

Acknowledgement: The research is supported by: Education and Teaching Reform Research Project of Higher Education in Hainan Province: Reform and practice of mixed teaching mode of college physical education course, No. HNJG2020-106.

* * * * *

APPLICATION AND EXPLORATION OF THE EFFECTIVE COMBINATION OF DRAMA AND FILM IN THE MENTAL HEALTH CLASSROOM OF COLLEGE STUDENTS

Yiming Yin

School of Communication, Harbin Normal University, Harbin 150080, China

Background: In China, mental health education is closely related to ideological and political education in colleges and universities. Teachers often integrate some mental health knowledge into Ideological and political courses. In recent years, our party has clearly proposed to “strengthen the construction of social psychological service system, and cultivate a self-esteem, self-confidence, rational, peaceful and positive social mentality”. Moreover, with the domestic economic development and the advancement of social reform, many new problems, new situations and new contradictions have emerged in the society. For college students, they are faced with the newly increased pressure of interpersonal communication, the employment pressure brought about by the fierce competition in the human resources market, and the learning pressure of the survival of the fittest, which lead to their increased psychological load. Some college students even have psychological diseases such as depression, schizophrenia, emotional disorder, cognitive disorder, thinking logic disorder, etc. It can be seen that the psychological problems of college students have become a social phenomenon that cannot be ignored. Drama and film and television are the crystallization of human art. They integrate vocal music, performance, light and shadow, clothing and other artistic elements, and can bring psychological and aesthetic values to viewers. Therefore, it is now proposed to guess whether the combination of drama and film and television art can improve the mental health level of college students. Redesign the analysis process to verify the rationality of the conjecture.

Subjects and methods: The first choice select the research object. The research object comes from a domestic institution of higher learning with a student size, students’ mental health level, teaching pressure and teachers’ ability at the domestic medium level, totaling 400. The students were divided into four groups: Drama and film group, drama group, film and television group and control group, with 100 students in each group. Before the experiment is officially started, the basic information of students in each group is counted and compared, and the difference significance test of basic information is carried out. If there is a significant difference in the basic information of any group of students, the members of each group need to be adjusted. If the adjustment of the members of each group cannot meet the requirements, they even need to be regrouped until there is no significant difference in the basic information of the members of each group. After the experiment, the students in the control group were forced not to watch dramas and film and television works. The students in the drama group and the film and television group were required to watch only traditional Chinese dramas and classic movies. The students in the drama and television group were required to watch both traditional dramas and classic domestic movies. The experiment lasted for 6 weeks. Except for the control group, students in other groups were required to watch literary works at least twice a week, and each time they watched literary works for not less than 2 hours. Before and after the experiment, SCL-90 (Symptom Checklist 90) test was conducted for each student to understand the changes of students’ mental health level before and after the experimental intervention. Finally, all measurement type features in the study are displayed in the form of mean \pm standard deviation for *t*-test, and count type features are displayed in the form of number or number proportion for chi square test. The significance level of difference is taken as 0.05

Results: Collect all effective test data and use the software for statistics to get Table 1.

Table 1. Statistics of scores of four groups of students in two SCL-90 tests

Survey time point	Drama film group	Drama group	Film and television group	Control group
First SCL-90 survey	1.86 \pm 0.17	1.87 \pm 0.20	1.85 \pm 0.17	1.85 \pm 0.21
Second SCL-90 survey	1.30 \pm 0.15	1.51 \pm 0.15	1.54 \pm 0.16	1.86 \pm 0.22

According to Table 1, in the first SCL-90 survey, there was little difference in the average score of SCL-90 factors among students in each group, and they were all in the high range of 1.80-1.90. However, after the

second SCL-90 survey, it was found that the average score of SCL-90 factor of the drama film and television group, drama film and television group and film and television group was significantly lower than that of the control group, with the scores of 1.30 ± 0.15 , 1.51 ± 0.15 and 1.54 ± 0.16 respectively. It can be seen that watching drama and film and television at the same time in a certain period of time plays the most significant role in improving the mental health level of college students.

Conclusions: In view of the increasingly serious psychological problems of college students, this study focuses on analyzing whether watching traditional dramas and classic domestic movies can improve the psychological health of college students. The experimental results of group art appreciation show that in the first SCL-90 survey, the average score of SCL-90 factors of students in each group has little difference, and is in the high range of 1.80-1.90. However, after the second SCL-90 survey, it was found that the average score of SCL-90 factor of the drama film and television group, drama film and television group and film and television group was significantly lower than that of the control group, with the scores of 1.30 ± 0.15 , 1.51 ± 0.15 and 1.54 ± 0.16 respectively. It can be seen that watching drama and film and television at the same time in a certain period of time plays the most significant role in improving the mental health level of college students. The main reason for this result is that the excellent crystallization of the civilization of traditional drama and classic film and television has the function of eliminating bad emotions and psychology. Moreover, due to the different forms and connotations of each kind of art works, the psychological treatment effect on viewers is also different. Therefore, the combination of the two can maximize the effect of psychological treatment.

* * * * *

SOCIAL PSYCHOLOGICAL ANALYSIS OF THE INFLUENCE OF CONSTRUCTION TEAM'S GROUP ANXIETY ON THE CONSTRUCTION PROGRESS OF LAND SUBSIDENCE UNDER BIM TECHNOLOGY

Xinliang Zhang

Meishan Vocational & Technical College, Meishan 620010, China

Background: Anxiety disorder, also known as anxiety neurosis, is the most common kind of neurosis, which is mainly characterized by anxiety emotional experience. Human beings will react to unknown risks. When individuals assess the loss caused by unknown risks to a certain extent, they may have anxiety. Common clinical manifestations of anxiety include panic disorder, such as sense of dying, sense of loss of control, sense of mental breakdown, and somatic symptoms of panic attacks, such as trembling, rapid heartbeat, asthma, etc. Secondly, there are generalized anxiety disorders, which are divided into mental anxiety, somatic anxiety, and motor restlessness of nerves and muscles. The treatment of moderate and mild anxiety symptoms is generally psychological guidance or comprehensive treatment based on psychological guidance. The patients with severe symptoms can be treated with medication. At present, due to the rapid development of computer computing, and its integration with traditional industries will bring great changes and improvements to the production efficiency and production mode of traditional industries, computer technology is more and more widely used in various traditional industries. In the civil engineering industry, the application frequency of computer advanced technology represented by BIM (Building Information Modeling) technology in architectural design and construction has increased. However, due to the characteristics of the civil engineering industry, most people have poor educational background and learning ability. A considerable number of front-line construction and management personnel cannot understand BIM technology and drawings and materials made by BIM, which is an important risk hidden danger in land settlement construction. Therefore, it is necessary to analyze the impact of BIM technology on the collective anxiety of the ground settlement construction team from the perspective of social psychology, and put forward some methods to alleviate the anxiety of the construction workers.

Subjects and methods: Before carrying out the subject social survey, the research team needs to analyze the relevant academic literature and books on mental anxiety, BIM design and social psychology, and find out various elements that may lead to the group anxiety of construction workers, which will be used as the cross-examination materials for the subsequent experimental conclusions. Then design and carry out a social investigation action based on expert consultation method. The expert group is composed of 55 mental anxiety experts, social psychologists and BIM designers. They consulted the experts on the social psychological causes of the group anxiety of the construction workers caused by land subsidence, and asked the experts to rate the impact of each factor on the anxiety of the personnel. The impact degree is evaluated according to five categories: no impact, slight impact, general impact, obvious impact and full