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THE PERFORMANCE OF ANXIETY DISORDER IN DIFFERENT ENGLISH TEACHING METHODS IN COLLEGES AND UNIVERSITIES AND ITS SOLUTIONS

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Background: Anxiety refers to a state of anxiety and fear in which a person's self-esteem and self-confidence suffer setbacks, or feelings of failure and guilt increase, as a result of a failure to achieve a goal or to overcome the threat of obstacles. Since the intensity of anxiety can only be directly assessed by experienced individuals, the researcher must have an indirect way to assess his or her phenomena and physiological characteristics. Competition in various fields has become a social phenomenon. The psychological pressure borne by people is increasing. Especially, the psychological health of college students is on the rise, especially anxiety. Anxiety will affect the daily behavior and life enthusiasm, the long-term existence of anxiety tendency as a negative emotional response. Research shows that the current college students have anxiety, anxiety disorders accounted for 5 to 1 in 1000 of the totals. But they seldom take the initiative to go to the hospital, so they have great concealment. At the same time, they will cause serious damage to college students' body and mind, reduce their study efficiency and quality of life, and have a negative impact on their adaptation to college life and their own healthy development. Therefore, the effective alleviation of psychological anxiety of college students is one of the focuses of current research. Anxiety disorder in English learning is mainly caused by the students' emotional barriers. If they fail to make timely adjustment, students' self-esteem and self-confidence will be affected, and their guilt will increase sharply. In the long run, there will be a kind of nervous and even fear of learning psychology, on our late English learning will also bring great obstacles. Learning anxiety has a significant negative effect on English learning. It is found that students who are anxious seldom take the initiative to answer questions in English learning, and have low participation in classroom activities, or even avoid learning. These students often show high levels of tension, sweating, and sometimes rapid heartbeats when confronted with a teacher's question. It's easy to forget what you already know. Learning anxiety can also lead to low self-esteem, low self-esteem, and low likelihood of success, leading to inability to concentrate on learning, and consequently to diminished language proficiency and competence.

Objective: Attaching importance to the understanding and application of knowledge, paying attention to the timely change of learning concepts, and learning to summarize and summarize, can effectively improve performance. In addition, language learning is not accomplished in a day, it is a relatively slow learning process, which is an important reason why we are prone to anxiety. This is precisely because the students do not have a clear and specific goals, over time, the loss of self-discipline on the power. Because people are equal to each other, the relationship between teachers and students is also one of equality and democracy. Students in the process of learning should not be afraid of psychology, leveling their minds.

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

Study design: The subjects were randomly divided into 60 experimental group and 60 control group. Except for demographic variables, there was no significant difference in emotion regulation ability, executive function, emotion and anxiety level at baseline. Before the trial, the experimental group shall be informed of the contents and purposes of the trial, and be reminded of its right to freely withdraw at any time, and the trial shall start after signing the informed consent form. The experimental group was taught English under the knowledge of applied psychology, 1-3 times a week, one class hour each time. During the professional teachers to guide. The control group carries on the traditional English specialized teaching pattern to carry on the teaching. Teachers should treat the two groups equally in their lectures. The whole experiment lasted 3 months.

Methods: Two groups of college students' anxiety status after 3 months were tested by self-rating anxiety scale, and data were collected by SPSS18.0 and excel.

Results: After 3 months of this study, the statistical results are shown in Table 1.

As can be seen from Table 1, after 3 months of psychology-based English teaching, the students' anxiety in the experimental group has been relieved, which shows that the innovative English teaching can effectively intervene the students' anxiety. Although some of the students in the control group had no anxiety, the number of students with moderate anxiety increased instead of decreasing, which indicated

that it was difficult to relieve their anxiety without intervention.

Table 1. Comparison of partial anxiety status between the two groups before and after the experiment

Group	Before and after the experiment	No anxiety	Mild anxiety	Moderate anxiety	Severe anxiety
Experimental group	Before the experiment	0	18	30	12
	After the experiment	26	24	10	0
Control group	Before the experiment	0	24	28	4
	After the experiment	10	10	34	3

Conclusions: Because of the great pressure of contemporary college students, colleges and parents should pay attention to their psychological state, and give psychological intervention or guidance in time.

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THINKING LOGIC OBSTACLES IN INTELLIGENT COGNITIVE ANALYSIS OF ELECTRONIC TECHNOLOGY

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Background: Electronic technology has developed rapidly in the process of industrialization. It has also become an indispensable part of China's economic development and made an important contribution to China's economic development. With the development of economy, electronic technology has been widely used in all walks of life. There is no doubt that the application of technology can have an important impact on the whole social process, and it is also a strong guarantee for the process of industrialization. There are many work links in the field of intelligence, and it is very difficult, which leads to the occurrence of thinking logic obstacles. In this way, it not only increases the consumption of manpower and additional workload, but also increases the cost of the enterprise, which is very unfavorable to the development of the enterprise. Therefore, the intelligent cognitive analysis of electronic technology and the problem of thinking logic obstacles can reasonably optimize the workflow, remove some unnecessary links, and realize the scientific and rationality of the workflow. Therefore, electronic technology can play an important role in this link. The use of high-tech and intelligent mode can reasonably optimize the whole link of thinking, reduce the problems existing in the cognitive process, so as to improve work efficiency. It is also an effective measure to promote economic development and personal ability.

Thinking is the generalization and indirect reaction of human brain to objective things. It includes image thinking, logical thinking and epiphany thinking. Logical thinking is an advanced form of thinking, which refers to the thinking form in which people reflect reality with the help of concept, judgment and reasoning in the process of cognition. It is characterized by abstraction, leaving aside the concrete image, and revealing the essential attributes of things. Personal logical thinking has different types of models, such as experience type and theory type. Therefore, it is necessary to improve the thinking quality through intelligent cognition of electronic technology.

Objective: Since the reform and opening up, China's economy has achieved leapfrog development, and the level of science and technology has been highly improved in this process. Electronic technology also has a broader development space, and has played an important role in various fields and links, which also makes the electronic industry a key link to support China's economic structure. The wide application of electronic technology also makes the field of intelligence in China develop continuously, which can effectively analyze the problem of thinking logic obstacles. Therefore, improving the intelligent cognitive ability of electronic technology can effectively change personal logical thinking methods, enhance personal logical thinking ability, stimulate learning interest and improve personal quality of life.

Subjects and methods: The intelligent cognition of electronic technology is to effectively connect the communication lines through the computer network, so as to realize the purpose of resource sharing and information exchange. It also gradually enters the life of ordinary people, and greatly improves people's quality of life. This paper mainly investigates and analyzes the influence of intelligent cognition of electronic technology on thinking logic disorder. Through the way of issuing questionnaires, statistical analysis of the impact effect.

Study design: 900 groups of different ages, genders and occupations were investigated by stratified