

**Conclusion:** music therapy is more beneficial to the rehabilitation of patients with acute cerebral infarction.

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## A STUDY ON THE RELATIONSHIP BETWEEN COLLEGE STUDENTS' CORE SELF-EVALUATION AND SOCIAL ANXIETY

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**Background:** According to relevant literature, contemporary college students always face some pressure in learning, life, interpersonal, employment and other aspects. The tracking survey in the United States also found that in less than ten years, the suicide tendency, serious depression rate and self-mutilation rate of American college students have more than doubled. According to the National College Health Assessment of the American College Health Association in the autumn of 2018, 63% of American college students felt unhappy and extremely anxious in the past year. In the same survey, 23% of people said they had been diagnosed or treated with anxiety disorders by mental health experts in the past year. In another survey, from 2007 to 2018, more than 177000 college students participated in the survey. The prevalence of moderate to severe anxiety increased from 17.9% in 2013 to 34.4% in 2018. According to the data obtained from two annual large-scale surveys on college students from 2007 to 2018, the mental health indicators of college students have deteriorated widely, including overall depression, anxiety, depression, suicide plans and attempts, especially in the second half of the study period. Faced with these pressures, contemporary college students often have problems such as interpersonal communication and social anxiety, which are becoming more and more serious.

**Subjects and Methods:** Randomly select 300 college students from the first to fourth grades and 300 college students from the first to third grades, a total of 600 college students as the survey objects. Use the Core Self-assessment Scale and the Communication Anxiety Scale to collectively test college students, and use SPSS23.0 to statistically analyze the survey data to explore the relationship between college students' core self-evaluation and social anxiety.

**Results:** The results show that: There are some differences in college students' social anxiety as a whole, mainly manifested in the significant differences between college students and undergraduate students, the significant differences between boys and girls, and the significant differences between liberal arts students and science students; The overall differences of college students' core self-evaluation are mainly shown in the differences between the only child and the non-only child. There are significant differences between the four grades from freshman to senior; College students have high core self-evaluation and low social anxiety.

**Conclusions:** College students' core self-evaluation can predict social anxiety, and college students with good core self-evaluation can reduce the level of social anxiety.

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## AN ANALYSIS OF THE ARTISTIC FEATURES AND PSYCHOLOGICAL THERAPEUTIC FUNCTIONS OF CHINESE PAPER CUTTING: TAKE PAPER-CUTTING IN NORTHERN ANHUI AS AN EXAMPLE

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**Background:** As a subject with the greatest development potential, psychology has great social application and culture background. As art therapy comes into the public eye, it not only treats mental illness, but also has the function of prevention. Similarly, the paper cutting is also a unique spiritual pillar for the rural group in our country. It is the rich natural resources and long cultural history of north Anhui that gives birth to the north Anhui folk paper cutting art with great regional characteristics. Psychotherapy has also gone beyond the original aim to cure a "disease", it also help people to live and to better understand the people and the life. Nowadays, paper cutting has become a part of psychotherapy in medical fields to cure patients. During the epidemic, home isolation has become a normality, which brings a strong sense of loneliness and causes serious mental health problems.

**Subjects and Methods:** As an important part of Chinese customs, paper cutting is familiar to almost each Chinese people. With a large number of practitioners and recipients at all ages, paper-cut art therapy can be widely accepted, which makes people become their own art healers. The operation of paper-cutting therapy is routine and simple. Patients' inner image are expressed through their artistic creation and their conditions are treated and improved with the cooperation of psychology.

**Results:** The paper-cutting in northern Anhui has distinctive techniques, which combines the delicacy of the south and roughness of the north, forms a unique charm and reflects the Chinese aesthetic concept of "harmony between man and nature". It is also a "sample spectrum" for us to perceive the profound regional culture and value charm of northern Anhui. The inheritance of Chinese paper-cutting in generations not only reflects the precious artistic value, economic value, folk value, but also contains psychological value. Simultaneously, it contains the function of psychotherapy. Its use in psychotherapy are functioning, which does not depend on individual aesthetic ability.

**Conclusions:** Chinese folk paper-cutting art is both ancient and fashionable. The psychological treatment function of paper-cut art is universal and practical, conforming to the Chinese aesthetic and spiritual demand. The paper-cutting art in northern Anhui has evolved and been constantly endowed with new meanings. Chinese people use scissors and paper to create their own ideal images. They not only inherit the contemporary value of intangible cultural heritage, but also strengthen the flexibility of their hands and brains and improve the quality of life. The process helps reconstruct a more curative world of the inner. Thus, it can be seen that the psychotherapy function of Chinese paper cutting art is particularly effective in dealing with deep-seated problems such as emotional, spiritual and psychological trauma.

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## THE CONSTRUCTION OF THE HEROIC IMAGE WITH SPECIAL MENTAL HEALTH CARE NEEDS: A SYSTEMATIC ANALYSIS OF THE PSYCHOLOGICAL STAGES

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**Background:** Under the background of the epidemic prevention and control around the whole world, most medical staff and ordinary people are faced with psychological health issues, so it is dramatically necessary to systematically analyze the psychological stages of those civilian heroes with the aim of publicizing and promoting their dedication and the sacrifice spirit. It is well known that the tenacious struggle and fearless combat of those civilian heroes in different fields are the spiritual inspirations and psychological stimuli for global citizens in order to ultimately make joint efforts to defeat the life-threatening virus. In addition, specific and detailed psychological stages of constructing the hero image are regarded as the direct source of the spiritual inspirations and psychological stimuli. As a result, researchers in this paper intend to conduct a systematic analysis on psychological stages of hero image construction with the special mental health care needs under the COVID-19.

**Subjects and Methods:** The subject in this paper is *The Bravest* which is regarded as a movie of extraordinary significance to carry forward the dedication and sacrifice spirit of civilian heroes and to reflect the tenacious struggle and fearless combat of those heroes. Methods in this paper consist of theoretical analysis, reasonable induction, and scientific enumeration. Those methods are definitely indispensable to analyze psychological stages of hero image construction through systematically illustrating attitudinal resources in specific language representations with the aid of the attitudinal system in the psychological and social linguistics. Specific psychological stages of those civilian heroes are extremely essential for those medical staff and ordinary people who have the mental health care needs under the COVID-19, on the grounds that inspirations and stimuli from those heroes have the power to help medical staff and ordinary people rebuild their psychological belief and recover their mental health.

**Results:** In view of attitudinal resources in *The Bravest*, it is discovered that psychological stages of hero image construction are mainly divided into the embryonic psychological stage, the forming psychological stage and the curing psychological stage. Three psychological stages of hero image construction portrayed in specific language representations have the power to inspire not only firefighters but also medical staff and ordinary people to rebuild their psychological belief and recover their mental health under the impact of COVID-19. Only in this way, can those medical staff and ordinary people cultivate the belief of putting national interests first and serving the country wholeheartedly.

**Conclusions:** Those findings pull the curtain on the specific psychological stages of hero image construction, which evidently is going to provide some spiritual inspirations and psychological stimulus for fighters who are suffering the psychological health issues and at the same time who are fighting against in the front-line of the epidemic prevention and control around the whole world. Additionally, it is also proved that the attitudinal system in psychological and social linguistics applied in the analysis of psychological processes is practicable and feasible, which definitely is going to usher in theoretical and practical implications for researchers who intend to conduct relative psychological studies under the background of COVID-19.

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