

is negative evaluation fear. Students with such anxiety often do not like to speak English, dare not open their mouth to read English, are afraid of answering wrong teachers' questions, and consciously avoid answering questions.

Objective: Pay attention to changing the learning concept in time, pay attention to the understanding and application of knowledge, and learn to summarize and summarize, which can effectively improve the performance. In addition, language learning is not a day's work. It is a relatively slow learning process, which is an important reason why we are prone to anxiety. This is precisely because the students have no clear and specific goals. Over time, they lose the motivation of self-discipline. Because people are equal, and the relationship between teachers and students is also an equal and democratic relationship. Students should not be afraid of teachers. They should regard teachers as their friends. At the same time, they should also understand that sometimes teachers' criticism and accusations are only to urge students to make progress. Therefore, in the face of teachers' questions, students should respond positively and express their views bravely, which will be more conducive to the improvement of students' learning ability. And a person's growth and development are inseparable from interpersonal communication. We should understand the significance of interpersonal communication and know that establishing a good interpersonal relationship can stabilize emotions, which is conducive to the healthy growth of individuals.

Subjects and methods: Colleges and universities are the main position for cultivating talents and shoulder the responsibility of cultivating students to master corresponding knowledge and skills. In order to alleviate the phenomenon of anxiety in higher English education, we must find scientific and reasonable strategies to improve English learning anxiety.

Study design: 500 students in a school were selected to fill in the questionnaire survey. A total of 500 questionnaires were distributed and 487 were recovered, with a recovery rate of 97.4%. If more than one item in the recovered questionnaire is missed or all items are one answer, they will be eliminated as waste papers. Finally, 473 valid questionnaires will be recovered, and the effective rate of the questionnaire is 94.6%. The questionnaire is mainly composed of multiple-choice questions, supplemented by question-and-answer questions. The survey is mainly carried out from four aspects: First, change learning ideas and optimize learning strategies. Second, clarify the purpose and responsibility and master the learning law. Third, overcome the barriers of inferiority and establish self-confidence in learning. Fourth, pay attention to interpersonal communication, maintain an optimistic attitude, and issue questionnaires to make statistics on the effect of anxiety in innovation and entrepreneurship education in Colleges and universities. Use Excel to count the survey results.

Results: In this survey, the effect values of specific factors are quantified in five grades from 1 to 5. 1 means no effect, 2 means slight effect, 3 means average effect, 4 means obvious effect and 5 means significant effect. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation values of 500 students are taken as the average and the results are rounded, the specific statistical table is shown in Table 1.

Table 1. Performance of anxiety disorder in higher English education and the effect of research on solving strategies

Factor	Change ideas	Clear objectives	Build confidence	Keep an optimistic attitude
Student	5	4	4	5

Conclusions: In order to adapt to the learning environment in colleges and universities, it is inevitable for students to have anxiety in English learning. Based on psychology, through the understanding of students' anxiety psychology, change students' learning concept, clarify students' learning objectives, establish students' self-confidence, and make students maintain a positive and optimistic learning attitude. The survey shows that through the above changes, college students gradually overcome the psychological obstacles in English learning and alleviate the symptoms of anxiety in higher English education.

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THE ADJUVANT EFFECT OF RURAL TOURISM ON PATIENTS WITH AFFECTIVE DISORDER

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Background: Affective disorder belongs to mood disorder. During the attack, two abnormal emotional states of mania and depression appear alternately. Sometimes mania and sometimes depression are dominant in the process of onset. Affective disorders are highly hereditary, and the incidence rate of family history is about 10% higher than that of normal people. If the condition of affective disorder is not treated timely and effectively, dangerous behaviors such as impulse, suicide or violence may occur, which will endanger the personal safety of patients themselves and others. Insight refers to a cognitive ability of patients for their own mental state and disease degree. It mainly includes that patient can objectively identify and find their own disease state and mental abnormal state, can make correct and objective analysis and judgment on the disease and related conditions, and can clarify their current and past performance and experience in the disease state. Patients with affective disorders often have varying degrees of insight impairment. The impairment of insight can lead to the lack of correct cognition of patients with affective disorder about their own disease state, resulting in poor compliance or even resistance to clinical treatment, which seriously affects the clinical treatment and treatment effect. The progress of affective disorder can further damage the patient's insight and form a vicious circle. Although formal and effective treatment can effectively alleviate the condition of patients with affective disorder, some patients still have some damage to their insight after the treatment of acute affective disorder.

As a complex multi-disciplinary phenomenon, tourism is concerned by different fields of Social Sciences, including psychology. In the field of psychological research, tourism phenomena mostly focus on social psychology and environmental psychology, including tourists' tourism motivation, tourism destination residents' attitude, subject object relationship, tourists' or residents' local attachment and community attachment, etc. Rural tourism is an important measure of Rural Revitalization Strategy in the new era. China's rural tourism started in the middle and late 1980s, gradually became a climate in the 1990s, and developed rapidly. With the process of industrialization and urbanization in China, rural tourism has not only become an important way for urban residents to travel, vacation, leisure and health preservation, but also an important force to promote rural economic and social development, agricultural efficiency and farmers' income. All kinds of new models and products of rural tourism, such as rural vacation, health and leisure, health and elderly care, have become the trend and main body of today's tourism development. The development of rural tourism has effectively promoted the reform of rural economic structure, realized the integration of industries, increased farmers' income and coordinated the development of urban and rural areas.

Objective: There are many benefits of traveling to the countryside. You can not only enjoy the real beauty of the world, but also pick the fruits of a bumper harvest, but also understand the human feelings and warm service of local people. Rural tourism is the most popular craze among people. It can let you experience the original ecology, because there is no industrial pollution there. In addition, rural areas make a living by farming, the coverage rate of various vegetation is far higher than that of big cities, and the air is particularly refreshing. When you travel to the countryside, you can enjoy the warm service of the local villagers. Generally, the villagers are hospitable. Based on the above points, from the perspective of psychology, this paper analyzes the psychology of patients with affective disorder, and discusses the recovery of insight and influencing factors of patients with affective disorder, so as to play a certain role in its adjuvant treatment.

Subjects and methods: This study mainly investigates and studies from three aspects: the enjoyment of rural natural beauty, the process and fun of picking fresh fruits in rural areas, and the enthusiastic service of local villagers.

Study design: 20 patients with affective disorders were randomly selected for investigation and analysis in the form of interview. 20 patients were interviewed to make statistics on the impact of rural tourism on the adjuvant treatment of patients with affective disorders. The access time is about 10-20 mins.

Methods: Excel was used to calculate the impact of rural tourism on the adjuvant treatment of patients with affective disorders.

Results: To alleviate the condition of patients with affective disorders, we must start from their psychological activities, understand the needs of patients, and let them really enjoy the quiet and comfortable countryside and attract the purest natural air. In the garden of the orchard, you can taste the freshest and sweetest fresh fruits, understand the customs of local people, and truly experience the most simple and primitive style.

According to the survey results, 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. The specific statistical table is shown in Table 1.

Conclusions: Rural ecotourism, a form of tourism aimed at improving physical and mental health, is a kind of health tourism. For the purpose of health, people leave their place of residence for convalescent tourism in rural nature. The change of modern people's lifestyle, the change of social structure, the continuous improvement of leisure, vacation and entertainment demand, and the progress of medical and

health care services all promote the rise of health care services and are rapidly welcomed by the public. Ecotourism is a combination of forest tourism and health tourism, with the main purpose of improving physical health and relaxing mood. Based on the forest ecological environment, ecotourism achieves the purpose of health care through scientific planning, management and health knowledge guidance. Combined with Chinese traditional health culture, ecotourism uses forest tourism resources and facilities to help tourists strengthen their health and prolong their life, so as to effectively alleviate the psychological pressure of patients with emotional disorders.

Table 1. Effect of rural tourism on adjuvant treatment of patients with affective disorders

Factor	Beauty enjoyment	Enjoy fresh fruit	Warm service
Economics	4	4	4

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MEMORY IMPAIRMENT AND INTUITIVE IMAGINATION IN MATHEMATICS METACOGNITION TEACHING OF SENIOR HIGH SCHOOL STUDENTS

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Background: Nowadays, with the rapid development of science and technology, knowledge has been rapidly increased and updated. In order to adapt to the development of society, learning becomes more and more important and becomes a lifelong process. That is to say, the 21st century is an era of knowledge economy and learning society, which requires the educated to learn to survive, learn to be, learn to learn to learn to learn to cooperate to learn to create. But the learner life, in school's time is limited, but the knowledge development is infinite and is rapid. Only by enabling learners to acquire and apply new knowledge on their own, can they adapt to the needs of the 21st century. Nowadays, lifelong education is advocated all over the world, so we must pay more attention to the cultivation of mathematical metacognition. In the process of curriculum reform, senior high schools are gradually deepening the reform. The new curriculum reform advocates the teaching of mathematical metacognition, so that learners can master the methods of life-long learning and form a correct view of knowledge and science.

In the current environment of basic education, the cognitive knowledge of senior high school students has been paid more attention to, but there are still many problems, which are mainly manifested in metacognitive experience and metacognitive strategy ability, especially the weakness of metacognitive strategy ability, which is the main reason why students feel learning difficulties. Metacognitive strategies include planning behavior, manipulating behavior and evaluating behavior. Students lack of planning, passive learning, lack of interest in learning the phenomenon of widespread.

Objective: As an important part of education, mathematics education plays an important role in developing and perfecting people's educational activities, in forming people's attitudes and ways of thinking towards the world, and in promoting social progress and development. In modern society, mathematics and cognitive teaching is an important aspect of lifelong education, which is the basis for citizens to further their education and the need of lifelong development.

Subjects and methods: The teaching of mathematical metacognition plays a special role in school education. It enables students to master the basic knowledge, skills and ideas of mathematics, and to express clearly and think in an orderly way. It also enables students to have an attitude of seeking truth from facts, a spirit of perseverance, and to learn to solve problems and understand the world by thinking in