

self-realization, is to express his own potential in the most effective and complete way. Meeting their senior needs can effectively mobilize people's enthusiasm. When the value of workers is fully demonstrated in their fields, they can obtain high-level satisfaction, to improve work efficiency. Secondly, understand the employees' personality and interpersonal relationship, straighten out the relationship, take the initiative to avoid negative factors for employees and keep them happy at work, so as to make the whole garment production line unimpeded.

Employee training. In the garment operation method, people are studied, and time is saved through standardized methods. Divide each process into units and remove unnecessary actions to achieve the principle of action economy, to shorten the operation time. This is the "time action analysis" advocated by Taylor, which greatly facilitates managers to find problems through scientific and clear numbers, rather than through error prone intuition. Reaching the principle of action economy cannot only understand the employees' interest and enthusiasm in work and apply the medicine to the case, but also improve the working procedures and procedures, reduce the working time, and improve the production efficiency. When clothing styles change more rapidly and complex, workers will inevitably encounter thorny problems. For this, managers should pay attention to the education and training of employees. People's needs are divided into material and spiritual. When the material aspects are met, the spiritual needs will be highlighted. Education and training are a spiritual achievement strategic incentive and a direct way to improve people's quality. Training personnel into talents not only improves the local production level, but also the academic atmosphere of the whole enterprise, and the management level is also improved accordingly.

Conclusions: To meet the diversified and changeable personalized clothing consumption demand, major manufacturers are constantly moving towards intelligent production, but at present, the threshold of realizing intelligence is still very high. Focusing on the existing and easy methods is undoubtedly a wise move for many manufacturers. In China, the labor cost is also rising. The garment manufacturing industry should pay more attention to the role of labor in enterprise production. Using psychological management, on the one hand, pay attention to economic benefits, make garment enterprises run well through scientific and rigorous management, and make production links high-speed and effective. On the one hand, people-oriented, humanized management, stimulated employees' sense of responsibility and honor, and fundamentally solved the problem of production enthusiasm.

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ON THE ALIENATION OF COLLEGE STUDENTS' COGNITIVE PSYCHOLOGICAL BARRIERS IN THE ERA OF GLOBALIZATION

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Background: Globalization is not only a concept, but also a phenomenon and process of human social development. There are many definitions of globalization. Generally speaking, globalization refers to the continuous enhancement of global ties, the development of human life on the basis of global scale and the rise of global consciousness. Countries are interdependent in politics, economy and trade. Globalization can also be interpreted as the compression of the world and the view of the world as a whole. After the 1990s, with the expansion of the impact of globalization on human society, it has gradually attracted the attention of various countries in the fields of politics, education, society and culture, and triggered a large-scale research upsurge. For example, globalization is a double-edged sword for local culture. It will also gradually blur and lose the connotation and self-renewal ability of local culture. The tide of economic globalization has brought great changes to all countries in the world. The main driving force of economic globalization comes from scientific and technological progress. Driven by the new scientific and technological revolution, the growth rate of the world economy has greatly accelerated, and talents have become the basic guarantee of scientific and technological progress and social and economic development. As the cradle of cultivating high-level talents, colleges and universities should create favorable conditions from all aspects to deal with economic globalization, actively cultivate college students' innovation ability, and serve China's scientific and technological progress and social development in the new era. 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 function of the brain 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). Therefore, cognitive impairment is one of the most difficult problems in the diagnosis and treatment of brain diseases. College students' self-cognitive impairment is an important issue concerned by college students' mental health education. Psychological cognitive impairment mainly includes inferiority complex, pride and vanity. The main causes of college students' self-cognitive impairment are college students' self-positioning errors, the negative effects of family members and the negative effects of social external environment. Maintaining a healthy psychology requires college students to correctly locate themselves, do a good job in self-regulation, require family members to exercise self-discipline, continuously strengthen the construction of campus culture, optimize the atmosphere of public opinion, and establish a corresponding system to protect college students' mental health.

Objective: With the development of information technology and scientific and technological revolution, the wave of economic globalization has swept all over the world. People's vision has shifted from the perspective of region, country and nation to the world. The distance between people and countries has been shortened, and people's understanding of the relationship between individuals and the whole has also crossed national boundaries. Therefore, there has been the development trend of world economic integration and political multiploidization, the new order of international relations and narrow nationalism, and the fierce collision between the convergence of global cultural development and the diversification of national cultural development. Therefore, the cognition of contemporary college students has changed from local, national to global. Generally, college students can not adjust themselves well, resulting in new cognitive psychological obstacles based on the era of globalization.

Subjects and methods: Six criteria should be considered to evaluate the mental health level of college students: normal intelligence, emotional health, sound will, complete personality, correct self-evaluation and harmonious interpersonal relationship. A questionnaire survey was conducted on 500 students' self-cognition in a university. The forms of questions include open and closed questions, including factual questions, opinion questions, embarrassing questions and hypothetical questions. The survey found that a considerable number of students have varying degrees of self-cognitive impairment, which accounts for about 35% of the survey. Among many self-cognitive disorders, mainly include the bad psychological state of pride, inferiority and vanity. Among many self-cognitive disorders, mainly include the bad psychological state of pride, inferiority and vanity. According to the results of the questionnaire, the 500 students were divided into experimental group and control group. The same teacher was used. The experimental group and control group were used knowledge communication and general communication in the era of globalization. In the process of communication, treat every student equally and actively solve students' problems. After the experiment, the mental state and psychological emotion of college students are counted, and then the students in the experimental group and the control group are investigated and analyzed by means of questionnaire, so as to get the influence of college students' cognitive psychological disorder alienation in the era of globalization.

Results: The survey results are quantified by four grades 1-4. 1 means irrelevant, 2 means slight influence, 3 means extraordinary influence and 4 means special influence. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation value of 500 college students is adopted and the average is taken to obtain the result rounded. The specific statistical table is shown in Table 1.

Table 1. Self-cognitive impairment of college students and its impact on the requirements of educators

Group	Intelligence	Emotion	Will	Personality	Self-evaluation	Interpersonal relationship
Experience group	1	4	4	3	3	4
Control group	1	2	2	2	1	2

Conclusions: The survey found that although both groups have different degrees of self-cognitive impairment, the degree of self-cognitive impairment of college students in the experimental group is deeper than that in the control group.

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PSYCHOLOGICAL RELIEF METHODS OF COLLEGE STUDENTS' ENGLISH LEARNING ANXIETY BASED ON SELF-EFFICACY

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Background: Self efficacy refers to people's speculation or judgment on their ability to carry out a certain behavior. Its basic feature is to emphasize the necessity of subject factors for learning and the decisive role of human potential. Self-efficacy affects students' behavior through several mediators, such as the choice of activities, the degree of effort, the persistence, perseverance and anxiety in the face of difficulties. Non intelligence factors such as interest, motivation, self-confidence and self-esteem are regulated and controlled by self-efficacy. In learning, students with high self-efficacy are more likely to choose difficult tasks, and pay more efforts in the process of task completion, less fear and anxiety. students with low self-efficacy tend to procrastinate and try to avoid to deal with difficult tasks. In addition, self-efficacy affects the arousal level of individual autonomic nervous system. These biochemical substances, as neurotransmitters, affect the functional regulation process of human immune system. When faced with the same stress factors, people with a strong sense of self-efficacy secrete these biochemical substances normally, thus ensuring the normal balance of the immune system. When the sense of self-efficacy is insufficient, the secretion of these biochemical substances will increase, so as to break the balance of the immune system and destroy its immune function. Therefore, self-efficacy is of great practical significance to promote individual physical and mental health and maintain the function of immune system.

The cognitive structure of English learning includes the attitude, interest, strategy, experience, English knowledge and skills in the deep consciousness of cognitive subjects. The process of learning is not only the development process of continuous organization and re organization of internal knowledge structure, but also the process of emotional experience, but also the formation process of self-efficacy. English is a subject with the longest duration and the most class hours in school education in China.

Objective: The proposal of self-efficacy not only provides a new research direction for psychology, but also finds a new way to solve the problems existing in practice. By improving self-efficacy, it can have a practical impact on college students' English learning. In the process of learning English, it can improve the ability to complete learning tasks and strengthen the level of self-awareness.

Subjects and methods: Self-efficacy can effectively alleviate college students' anxiety in learning English and help college students establish a correct outlook on learning. This paper mainly discusses that improving college students' sense of self-efficacy has a positive impact on strengthening college students' sense of pleasure and participation in learning English. By means of questionnaires, this paper statistically analyzes the impact of self-efficacy on alleviating college students' English learning anxiety.

Study design: 500 college students were investigated by stratified cluster random sampling. A total of 25 students were randomly selected from 10 universities and 20 classes. A total of 500 copies were distributed, 489 copies were recovered, and the number of valid copies was 472.

Methods: Using Excel to count the impact of self-efficacy on alleviating college students' English learning anxiety.

Results: Self-efficacy plays an important role in alleviating college students' English learning anxiety. After improving college students' self-efficacy, college students' English learning anxiety has a significant downward trend, can actively and spontaneously learn English, and their willingness has been strengthened. At the same time, when you encounter difficulties in learning English, you will finally achieve the ideal effect of English learning through your own efforts and persistence.

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 600 college students are taken as the average and the results are rounded, the specific statistical table is shown in Table 1.

Conclusions: The essence of college students' negative emotion in English learning is a problem of self-efficacy. Teachers' direct emotional intervention can awaken students depressed will and increase their confidence in behavior. However, the key to solve the problem of self-efficacy is for teachers to change their teaching ideas and provide students with ways and opportunities to experience success through