STUDY ON THE RELATIONSHIP BETWEEN LEISURE PARTICIPATION, VALUE AND MOOD REGULATION OF FESTIVAL PARTICIPANTS
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Background: Nowadays, we are in an era of national leisure. Festival is not only a cultural exchange activity, but also a way of public leisure. Festival participants usually have a strong curiosity about where the festival is held. They usually hope to let them know the lifestyle of a region through festivals like local residents. The theme of this study is the interactive relationship between participants' leisure participation, leisure value and their emotional regulation.

Research Objects and Methods: Based on theoretical analysis, expert consultation and reference to the research of others, this study uses the self-made Richter five scale to investigate the leisure participation and leisure value of festival participants through the combination of online survey and on-site survey. And three potential emotional variables and their relationships. Respondents are limited to those who have participated in festival activities. Finally, 420 valid questionnaires were collected and processed by statistical analysis software SPSS 26.0 and Amos. Through reliability and validity test, goodness of fit test, structural model analysis and scale correction analysis, the final model path coefficient is obtained. Then, IPDE is a three-level score: 0 normal, 1 prominent, 2 in line with the diagnostic criteria and morbid. How long can a behavior last be considered as a personality trait? There is no unified view in the world. IPDE stipulates at least 5 years. ICD-10 requires at least 3 items for each type of diagnosis, while DSM-III-R requires 4-5 items, and the score of at least one item is 2 points. If the positive score is more than 10 (one score is also required to be 2), but it does not meet any kind of network cognitive impairment, it will be diagnosed as other types of personality. No matter what kind of diagnostic system, it requires at least one item that meets the diagnostic criteria, and the behavior described has appeared before the age of 25. Who has developed a set of software for IPDE. As long as the score of each item is entered, the result can be obtained.

Results: The empirical study found that the subjects were mainly behavioral participation. Participating in festival activities has good psychological, cultural, and social values. Leisure participation has a more significant impact on leisure value, followed by leisure value on psychological well-being, followed by leisure participation on psychological well-being, but the three groups have reached a significant level and interact with each other, indicating the leisure participation, leisure value and mental health of festival participants. Leisure value is an intermediary variable. After the change of leisure participation, the impact on emotion is more significant.

Conclusions: Participants' leisure participation in festival activities is the basis for realizing value and creating happiness. People can choose some brand festivals and well-known festivals according to their time, energy and hobbies, actively participate and enrich their life experience. Improve the quality of your life. The deficiency of this study is that the representativeness of the sample needs to be further optimized. This study will help festival organizers summarize their successful experience and shortcomings, constantly explore new operation ideas, improve and promote their own operation mode, give full play to their respective advantages, mobilize the enthusiasm of the masses, and then design various forms of activities. The content adapts to the local environment and serves cultural exchanges.

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REVIEWS ON THE HISTORY AND EMOTIONAL BEHAVIOR CHANGES OF R&D HUMAN RESOURCES IN JAPAN, SOUTH KOREA AND SINGAPORE
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Background: In order to pay attention to the observation of R & D personnel, especially the changes of emotion, attitude and behavior in the process of R & D, most Asian countries will provide their own strength to improve the quality and quantity of R & D personnel. This study tracked the deviation of R & D personnel and total R & D revenue in GDP in Japan, South Korea and Singapore from 2002 to 2007. Technology is developing rapidly in Japan, Taiwan, South Korea and Singapore, as many researchers and educators obtain master’s and doctoral degrees from western countries and then return to Asian countries to teach new technology, which brings rich human resources. This is why the four little dragons (Hong Kong, South Korea, Singapore and Taiwan) have strengthened high-tech and economic development.

Research Objects and Methods: The percentages of R & D personnel in the total population in Japan, South Korea and Singapore are expressed in full-time equivalent (FTE) and total employees (HC) respectively. The correlation between gross R & D revenue per GDP (GERD) and FTE and HC is studied. The data for this study are from the open database of the Institute for statistics of the United Nations Educational, scientific and Cultural Organization (UNESCO). This study also used DASS-21 to conduct a questionnaire survey on the samples. Subjective perceived social support questionnaire the subjective perceived social support questionnaire was revised by Zhao Xia based on the social relationship network questionnaire (NRI) compiled by Furman (1985) and others and revised by Zou Hong in 2003. The scale consists of 27 items and 5 dimensions: emotional support, instrumental support, companionship, affirmation and intimacy. The scale adopts 5-level scoring, “never” is recorded as 1 point, and “almost always” is recorded as 5 points. The higher the total score of the scale, the higher the individual's perceived level of social support. The internal consistency coefficient of the scale in this study is 0.94.

Results: The results are as follows: (1) statistics show that language policy is conducive to reducing the cost of education and science and technology in Singapore. (2) From 2002 to 2007, the correlation coefficient between “R & D full-time personnel in total R & D revenue per GDP (rdftp)” and “R & D personnel in total R & D revenue per GDP (rdhc)” in Japan exceeded 0.9. In addition, the correlation coefficients of “rdftp. Sgdr / GDP” and “rdhc. Sgdr / GDP” in South Korea are both 0.99.
All variables are positive, i.e. R & D professionals play an active and beneficial role in these countries.

**Conclusion:** This study tracked the R & D personnel in Japan, South Korea and Singapore from 2002 to 2007 and their correlation with the total R & D revenue of each FRP. The findings are as follows: Singapore is a member of the Commonwealth. English is the first official language, which makes it easier to communicate with developed countries. The language policy has enabled her to benefit from lower costs of education, science and technology. R & D personnel in industrialized countries are very important. The study shows that R & D professionals were very valuable between 2002 and 2007, because from a statistical point of view, R & D personnel accounted for 2.44 to 7.10 of GDP per capita. The further impact of R & D personnel should be greater than the statistical data. R & D output is usually ahead of industrial technology. In short, we should pay full attention to the important role of R & D personnel in design elements, actively pay attention to the changes of their psychological emotion and behavior, as well as the impact of R & D effect and healthy behavior, and be good builders, managers, coordinators and collaborators of design methods. According to the psychological characteristics of these groups, we should actively and flexibly organize colorful activities, strive to create a relaxed and harmonious living atmosphere, create a friendly and mutually beneficial R & D personnel relationship, encourage and guide these groups, adjust their psychology to the best state, and promote the healthy development of their good cognition and life.

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**STUDY ON THE EFFECT OF MINDFULNESS COGNITIVE BEHAVIOR THERAPY IN THE TREATMENT OF ANXIETY DISORDER -- BASED ON THE PERSPECTIVE OF INDIVIDUAL REHABILITATION**

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**Background:** Among many psychotherapy, beck cognitive therapy was once regarded as a classic therapy for mood disorders and anxiety neurosis. A. T. Beck believes that people's emotional and behavioral problems are related to individual distorted cognition, and abnormal cognition produces abnormal emotion and behavior. A large number of “Automatic negative thinking” In the minds of patients with depression is the root cause of mood disorders such as depression and anxiety. Finding and correcting these unreasonable cognitive patterns is the key to treatment. However, from the perspective of effect feedback, people have some disputes about beck cognitive therapy. Many scholars rely too much on the changing effect of cognitive model, have strong “Psychological aggression”, and are prone to great resistance. With the continuous development of psychological counseling and treatment technology, the new generation of cognitive therapy not only aims at the narrow cognitive process, but also pays more attention to the connection between situation and symptoms, and uses experiential change strategies to supplement direct cognitive preaching strategies, in order to establish a more flexible and broader technical path. Mindfulness cognitive behavioral therapy (mbct), as a representative of the new generation of cognitive behavioral therapy, has achieved remarkable results in the treatment of anxiety and depression, obsessive-compulsive disorder, somatization disorder and chronic pain. Its technical methods are worthy of application and promotion. Important includes six key treatment processes: (1) acceptance: Help the client establish a positive and defenseless attitude, embrace various experiences, and encourage the client not to avoid his/her past experiences. (2) cognitive deconfusion. Cognitive de integration, also known as cognitive dissociation, is to let visitors “Step back” To observe their various ideas, open the distance between them and various ideas, do not fall into the wave of ideas, and let patients try to treat them as psychological events rather than self or accurate inevitable response to reality, so as to achieve the purpose of adjusting thinking, imagination and memory functions. (3) self as context: Change the visitors' understanding of “Self-concept”, and let the visitors realize that the self-concept or self-concept network / system in their mind is not a true reflection of their real self through corresponding metaphor practice and psychological education, so as to liberate the visitors from their “Mind”. (4) being present: Encourage visitors to focus on the current situation and what is happening, rather than focusing on the past and future in their minds, or immersing themselves in various concepts and semantic relationships in their minds. Let visitors learn to feel the real life in a non evaluative way. (5) clarify values: Encourage visitors to find a life direction that is valuable and meaningful to visitors in their own life and professional fields. (6) committed action: Help visitors implement their values into specific short-term, medium-term and long-term goals. Based on the perspective of case rehabilitation, this study