

A study on the application of empathy technology of dance movement therapy in college students with mild depression

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Abstract: College students are in the stage of transition from youth to adulthood, which is the key period of transition from youth to adulthood. Their psychological endurance, values and outlook on life are not mature yet, which is easy to cause psychological problems. In the west, depression is often called "emotional cold", which is very common in people. Depression affects the learning enthusiasm and life attitude of college students. The long-term existence of depression leads to college students in a negative emotional state, which damages their physical and mental health, reduces their learning enthusiasm and interpersonal barriers, and has adverse effects on their mental health. Therefore, it is very important to intervene these depression emotions in time.

1. Introduction

According to the report of the World Health Organization, depression is the fourth largest disease in the world and one of the main causes of functional disability. About one seventh of people will suffer from depression at some stage of their lives. It is predicted that by 2020, depression will become the second largest disease after cardiovascular disease. In China, incidence rate of depression is about 6%, and the number of people with depression is 30 million, and in the depression, 10-15% will Dutch act. College students belong to a special group. They are receiving high-level education, which is the future and hope of our country and nation. However, in recent years, the phenomenon of suicide of college students is also frequently seen in Colleges and universities. However, nowadays, college students are in a very competitive era, almost everyone is overloaded, and it is easy to produce different levels of depression, which is also a very common emotional component. When they encounter mental pressure, academic setbacks, emotional loss, interpersonal relationships and other situations, they will naturally have depression. Almost every one of us will feel depressed at some time, often because of some unpleasant things in life. The point is that college students are in a psychological transition period. They are generally at this age in college. Many people will call them "little adults". Many parents think that college students should be sensible, mature and obedient, but at this

age, college students' psychological tolerance, values and outlook on life are not fully mature, so such labels are easy to cause their psychological problems. When some college students have a lot of depression and can't get rid of it, most of them will have suicidal thoughts. Now the number of suicidal events in Colleges and universities is increasing every year, and the number of suicidal thoughts is also increasing, which also has a great psychological impact on other college students, so it is very important to intervene these depression in time.

2.The current situation and causes of depression in College Students

2.1 Current situation

The epidemiological survey of depression shows that different age groups, different gender, and depression have different incidence rate. Depressed symptoms in children were lower than 3%, but increased to 14% at age 15-18, and incidence rate was around 17% in early adulthood (19-22 years), and this incidence rate remained relatively stable throughout adulthood. Related research shows that 75% of depression after 26 years old is closely related to the depression experience in adolescence, especially in early adulthood. The occurrence of depression is also different in gender. Before the age of 12, the depression of boys is higher than that of girls, but from 12-13 From the age of, the depression of girls is significantly higher than that of boys, especially in adolescence and early adulthood (15-22 years old). The incidence of depression of men and women is 2:1 in adulthood, and the rate will remain stable throughout adulthood. It can be seen that the incidence rate of depression is changing from the beginning to the stable stage in early adulthood. It is of theoretical and practical significance to understand the pathological characteristics of depression at this stage and to study the etiology and mechanism of depression. And this period in China is the university stage^[1].

A survey of college students using Beck Depression Questionnaire showed that 45.2% of them had depression. Although the performance of depression is not necessarily depression, it also shows that many college students have the possibility to develop depression. From a large number of research and survey reports, we can see that depression is a high incidence rate among college students. Global has pointed out in its research that depression has become a more prominent psychological problem for college students. Another survey shows that the prevalence of depression in college students is 42.96%. Some students have suicidal thoughts and suicidal behaviors due to depression. Some researches have collected the empirical investigation of depression of college students in recent years. The results show that the prevalence of moderate, severe depression and depression accounts for about 2.3% - 18.2%, while the incidence of depression or mild depression is about 10.6% - 51.1%. Some studies have shown that there is no significant difference between gender and depression ($P > 0.05$), which is inconsistent with the results of previous studies, which suggested that women are more likely to suffer from depression than men. In traditional Chinese medicine, the Internal Classic also holds that "women take liver as the heaven" and "women are more depressed". The results may be related to the imbalance of the proportion of men and women in medical colleges, and the results are not statistically significant due to different sample composition and other

reasons. Some studies have shown that there is a high prevalence of depression among college students. At the same time, some studies have shown that 52% of college students have health risk stress state, and 55.3% have depression symptoms. In the epidemiological survey of psychological stress conducted by Yang TingZhong and others, 55.83% of the students had health-risk stress. The depressive symptoms of college students mainly include: (1) low mood, (2) loss of interest in activities, (3) sleep disorders, (4) being lazy all over the body, not like sports, and loss of appetite. (5) Suicide^[2].

2.2 Causes

Causes of depression in college students: Beck put forward the cognitive theory of depression as early as the 1960s, and later Abramson and others put forward the social cognitive model of depression. These theories have played a very important role in the study of the causes of depression. Based on these theories, people try to find the social factors and cognitive tendency factors that are prone to depression. The dance therapy used in this study is mainly to improve the social and cognitive factors of depression. However, Abramson pointed out that the social factors most closely related to the occurrence of depression mainly involve two aspects: self achievement and interpersonal relationship. The combination of these two social factors and negative and distorted cognition will produce depression^[3].

3.The application of empathy technology of dance movement therapy in college students with mild depression

3.1 The concept of dance movement therapy

Dance therapy originated in Europe and flourished in the United States. Influenced by psychology, dancers such as canary, Whitehouse and Hawkins instinctively and intuitively understand the value of physical experience in changing human consciousness. They believe that dance can be used to treat some psychological problems and become the pioneer of dance therapy. They recognize that the creative and healing elements of dance work for both the general population and inpatients with emotional disorders. They connect the past with the future and create their unique dance movement therapy. According to the American Dance Movement Therapy Association (2013), dance movement therapy is the use of movement in psychotherapy to promote the integration of individual emotion, society, cognition and physiology. Dance therapy focuses on the action behavior presented in the therapeutic relationship. German Dance Movement Therapy Association (2013) believes that dance movement therapy is a kind of creative and body oriented psychotherapy. It uses movement and dance for psychotherapy, and individuals can creatively invest in a journey to promote the integration of emotion, cognition, physiology and society. The British Dance Movement Therapy Association (2013) believes that dance movement therapy is to enable people to participate in the treatment process creatively through the therapeutic use of movement and dance, so as to promote their emotional, cognitive, physical and social integration. By comparing these definitions, we can find several common points: dance therapy is a method of psychotherapy; it emphasizes the use of movement and dance in psychotherapy; it emphasizes the integration of emotion, cognition, body and society.

Fran Liv (1975) believed that the basic principles of dance movement therapy can be summarized as: ① the relationship between body and heart; ② action and emotion; ③ action and personality; ④ action and treatment; ⑤ action and treatment process; ⑥ treatment goal^[4].

3.2 Methods of dance movement therapy

Marian Nestle uses dance movements as a deep skill of self-expression and communication, and the ability to reflect and interact with patients enables her to pull patients out of spiritual isolation. Later, her theory was divided into four parts: ① body movement, ② symbol, ③ therapeutic movement relationship, ④ rhythmic movement. Among them, Canary therapy is widely used: ① warm up: including first contact (mirror image, clarify and expand action vocabulary and action inspiration and action dialogue), group development (gradual formation of circle), group rhythmic expression / body warm-up. ② Thematic development: extraction of nonverbal cues, expansion and clarification of actions and intentions, use of words and images, and other thematic possibilities (such as role-playing, symbolic actions, group themes). ③ Closing: circle, social action, discussion and sharing (Fran liv, 1975). Mary Whitehouse is an important dance therapist on the west coast of the United States. Her theory deeply influences many contemporary dance therapists. So far, Whitehouse has had a profound influence on modern dance therapists. Whitehouse's deep movement is mainly Jungian oriented dance therapy. He believes that working with students, we should pay more attention to the disclosure of subconscious connotation, while the inpatients, because of their fragile self-structure, should pay more attention to the emotional support in a more structured form of expression. Weigman's impromptu dance form and Jung's psychoanalysis have the most profound influence on Whitehouse. She integrated the two and developed a unique theory and practice orientation of dance movement therapy^[5].

3.3 Dance movement therapy applied in depression intervention research

76 patients with depression were randomly divided into the intervention group and the control group. The patients in both groups were given routine drug treatment and psychological support nursing. In addition, dance therapy was used in the intervention group. The cure rate was 89.47% in the intervention group and 60.53% in the control group. The score of self-efficacy was significantly higher than that in the control group ($P < 0.01$). Conclusion: dance therapy can improve the self-efficacy of depression patients and achieve the goal of early recovery. Relevant scholars evaluated the effect of dance therapy on depression, and the control group was the representative of children and adults without treatment; compared the difference between dance therapy and other psychological interventions (such as psychodynamic therapy or IPT, consultation or CBT); compared dance therapy and pharmacological interventions (such as antidepressants, small town agents or mood stabilizers); compared dance therapy with other physical interventions Perform (such as dancing and sports); compare different techniques of dance movement therapy (such as sparrow technique, real action, etc.)^[6].

The aim of related scholars is to explore the effect of dance therapy on depression. A total of 120 healthy male and female students between 20 and 24 years

old in conservatory of music were selected as research samples. They were divided into two groups: Dance intervention group (60 people) and control group (60 people). Participants in the dance intervention group had 12 intervention plans three times a week (Tuesday, Thursday and Saturday), while those in the control group had no intervention. Beck depression questionnaire was used for the pre-test and post test of the subjects. The results showed that the 12 week dance intervention group had a significant effect on the level of depression ($P < 0.05$), which was significantly lower than the level of depression before training ($P < 0.05$), while the control group had no significant change in the level of depression. Conclusion: dance therapy has a positive effect on the depression level of college students. Related scholars applied dance therapy to the case of a 56 year old woman named Chunli, who suffered from depression. The treatment is divided into three stages: the first stage is to establish a therapeutic relationship with Chunli through dance program and healthy exercise; the second stage is to encourage her to establish a connection with her body and an internal relationship useful for her actions; the third stage is to help her subconscious dialogue through some exciting events. In this study, there are three aspects about the theory and practice of dance therapy: a. the relationship between the body in the treatment room; B. the influence of the companion in the treatment room on Chunli; C. the dancing body evokes imagination^[7-8].

4. Conclusion

The depression of college students can be improved by dance therapy group counseling. Individuals with dysthymia can improve their depression through dance therapy. This program is feasible and effective. The characteristics of this research, such as various ways of warm-up, can be inserted into the active atmosphere of the game link according to the actual situation, with the help of props to let members feel a lot of good things in life and so on, play a positive role in improving the effectiveness of group counseling.

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