

**Table 1.** The obvious degree of symptoms of students with cognitive impairment in art design teaching

Factor	Amnesia	Aphasia	Disowned	Emotional instability
Students with cognitive impairment	2	3	2	4

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## THE THERAPEUTIC EFFECT OF REGULAR PHYSICAL TRAINING ON COGNITIVE IMPAIRMENT

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**Background:** Cognition is an intelligent processing process for the body to recognize and acquire knowledge, which involves a series of random, psychological and social behaviors such as learning, memory, language, thinking, spirit and emotion. 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. The basis of cognition is the normal function of cerebral cortex. Any factor causing abnormal function and structure of cerebral cortex can lead to cognitive impairment. Because the brain function is complex and different types of cognitive impairment are interrelated, that is, cognitive problems in one aspect can cause cognitive abnormalities in another or more aspects (for example, if a patient has defects in attention and memory, there will be obstacles to solving problems). The causes of the above cognitive impairment are diverse, except for the causes of organic diseases, most of them are caused by mental disorders. Such as neurasthenia, hysteria, hypochondriasis, climacteric syndrome, depression, obsessive-compulsive disorder, Alzheimer’s disease, schizophrenia, reactive psychosis, paranoid psychosis, mania, manic depression and so on. In today’s society, patients with psychological diseases are often excluded, which is very unfavorable to the treatment of patients, and will further develop their psychological diseases and avoid medical treatment. Serious mental illness will also lead to patients’ retaliatory paranoia, which has brought unsafe factors to the society. This is also a painful blow to China’s mental health cause. Therefore, cognitive impairment is one of the most difficult problems in the diagnosis and treatment of brain diseases. Moderate physical exercise can not only improve physical and psychological quality, but also the best way to resist and control physical and psychological diseases.

**Objective:** Formulate a sports training plan suitable for the research object, and persevere in the implementation of the plan. The corresponding results can be obtained from this study. According to the psychological problems of some people in contemporary society, the scientific sports training intervention applied in this study can provide an effective sports rehabilitation program, and is expected to be popularized in the population, so as to improve the national mental health level. For 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:** 100 patients were randomly selected, and the purpose, method and expected effect of this study were explained to the patients. With the consent of 50 patients, they were randomly divided into two groups, 50 cases in each group, control group and experimental group. The patients in the experimental group were intervened with regular physical exercise, and the patients in the control group were treated with MCI routine treatment. There was no significant difference in the data and condition between the two groups, which was comparable. The patients in the control group were treated with MCI

routine treatment, and the observation group were treated with regular physical exercise intervention. The specific methods are as follows: take aerobic training such as fast walking, swimming and cycling every week, exercise  $\geq 3$  times / W,  $\geq 30$  min / time, and give guidance and supervision during physical exercise. The related indexes of the two groups before and after treatment were evaluated and compared by concise mental state scale (MMSE), auditory word memory scale (AVMT), complex graphic recall test (CFR), speech fluency test (V no), connection test (TMT), ability of daily living scale (ADL), quality of life assessment scale (quality). Nonparametric Friedman test was performed by SPSS 17.0 statistical software.

**Results:** There were significant differences in AVMT, ADL, TMT and CFT in the observation group before and after intervention, while there was no significant difference in the above indexes in the control group before and after intervention. See Table 1.

**Table 1.** Comparison of evaluation results of cognitive impairment between the two groups before and after intervention ( $n=66$ )

Group		AVMT	ADL	TMT	CFT
Observation group	$\chi^2$	27.21	27.08	23.1	16.002
	Progressive significance	0.027	0.002	0.001	0.002
Control group	$\chi^2$	7.461	12.537	6.713	4.562
	Progressive significance	0.032	0.014	0.025	0.065

**Conclusions:** A variety of neuropsychological tests and quality of life evaluation tables were used to score the indexes of the two groups of patients who participated in and did not participate in regular physical exercise before and after treatment. The results showed that the scores of language ability, behavior ability, memory function and health status of the observation group were more significantly improved than those of the control group. To sum up, for groups with cognitive impairment, regular physical exercise can be used to improve patients' multiple system functions to prevent MCI. For patients with MCI, regular physical exercise intervention can be used to improve patients' CI, so as to improve patients' quality of life. This study studied the intervention effect of regular physical exercise on neck patients. Taking more physical exercise can also keep them happy, improve their physical fitness, distract their attention, divert their experience of anxiety, and achieve the role of relaxing their body and mind, regulating their emotions and reducing anxiety symptoms.

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## THE PRINCIPLE OF EQUAL RIGHTS IN CIVIL PROCEDURE FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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**Background:** Social psychology refers to the study of the psychological and behavioral development and changes of individuals and groups in social interactions. Social psychology is a major branch of psychology. It deals with psychological issues related to society. We know that all social events have human factors in them, that is, there are psychological problems in them. The psychology that studies these subjects is social psychology. In contemporary psychological science, cognitive psychology and social psychology are paid more attention to. Social psychology studies the development and change of individual psychological activities from the perspective of individual and social interaction. Social psychology not only emphasizes the interaction between society and individual, but also attaches importance to the discussion of social situation and the inner psychological factors of individual. The research scope of social psychology involves individual social psychology and social behavior, social interaction psychology and behavior, group psychology, and applied social psychology. The specialty orientation is social psychology oriented by humanities and social sciences, and insists on the research thinking of social psychology combining humanities and social sciences under the frame of natural sciences. With the rapid development of social economy, more and more attention has been paid to the social psychological problems. The principle of equal litigious rights in civil procedure means that both parties have equal litigious rights in civil procedure, and the people's court provides equal opportunities to protect and facilitate the litigants to exercise their litigious rights. This