

disorder between the two groups before the experiment. After the experiment, the degree of psychological disorder in the experimental group was alleviated, and the psychological disorder in the control group was not significantly improved.

Table 1. Comparison of obstacle status / number of people in the two groups before and after the experiment

Group	Before and after the experiment	Barrier free	Mild disorder	Moderate disorder	Severe disorder
Experience group	Before the experiment	10	17	17	6
	After the experiment	23	21	6	0
Control group	Before the experiment	11	21	14	4
	After the experiment	13	15	17	5

Conclusions: During college students' study in colleges and universities, how educators accurately understand their mental health problems and give them timely help and guidance has become an important task in college education reform. According to the above research results, it shows that we can appropriately alleviate students' cognitive impairment with the help of distance interactive education.

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NATURAL LANDSCAPE PHOTOGRAPHY ON ANXIETY AND DEPRESSION IN OCCUPATIONAL POPULATION

Honghong Wang

School of Literature and Education, Bengbu University, Bengbu 233000, China

Background: Depression is a kind of negative emotional state with abnormal low mood. It brings very negative influence to people's study, work and life. Serious cases can lead to suicide. The incidence of depression in the normal population is increasing, which has become the main risk factor of affecting human health in the 21st century. Long-term depression is an independent risk factor for a variety of chronic diseases. By 2020, depression will be the second most common cause of disability in humans after cancer. For professional people, in recent years, survey found that almost half of people in a depressed state, the urgent need to strengthen psychological counseling. Studies have shown that depressive patients in the working-age group accounted for up to 72% of the disease, the average depressive patients caused by an annual economic loss of \$4900. Therefore, it is of great significance to understand the depression status of occupational population for the prevention and treatment of depression and ultimately benefit human society. But the natural scenery photograph is exquisite, elegant, impressive, compared with other types of photography, the natural scenery photography in the aesthetic value is more prominent, but also more important. Many landscape photographers don't like to have people in their pictures. They want to have pure, clean, uninterrupted natural scenery, the most primitive, purest kind of nature untouched by human behavior. Landscape photography is the author's taste, hobbies, ideal sustenance, is the natural beauty and social people have a certain relationship with the image of the embodiment. At the same time, because the photography cost is low and the technical request foundation is low, suits the different occupation crowd. Therefore, the study of natural scenery photography on occupational anxiety and depression of the status quo has a certain significance.

Objective: Natural scenery shooting to the famous mountains and rivers, Maolin Xiuzhu, still water deep, lakes and mountains, as well as wind and rain, neon clouds, frost fog and snow and all other weather phenomena as the main object. Natural scenery itself can shock and move people. Photographing natural scenery can show the magnificent momentum of natural scenery, deeply depict the subtle details of scenery, and alleviate people's psychological pressure, depression, anxiety and other negative emotions to a certain extent.

Subjects and methods: Cluster stratified sampling method in 2020 randomly selected 500 professional groups as the survey subjects, using questionnaire survey, 482 valid samples, 100% of the questionnaire back. Among them, 198 were aged 20-30, 223 were aged 30-40, and 79 were over 40. Occupational cadres, mainly workers, post management and clerks in two major categories, of which 252 manual workers, mental workers 248 people. Educational level in high school or above. There were 305 males and 195 females. The selected occupational groups were asked to complete questionnaires before and after the test. During the

testing, the selected professionals were invited to take part in the outdoor natural scenery photography for one month.

Study design: The State-trait Anxiety Scale was developed by Spielberger et al. The scale consists of two subscales and 40 descriptive items. The first 20 items were state anxiety scale, and the last 20 items were trait anxiety scale. The status anxiety scale is used to assess immediate or recent experiences of fear, tension, anxiety, and neuroticism in a particular time or situation. It can be used to assess stress state anxiety. Each question is given a grade of 1 - 4, the higher the total score, the higher the degree of anxiety.

Beck depression self-rating questionnaire was used to test the degree of depression in occupational population. There were 13 questions in total. Each question was scored from 0 to 3 scores in 4 grades. The total score could differentiate the degree and severity of depression symptoms, 0 to 4 depression symptoms, 5 to 7 mild depression, 8 to 15 moderate depression and more than 16 severe depressions.

Methods: Using the above questionnaire, with the cooperation of various professional groups, adopt unified guidance, answer the questionnaire in a secret manner, explain in detail the purpose, method and confidentiality principle of the test, take back the questionnaire on the spot, use SPSS 20.0 software to conduct statistical treatment, and adopt general descriptive statistics and correlation analysis.

Results: The questionnaire results of anxiety and depression before and after natural scenery photography were statistically analyzed, and the statistical results were shown in Table 1. Before the test, most of the professionals had different degrees of anxiety and depression, and moderate depression accounted for a larger proportion. Both anxiety and depression were relieved to some extent.

Table 1. Statistical results/average score

Factor	Anxiety	Depressed mood
Before testing	3	2
After testing	12	5

Conclusions: The psychological status of depression and anxiety in occupational population is very serious, and the phenomenon of associated emotional disorder is very common, especially in occupational population, which is closely related to their own personality characteristics and defense methods. Because of the low threshold of photography, natural scenery itself can relieve people's negative emotions. The investigation shows that natural scenery photography can alleviate the anxiety and depression of occupational groups to some extent.

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THE THERAPEUTIC EFFECT OF REGULAR PHYSICAL TRAINING AND SWIMMING ON COGNITIVE IMPAIRMENT

Zhigang Wang

College of Physical Education, Xichang University, Xichang 615000, China

Background: Cognitive impairment refers to the pathological process of abnormal brain advanced intelligent processing related to the above learning, memory and thinking judgment, resulting in serious learning and memory impairment, accompanied by aphasia or apraxia, or agnosia or disability. A variety of cognitive disorders are related to neurotransmitter abnormalities. For example, dopaminergic neuron injury plays an important role in the pathogenesis of PD. Various strategies for improving dopaminergic nerve function have been produced, including drug supplementation of its precursor L-dopamine, various cell transplantation to replace dopaminergic neurons, gene therapy and implantation of enzyme genes promoting dopamine synthesis, to promote the production of dopamine in striatum or implant neurotrophic factor gene, so as to prevent the death of dopaminergic neurons or stimulate the regeneration and functional recovery of damaged substantia nigra striatum system. In addition, in view of the degeneration of cholinergic neurons in patients with AD, blocking the degradation of acetylcholine in synaptic space of nerve cells with cholinesterase inhibitors to improve the content of acetylcholine in nervous system is the only effective strategy for clinical treatment of AD. But we all know that any drug has certain toxic and side effects, so long-term medication also has an impact on health. This requires us to find another treatment method, based on the psychological understanding and analysis of cognitive impairment, and many studies show that moderate physical exercise and swimming can be used as aerobic exercise treatment. Aerobic exercise can not only improve physical and psychological quality, but also the best way to resist and control physical and