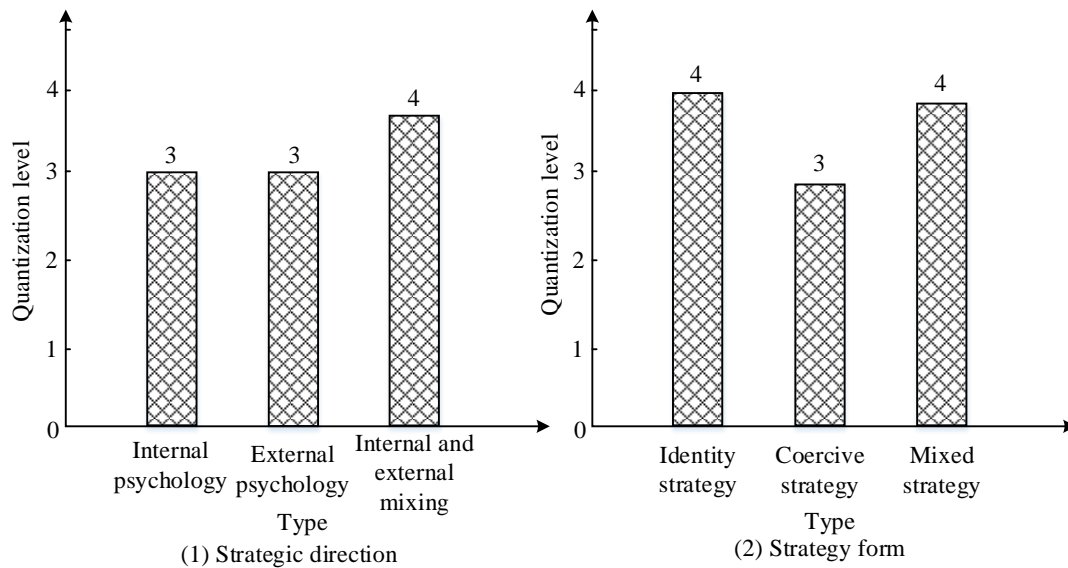


Figure 4. Effects of six international conflict strategies on cultural identity

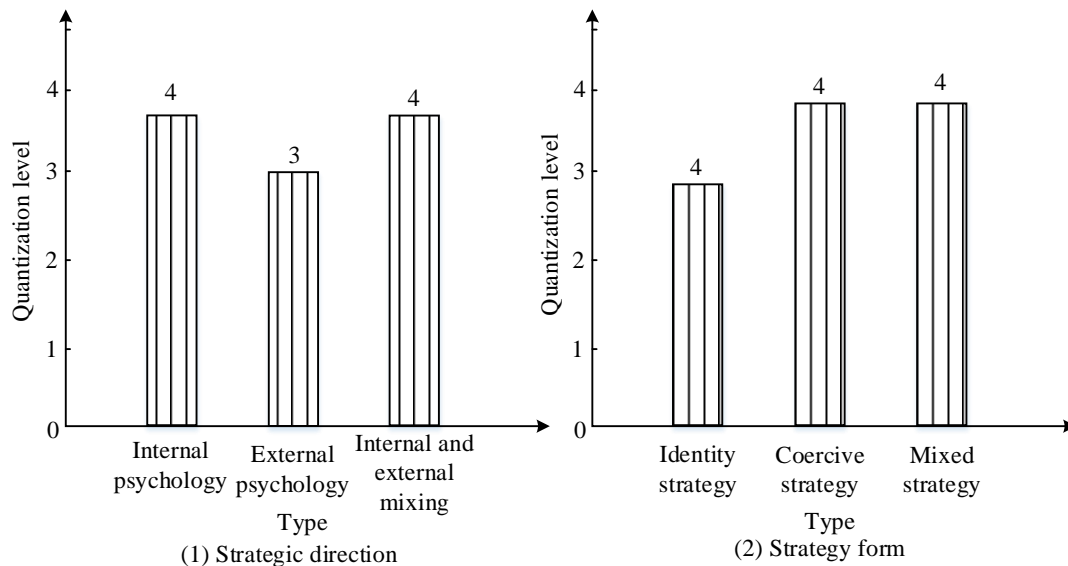


Figure 5. Analysis of the impact of six international conflict strategies on identity

CONCLUSIONS

From the perspective of contemporary internationalization, regional psychology has both regional cultural value and regional psychological value. The study selected 100 different ethnic groups from different countries and regions as the research object, and analyzed the impact of international conflict strategies on their cultural identity, identity, aesthetic identity, collective concept and psychological image through K-means clustering algorithm. The results show

that the influence values of international conflict strategies on cultural identity, identity, aesthetic identity, collective concept and psychological image are 4, 4, 3, 4 and 3 respectively. The influence values of internal psychological strategy, external psychological strategy, internal and external mixed strategy on cultural identity is 3, 3 and 4 respectively. The influence values of identity strategy, coercion strategy, identity and coercion mixed strategy on cultural identity are 4, 3 and 4 respectively. International conflict strategies can take into account people's cultural identity, identity, aesthetic identity and other regional psychology. Follow up

research can draw lessons from different regional psychology to formulate international conflict strategies. However, due to the limitations of the number of research samples selected by the Research Institute, the number of samples can be increased for subsequent research.

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Conflict of interest: None to declare.

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Correspondence:

Peng Ni,
School of History and Culture, Shandong Normal University,
Jinan 250358, China
E-mail: loongni2016@126.com

EFFECT OF DANCE EDUCATION ON MOOD IMPROVEMENT IN PATIENTS WITH ANXIETY DISORDER

Fangfang Wang

School of Teacher Education, Pingdingshan University, Pingdingshan 467000, China

SUMMARY

Background: Psychological theory will have a significant impact on the objectives of dance education, including the expansion of dance innovative thinking, the cultivation of dance professional skills and general skills. At present, the main problems of dance education are as follows: the teaching method is single, paying too much attention to the teaching content and ignoring the students' mental health. In view of these problems, it is of positive significance to put forward a dance education combined with psychology. Firstly, the teaching is carried out through the method of multi-sensory channel, then different teaching is carried out according to the different characteristics of students, and finally the method of "psychological suggestion" is used to help students build confidence.

Subjects and methods: 400 patients with anxiety disorder with different degrees of psychological anxiety were selected as the research object. The students in the control group adopted the conventional teaching scheme, and the three groups of modern dance group, folk dance group and classical dance group adopted the corresponding teaching scheme combined with psychology, which lasted for 6 months. After the experiment, the mental health status of patients was analyzed by Hamilton Anxiety Rating Scale (HAMA). The patient's anxiety level is evaluated and analyzed by decision tree algorithm 5.

Results: In the seven dimensions of mental factors, the anxiety symptoms of patients in modern dance group, folk dance group and classical dance group were significantly improved, while the anxiety symptoms of the control group were only improved to a certain extent. Therefore, the introduction of dance education has an obvious effect on patients.

Conclusions: Dance education combined with mental health has an ideal effect on the emotional relief of patients with anxiety disorder, especially modern dance and folk dance. The follow-up study can apply the proposed dance education to the intervention of patients with clinical anxiety disorder, so as to realize the management of psychological problems.

Key words: dance education - anxiety disorder - improve - emotion

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INTRODUCTION

Anxiety will directly affect people's enthusiasm for life and the state of daily life. If people are in a state of anxiety for a long time, it will lead to negative emotional reactions. The international psychological association pointed out that the proportion of anxiety and depression increased by about 30% worldwide, of which the proportion of female patients was as high as 65% (Tuijl et al. 2018). Compared with the elderly group, young people have a higher proportion of anxiety and depression, which gradually decreases with age (Yoo & Jang 2019). The early symptoms of anxiety patients are not particularly obvious, so it is easy to ignore in clinical practice. When the disease progresses to a certain extent, the patients' life, work and study will be significantly affected (Karen et al. 2021). Dance education combined with mental health education can reduce the bad mood of patients with anxiety disorder, and then promote the healthy development of patients' body and mind.

Katie scholars believe that through the extended communication on the Internet, many users have formed relationships with others online. The interaction of several aspects of Internet media makes the development process of online relations different from offline development. In terms of psychological research, the Internet is still a rather unknown field, especially in the field of online relationship development (Katie 2018).

Newby and other researchers analyzed the effects of cognitive behavioral therapy combined with the internet and mental health education on disease anxiety disorder and somatic symptom disorder (Newby et al. 2018). On the basis of analyzing autism, early psychosis and social anxiety disorder, Pepper and other researchers elaborated the role of social cognition and its relationship with young disabled people with social disorder (Pepper et al. 2018). A large number of studies at home and abroad have confirmed that dance education, as a way to alleviate patients' anxiety, has attracted the attention of many experts.

Anxiety disorder is a very complex psychological and emotional disorder. Its clinical manifestations are usually motor agitation and sympathetic hyperactivity. The causes of the disease are depression, mental stimulation, personality, congenital heredity, etc., which are manifested in negative emotions such as anxiety, shame, disappointment, anxiety, fear and so on (Da et al. 2020). Anxiety, as an abnormal psychological emotion of human beings, is mainly manifested in anxiety, panic, tension, anxiety and other psychological manifestations. Psychologists believe that anxiety usually refers to that people's adverse feelings such as risk, pressure and pain exceed their acceptable range, and it is difficult for people to face and solve these problems (Siew et al. 2019). Generally speaking, anxiety itself is a very reasonable emotional response. However, long-term anxiety will lead to physiological and emotional diseases.