

breakthrough. However, due to the implementation of the family planning policy, China's family structure has changed into a "4-2-1" type, the family pension security capacity is insufficient, the middle-aged and young people do not have the energy and ability to take care of the elderly, and the elderly have a surge in demand for professional and socialized elderly services. The specific manifestations are: limited-service capacity of home-based elderly care, short supply of elderly care institutions, spiritual comfort for the elderly, insufficient medical rehabilitation, low professional quality of service personnel. Improving China's social security system for the elderly is the only way to deal with the aging population and meet the elderly's pension needs.

**Objective:** China's aging population is accelerating, and China's social security system for the elderly is facing great challenges. The government bears an important responsibility on the issue of social security for the elderly. Improving the social security system for the elderly is an important measure related to the rights and interests and well-being of the elderly, and is conducive to social stability and development. The purpose of this study is to explore the impact of social security and social services on the depression of the elderly, in order to provide some therapeutic reference for the depression of the elderly.

**Subjects and methods:** A random sample of 200 elderly people in a provincial capital was selected as the research object, and the subjects were intervened through elderly social security and social services. Before and after the intervention, the subjects were evaluated by the basic situation questionnaire, Symptom Checklist 90 (SCL-90), Self-rating Anxiety Scale (SAS) and self-designed decision-making self-efficacy scale. The relevant data are in Excel and SPSS20.0 software for calculation and statistics.

**Results:** This study counted the depression and decision-making self-efficacy of the elderly, as shown in Table 1. According to the results in Table 1, except that the score of information collection ability is relatively normal, the scores of the other five factors are low, which reflects the low scores of all factors, indicating that the self-efficacy level of all subjects is generally low.

**Table 1.** Statistical analysis of the results of the self-efficacy scale for the accompanying elderly people

Score of self-efficacy subscale	Data of this study	
	M	S
Self-evaluation	20.88	4.57
Information gathering	31.45	6.32
Select the target	29.86	6.65
Planning	20.22	5.99
Problem solving	22.98	5.09
Total amount table	125.31	26.03

**Conclusions:** China's population aging is developing rapidly, the number of elderly populations ranks the largest in the world, and the preparation of old-age security is insufficient. These reasons make it very difficult to solve the problem of old-age security in China. Moreover, due to the lack of family pension security capacity in China, the elderly has a surge in demand for professional and socialized elderly services, which urgently requires the improvement of the elderly social security system. Based on the above background, this paper analyzes the problems existing in China's elderly social security system, draws lessons from the experience of developed countries, and then puts forward some suggestions to improve China's elderly social security system: first, we should strengthen the target substitution rate of basic old-age insurance and reduce the vigilance of the elderly. The second is to improve the psychological imbalance of medical insurance funds for the elderly, so as to reduce the risk of poor income and expenditure. Third, do a good job of publicity in the community to improve the mental health of the elderly. Fourth, the elderly social assistance and care service team lacks high-quality and professional elderly service personnel, and the supply and demand of assistance is inconsistent.

**Acknowledgement:** The research is supported by: Key Research Project of Art and Science in Shandong Province: Research on the cultural pension of rural empty nest elderly in Shandong province from the perspective of social work (No. ZH201906042).

\* \* \* \* \*

## ANALYSIS ON THE PROMOTING EFFECT OF MUSIC ASSISTED EDUCATION ON THE FORMATION OF STUDENTS' PSYCHOLOGICAL PERSONALITY

Yeling Yang<sup>1,2</sup> & Dan Shi<sup>1\*</sup>

<sup>1</sup>*Zhejiang Yuexiu University, Shaoxing 312000, China*

<sup>2</sup>*Philippine Christian University, Metro Manila 1004, Philippines*

**Background:** In colleges and universities, with the promotion of grade, students face more and more things, greater and greater pressure, and more and more serious psychological anxiety. Students are prone to some negative emotions when they encounter difficulties, setbacks or blows, including tension, anxiety, fear and anxiety caused by impaired self-esteem, loss of self-confidence, frustration and guilt, which leads to anxiety. There are eight main reasons for college students' psychological anxiety, including changes in learning environment, self-cognitive imbalance, excessive academic burden, difficult adjustment of interpersonal relations, psychological confusion in making friends, insufficient psychological quality, difficult to bear setbacks, excessive social competition and employment pressure, and economic pressure caused by students' family poverty. A survey shows that more than 75% of college students feel pressure and anxiety about their study. Therefore, learning anxiety is the main anxiety type of college students. Many studies have shown that moderate anxiety can help students set goals, stimulate students' learning enthusiasm and learning passion, and promote students' academic progress. However, excessive anxiety will affect students' body hormone secretion, thus affecting body function, and ultimately affecting students' physical and mental health, making students feel pain. Over time, the student union lost confidence and interest in life and learning, which greatly affected the future development of students. Therefore, finding an appropriate intervention to alleviate students' anxiety is of great significance to the long-term development of college students.

Analytical psychology emerged at the beginning of last century. It mainly studies the in-depth psychology of the original image of individual mind. Analytical psychology can reflect and outline the original appearance of individual mind. In the theory of analytical psychology, the individual mind is the overall of individual personality, including all conscious and unconscious thoughts, emotions and behaviors. In other words, the individual mind contains three levels: consciousness, individual unconsciousness and collective unconsciousness. Based on the theory of analytical psychology, this study analyzes the mind, personality and consciousness of college students, and then analyzes the law of psychological changes of college students. Based on analytical psychology, this study proposes to use music therapy to intervene students' anxiety psychology. Therefore, music assisted education should be added to college courses, so that students can enjoy music, release negative emotions, and finally achieve the purpose of alleviating students' anxiety and improving students' psychological quality.

**Objective:** In colleges and universities, with the promotion of grade, students face more and more things, greater and greater pressure, and more and more serious psychological anxiety. Excessive anxiety will affect students' physical and mental health and greatly affect students' future development. Based on analytical psychology, music assisted education is added to college courses, so that students can enjoy music, release negative emotions, and finally achieve the purpose of alleviating students' anxiety and improving students' psychological quality.

**Subjects and methods:** In a university, 60 students with different degrees of anxiety were randomly selected as the research objects, including 32 males and 28 females. The students were randomly divided into study group and control group, with 30 people in each group. Among them, the research group received music assisted education based on analytical psychology twice a week, while the students in the control group used the traditional teaching system and teaching mode. After teaching for a period of time, the professional course scores and anxiety levels of the two groups of students before and after teaching were compared. Self-rating Anxiety Scale (SAS) was used to evaluate students' anxiety, and Employment Anxiety Scale (EAS) was used to evaluate students' employment anxiety. Self-rating Depression Scale (SDS) was used to evaluate the degree of depression of the two groups of students.

**Results:** The results show that music assisted education based on analytical psychology can effectively release students' negative emotions, alleviate students' anxiety, and improve students' mental health. Before teaching, there was no significant difference in SDS score between the two groups ( $P > 0.05$ ). After teaching, the SDS score of students in the research group decreased significantly ( $P < 0.05$ ), and was significantly lower than that of students in the control group ( $P < 0.05$ ). The SDS scores of the two groups of students are shown in Table 1.

**Conclusions:** Students are prone to some negative emotions when encountering difficulties, setbacks or blows, including tension, anxiety, fear and anxiety caused by impaired self-esteem, loss of self-confidence, frustration and guilt, leading to anxiety. Excessive anxiety will affect students' body hormone secretion, thus affecting body function, and ultimately affecting students' physical and mental health, making students feel pain. Over time, the student union lost confidence and interest in life and learning, which greatly affected the future development of students. Based on the theory of analytical psychology, this study analyzes the mind, personality and consciousness of college students, then analyzes the law of

psychological changes of college students, and puts forward the use of music therapy to intervene students' anxiety psychology. The experimental results show that music assisted education based on analytical psychology can effectively release students' negative emotions and alleviate students' anxiety, so as to improve students' mental health level and play an important role in the formation of students' sound personality.

**Table 1.** SDS scores of two groups of students

Timing	SDS score		t	P
	Research group	Control group		
Number of students	30	30	-	-
Before teaching	61.3±5.6	62.5±7.7	0.413	0.752
After teaching	38.7±1.6	63.1±5.3	7.216	0.000
t	7.355	0.582	-	-
P	0.000	0.705	-	-

\* \* \* \* \*

## ANALYSIS ON THE RELIEVING EFFECT OF PEDIATRIC ACUTE AND CRITICAL CARE TECHNOLOGY ON PATIENTS' MENTAL ANXIETY

Zhixuan Guo

*Yangzhou University, Yangzhou 225009, China*

**Background:** The acceleration of social rhythm and the accumulation of various pressures make individuals bear heavy psychological and emotional pressure, and correspondingly produce related psychological problems, and show a series of emotional characteristics and behavior diseases, such as persistent depression, pessimism and depression, despair and anxiety, sleep disorder and so on. According to statistics, the incidence rate of mental diseases in China is increasing year by year, and mental anxiety, as a common mental disease, is the core symptom of anxiety disorder. It is mostly manifested in anxiety in varying degrees, such as tension, irritability, fear and so on. It is very easy to suffer from poor mental state caused by external irritant events, and some patients are also prone to mental anxiety during postoperative rehabilitation. With the expansion of the audience coverage of mental anxiety, many scholars began to pay attention to mental health and the treatment of mental anxiety. Mental disorders can be caused by mental disorders, which can be divided into physical disorders and mental disorders. Mild mental anxiety also has certain self-adjustment ability, and has certain decision-making ability and judgment accuracy in judging things. However, severe mental anxiety will seriously affect the psychological state of patients, make them produce thinking transformation errors in judging things, and then make their overall function and mental state present a pathological state. At present, the main treatment methods of mental anxiety are drug treatment, self-psychological suggestion, psychological consultation and so on, but it has little effect due to the lack of systematic and comprehensive treatment and drug treatment compliance. Pediatric critical care and care technology refers to the systematic and continuous dynamic observation of the human body information of critically ill children, so as to accurately and timely grasp the changes of the disease and provide an objective and reliable basis for the diagnosis and treatment of the disease. Therefore, the research takes this as a technical means to explore its alleviating effect on patients' mental anxiety, so as to realize the intervention and treatment of patients' mental health.

**Objective:** In order to improve the anxiety and pathological mental state of patients with mental anxiety and improve their overall mental health level, this paper studies the dynamic monitoring of patients' psychological state changes and emotional fluctuations with the help of pediatric critical care and monitoring technology, and puts forward targeted intervention measures to achieve the application effect of adjusting their mental state.

**Subjects and methods:** The study took patients with mental anxiety as the research object. Before the experiment, the basic information about the degree and manifestation of mental anxiety was collected, and the data of mental anxiety were statistically analyzed with the help of Mini Mental State Examination (MMSE) and Self-rating Anxiety Scale (SAS) before and after the experiment. The subjects were randomly divided into technical intervention group and conventional psychotherapy group. The technical intervention group used pediatric critical care and monitoring technology to dynamically monitor the changes of patients'