

## THE APPLICATION OF SCULPTURE APPRECIATION IN THE TREATMENT OF COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY AND DEPRESSION

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**Background:** At present, many college students in China have different degrees of mental illness. Mental diseases seriously threaten the lives of college students. Mental patients may have suicidal tendencies, and various behavioral disorders of adults generally come from anxiety caused by social pressure, mainly manifested as dependence, eating disorders and internet addiction. Anxiety disorder is a common mental disorder. Its incidence rate and disability rate are very high, which brings a great burden to patients and their families. "Anxiety reaction" is a normal psychological phenomenon, that is, when a person's wish cannot be realized for a long time, or it is estimated that the possibility of realization is very small, anxiety will occur. Psychological anxiety refers to the negative and complex emotional states, such as tension, anxiety, worry, and worry, caused by the possible future dangers, losses, and threats. Anxiety is the main emotion, and its main clinical manifestations include panic disorder and panic attack somatic symptoms. Anxiety is only a form of contradiction and conflict, which can be used as a defense mechanism to avoid deeper troubles, but excessive anxiety response will lead to anxiety disorder. In the heart of anxiety disorder, there is often a psychological problem that cannot be rid of and unwilling to face. Anxiety is only a form of contradiction and conflict, which can be used as a defense mechanism to avoid deeper troubles. The common treatment of psychological anxiety is mainly anti-anxiety drugs and psychotherapy, which will cause great damage to the physical and mental health of individuals, and individuals with psychological anxiety lose confidence in everything around them, and are easy to fall into emotional regulation obstacles and psychological difficulties. Anxiety and depression often occur in the form of companionship, which makes individuals fall into negative emotions and anxious psychology for a long time, causing greater damage to individual mental health. However, college students, as a high incidence group of anxiety and depression, will be affected by employment pressure, examination pressure, interpersonal communication and other factors, which will lead to psychological diseases and cause great confusion to their growth trajectory. Research shows that appropriate art guided treatment can enable students to have a clear and objective understanding of themselves and their external environment, and reduce their non-objective evaluation of themselves. Therefore, in order to improve students' psychological anxiety and depression, the research takes sculpture appreciation as an intervention tool, and explores the application effect of sculpture appreciation in the treatment of college students' psychological anxiety and depression with the help of relevant psychological theories. In order to give play to the adjustment mechanism of art therapy on students' mental health.

**Subjects and methods:** The research take the students suffering from psychological anxiety and depression in colleges and universities as the research object. Firstly, the classification of their psychological disease status and the collection of basic information are carried out. Subsequently, the subjects were invited to participate in the psychological intervention experiment, and the subjects were randomly divided into the fusion intervention group and the psychotherapy group. The fusion intervention group used the method of "sculpture appreciation + psychological counseling" for the experiment, while the psychotherapy group only used psychological counseling for the psychotherapy experiment. The experiment lasted for three months. After the experiment, with the help of self-rating anxiety scale and self-rating depression scale, the data of the changes in psychological anxiety and the improvement of depression of the subjects before and after the experiment were sorted out and analyzed, and the data were statistically analyzed with the help of statistical analysis tools, so as to better explore the relief effect and intervention effect of sculpture appreciation on the treatment of psychological anxiety and depression of college students.

**Results:** The psychological imbalance caused by the surrounding environment and the pressure and burden brought about by examination and employment will make college students have negative emotions and psychological anxiety. To intervene and alleviate them, it is first necessary to improve students' recognition and affirmation of their own values. The experimental results show that the appreciation of sculpture works can effectively exert its intervention effect on the treatment of college students' psychological anxiety and depression through art therapy, and reduce negative emotions. Table 1 shows the psychological anxiety scores of the subjects in the fusion intervention group before and after the experiment.

It can be seen from Table 1 that the anxiety scores of the research object ang in the dimensions of learning anxiety, social anxiety, employment anxiety and self-cognitive anxiety before the experimental intervention are all above 3.5 points, and the self-cognitive anxiety is the highest, which is 4.53 points.

However, after the experimental intervention, the scores of the subjects' anxiety in the four dimensions of learning anxiety, social anxiety, employment anxiety and self-cognitive anxiety decreased to varying degrees, and the difference between the scores of students' cognitive anxiety to individuals decreased by 3 points. The above results show that the appreciation of sculpture works can effectively intervene students' psychological status and alleviate their negative emotions.

**Table 1.** The psychological anxiety scores of the subjects in the fusion intervention group before and after the experiment

Types of anxiety	Before intervention	After intervention
Learning anxiety	3.88	1.25
Social anxiety	4.02	2.33
Employment anxiety	3.79	2.69
Self-cognitive anxiety	4.53	1.27

**Conclusions:** The appreciation of sculpture works can effectively enable students to appreciate the spiritual ideas and beliefs conveyed by the works in the process of appreciation of art works, thus attracting attention to their own internalized emotions and values, and effectively reducing the generation of negative emotions and bad psychological problems. As the main force in the construction of the new era, it is very important for college students to pay attention to their mental health, anxiety and depression have great damage to the mental health of college students. Therefore, in the future management of students' psychological work, colleges and universities should actively use the relevant theories of psychology, and use various forms to pay attention to and timely guide students' mental health.

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## A STUDY ON THE EFFECT OF THE FUNCTIONALIST PRINCIPLE OF COMPARATIVE METHOD ON THE EMOTIONAL RELIEF OF ANXIETY PATIENTS

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**Background:** The psychological problems of anxiety patients can be divided into three types according to different performance types, namely, learning anxiety, social anxiety and employment anxiety. The causes of anxiety problems are as follows: social, family, personal and other factors. Social factors include nepotism, money worship, unfair distribution, employment pressure and competition concerns. Family factors include parents' doting on their children, resulting in children's sensitivity and weak ability to resist frustration, life pressure in poor areas, etc. Personal factors include lagging psychological development and less social life experience. Teachers do not pay attention to the psychological needs in the teaching process, which leads to a serious phenomenon of anxiety. In different learning and activities in daily life, anxiety patients are not good at participating in different learning discussions to express themselves, which makes their psychological problems more serious. When college students have serious psychological diseases such as anxiety disorder, teachers need to intervene and control through relevant pedagogical theories. The functionalist principle of comparative law came into being under this background.

The functionalist principle of comparative law is a major paradigm of comparative law, but its own theory has major defects and problems, as shown below. First, there is no in-depth analysis of the function itself. Second, pay special attention to the similarity of systems. If the functionalist principle of comparative law wants to play a greater role, it should pay attention to differences and similarities. Thirdly, the principle of functionalism does not take into account the cultural context. In dealing with and solving social problems, the content of representing values and symbols in the law is ignored. Fourth, the principle of functionalism has no reasonable standard in the process of evaluation. In view of the problems existing in the principle of functionalism at this stage, the research puts forward the principle of functionalism of the reconstruction comparison method for anxiety patients, and the specific path is as follows. First of all, the functionalist comparative jurists should pay equal attention to the differences and similarities of different legal systems, and should adopt the setting of functional plants in a limited level. Then, the functionalist comparative jurists should pay attention to the cultural context when analyzing the functions of the legal system. The functionalism of comparative law, which is divorced from the cultural context, is difficult to be accurately understood. Secondly, the functionalist comparative jurists need to define the function clearly. With