

avoid learning anxiety through effective ideological and political management of humanism.

**Subjects and Methods.** The study combined mental health and ideological and political courses, and selected 40 students from a university as research objects through random sampling. Before the activity, the ruminant thinking was evaluated, and after the evaluation, 40 students were instructed to participate in ruminant thinking under ideological and political management. The self-designed communication anxiety scale was used to evaluate the students. The scale included two dimensions: positive rumination and negative rumination. Positive rumination includes two indicators: positive coping and enjoyment of happiness, while negative rumination includes three indicators: negative attribution, inhibition of happiness and self-denial. The scale uses a four-level scoring method, which is inconsistent (4 points), uncertain (3 points), frequent (2 points), and completely consistent (1 point). The higher the total score, the higher the degree of positive or negative rumination.

**Results.** The results of intervention control experiment under different ideological and political management are shown in Table 1. It can be seen from the table that after the rumination intervention, the level of students' communication anxiety has significantly decreased, and the average level of active rumination has significantly increased. Different students can get more positive feelings and have a better way of thinking in the ideological and political curriculum under the integration of ruminant intervention.

**Conclusions.** Research ruminant intervention to improve the ideological and political curriculum in colleges and universities, so as to alleviate college students' depression and anxiety thinking. The research results show that the ideological and political courses after intervention have a certain effect on students' communication anxiety, social anxiety relief, and effectively improve their psychological anxiety.

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**Table 1.** Students' psychology before and after rumination intervention

	Average	quantity	Standard deviation	Mean value of standard error
IAS pre-test	48.54	40	7.639	2.299
IAS post test	38.62	40	3.816	1.165
Before active rumination	23.65	40	4.698	1.412
After active rumination	27.56	40	3.253	1.965
Before negative rumination	27.65	40	8.236	2.468
After negative rumination	23.92	40	7.051	2.135

## Clinical study on aromatherapy combined with physical exercise in treating insomnia symptoms of adolescent depression

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**Background.** Depression is a mental disorder caused by many factors. Aromatherapy of traditional Chinese medicine delivers aromatic drugs to the human body to effectively prevent and treat diseases. In addition, appropriate sports can also improve the depressive symptoms of adolescents. Therefore, the study will combine traditional Chinese medicine aromatherapy with sports to intervene and treat adolescents to improve their symptoms.

**Subjects and Methods.** In this study, 72 patients with insomnia symptoms of adolescent depression in a hospital were taken as the research object and randomly divided into groups A and B, with 36 patients in each group. Group A was given traditional methods, while group B was intervened with the combination of traditional Chinese medicine aromatherapy and sports. Pittsburgh Sleep Quality Index (PSQI) was used to quantify the score of insomnia symptoms in adolescents with depression. SPSS25.0 statistical software was used for the statistical analysis of relevant data. The results are shown in Table 1.

**Results.** After the intervention, the total score of component B decreased from  $12.10 \pm 1.77$  to  $8.78 \pm 1.67$ . To sum up, there is a big difference between group B and group A before and after the intervention, indicating that the combination of traditional Chinese medicine aromatherapy and sports has obvious advantages, which can effectively alleviate the symptoms of insomnia in young people.

**Conclusions.** Depression is easy to cause insomnia in young people, so the combination of traditional Chinese medicine aromatherapy and sports was used in the study. The results showed that the combined treatment was significant for the treatment of insomnia in adolescent depression patients.

**Table 1.** PSQI score results of two groups of patients before and after the intervention

		Sleep quality	Sleep time	Sleep duration	Sleep efficiency	Sleep disorders	Daytime function	Total score
Before intervention	A	2.10±0.53	2.90±1.05	1.83±0.94	1.87±1.06	1.10±0.39	2.47±0.67	12.27±1.95
	B	2.00±0.44	2.50±0.76	1.80±0.83	2.07±1.10	1.17±0.37	2.57±0.61	12.10±1.77
After intervention	A	1.97±0.40	2.87±0.33	1.60±0.55	2.13±0.76	1.00±0.25	2.43±0.71	12.00±1.95
	B	1.76±0.50	1.45±0.72	1.14±0.86	1.35±0.94	0.72±0.44	2.38±0.48	8.78±1.67