

the research object, help the patients with mental diseases improve their bad emotions, alleviate mental pressure and psychological pressure, which is conducive to their psychological intervention treatment and help them move towards a clearer future. For today's society, the future scientific research achievements of this project can not only lay the foundation for the clinical practice of psychology, but also provide a new direction for the treatment of mental diseases. At the same time, it provides a new idea for the future research trend in this field, and plays a certain role in promoting social stability, so as to create a good psychological environment and improve the national mental health level.

Subjects and methods: The ultimate goal of sports activities is to achieve people's physical and mental health through sports activities. With the rapid development and progress of today's society, people are no longer simply required to have scientific and cultural knowledge as in the past, but more hope that people can have the enterprising spirit of daring to innovate, struggle and forge ahead, as well as better physical quality and psychological endurance. This study from the psychological and emotional changes, the changes of communication and the psychological changes of fitness to the effect of folk traditional sports activities on their own behavioral disorders.

Study design: 500 adults were randomly selected to distribute the questionnaire. The questionnaire was required to be completed at one time and the specified time was 15-20min. Overtime was recorded as invalid. A total of 500 copies were distributed, 472 copies were recovered, and the number of valid copies was 464.

Methods: The intervention effect of folk traditional sports activities on behavior disorders was counted by Excel.

Results: In this survey, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence and 4 means full influence. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation values of 500 college students are taken as the average and the results are rounded, the specific statistical table is shown in Table 1.

Table 1. Intervention effect of folk traditional sports activities on behavior disorders

Factor	Psychological emotion	Communication situation	Fitness psychology
Adult	3	4	4

Conclusions: Pay attention to psychological quality education and create a good atmosphere for people's mental health. More participation in folk traditional sports activities can also keep them happy, improve their physical fitness, distract their attention, divert their experience of anxiety, so as to relax their body and mind, regulate their emotions and reduce their anxiety symptoms.

* * * * *

FEASIBILITY ANALYSIS OF WORLD HISTORY INTEGRATION PROTOCOL IN PATIENTS WITH COMMUNICATION ADAPTATION DISORDERS

Qingyun Luo¹ & Mingbo Yu²

¹*School of History, Nanjing University, Nanjing 210000, China*

²*School of Social Science, Soochow University, Suzhou 215123, China*

Background: Although the history of the world itself existed long before the emergence of human civilization, it was not really used to study and narrate history until modern times. The early "world history" could not record the history outside its own civilization, so the real-world history must come into being gradually after the great discovery of modern geography. World history can be divided into ancient history, modern history, modern history, etc. according to different time periods, history of different regions, and history of different things according to different representative things. If we compare the history of the world to a long torrential river, then the history of all the regions, peoples and countries of the world is a trickle into the river. World history is not a collection of scattered and isolated histories, but a collection of interconnected and integrated histories. In the world, no country or nation can be isolated from the outside world, and the more developed the human civilization, the closer the international exchanges. In the Han Dynasty, Zhang Qian sent to the Western Regions and Gan Ying to the Big Qin, in the Tang Dynasty, Xuan Zang went to Japan for the Buddhist scriptures and Jianzhen six times, and in the Ming Dynasty, Zheng He made seven voyages to the Western Seas. Therefore, studying world history will not only help us to understand

the world, but also further deepen our understanding of the history and culture of our motherland, so as to make us feel more deeply that it was through constant exchanges and collisions between Eastern and Western civilizations that today's splendor and prosperity came into being.

Objective: World history is a school of historiography that emerged in the United States in the second half of the 20th century. It is now exerting an increasing influence in the West and the world at large. The trend of globalization, the development of post-modernism and the increasingly close academic exchanges between the East and the West are the international environment and academic background of world history. World history takes the development of human society as the narrative object, surpasses the narrative tradition of Western historiography, subverts the "Euro-centrism" from the perspective of academic genetics, opens up a new perspective to study the world history and establishes a new framework for compiling the world general history, which has distinctive characteristics of the times and theoretical enlightenment. By understanding the world history, we can effectively alleviate the symptoms of communication and adaptation barriers.

Subjects and methods: History calls for the emergence of new social forces, it is in this context, the study of world history is of great significance. This article mainly carries on the investigation analysis from the world history to the people thought production absolute spirit, the production labor and the rational ponder these three aspects.

Stratified cluster random sampling method was used to investigate 400 patients with communication disorders of different ages, sexes and occupations. 400 questionnaires were distributed, 387 were retrieved and 374 effective copies were obtained.

Methods: Excel was used to measure the impact of world history on patients with communication adaptation disorders.

The basic content of the thought of world history is that human history is dominated by inevitability, and there is internal relation among all levels. Because of this internal relation, human history has totality. The thought of world history is mainly embodied in absolute spirit, productive labor and rational thinking. History is a law, it is precisely because of this law, the history of mankind has internal links, forming a whole. Only by grasping this internal relationship, that is, the law, can we truly grasp the history of mankind. The rational process is also a process in line with the goal. Reason has its own goal, which is to plan the running track of human history. Every link and every aspect of history development is just the development of reason in practice.

The results of this survey use 1 to 5 grades to quantify the influence values of specific factors, 1 indicating irrelevance, 2 indicating slight influence, 3 indicating general influence, 4 indicating obvious influence, and 5 indicating full influence. The specific statistical table obtained is shown in Table 1.

Table 1. Effect of world history on patients with communication adaptation disorders

Factor	Absolute mind	Production labor	Rational thinking
Patients with communication disorders	5	5	5

Conclusions: China's current achievements in modernization are the inevitable result of many years of historical development, and precisely because of repeated hardships China's modernization as soon as it entered the formal mustang rapid development. In the whole world history, China occupies an important position since ancient times. The development of Chinese history has great uniqueness. It needs to be re-examined from the perspective of world history. It can effectively relieve the introverted mood of people with communication disorders and promote them to better integrate into society.

* * * * *

ANALYSIS AND RESEARCH ON THE SYMPTOMS OF STUDENTS WITH COGNITIVE IMPAIRMENT IN ART DESIGN TEACHING

Mingyong Zhou¹, Jing Yuan² & Xiuling Cai¹

¹*School of Humanities, Xi'an Shiyou University, Xi'an 710065, China*

²*School of Economics and Management, Xi'an Shiyou University, Xi'an 710065, China*

Background: Cognitive impairment refers to different degrees of impairment in memory, calculation, time and spatial orientation, structure, execution, language understanding, expression and application. It includes intellectual impairment, brain injury, psychosis and some strokes. At present, with the rapid development of science, technology and economic construction in China, the role of art design in promoting