

industrial integration. Select the employees of enterprises as the research object, issue questionnaires to them, and count the impact of enterprise flexibility development.

**Study design:** 600 employees were investigated by stratified cluster random sampling. Three large, medium and small enterprises were randomly selected, 600 questionnaires were distributed, 591 were recovered, and the number of valid copies was 584.

**Methods:** Using Excel to count the influence of thinking obstacles on the flexible development of enterprises driven by digitization.

**Results:** Digital technology has promoted the cross-border cooperation of large-scale Internet platforms and changed the traditional production organization system. Driven by digital technology, the development of cultural industry continues to deepen in terms of business model innovation, format innovation and technological innovation. While greatly improving the production efficiency of the cultural industry, interactive cooperation has also continuously blurred the existing industrial boundaries, and gave birth to a variety of emerging industries, thus reconstructing the ecological structure of the cultural industry. The integration of digital technology into traditional cultural industries has promoted the reorganization and evolution of traditional cultural industries, spawned emerging cultural industries, and promoted software innovation and content innovation in related industries based on big data. Digital technology has promoted the transformation and development of traditional industries. The transformation and development of cultural industry includes not only the integrated development of different categories within the cultural industry driven by digital technology, but also the integrated development of cultural industry and other industries. Cultural enterprises promote the endogenous growth of enterprises through the penetration of common technologies, and realize the industrial integration of enterprises through the implementation of diversified development strategy.

In this survey, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight remission, 2 means general remission, 3 means obvious remission and 4 means full remission. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation value of 600 employees is taken as the average and the results are rounded, the specific statistical table is shown in Table 1.

**Table 1.** Influence of thinking obstacles on enterprise flexible development driven by digitization

Factor	Spawn emerging industries	Promote the development of cultural industry	Promote industrial integration
Large enterprises	3	4	4
Medium-sized enterprise	3	4	3
Small business	4	4	3

**Conclusions:** In the digital age, the competition and cooperation of cultural enterprises are more intense and common. The globalization of creative competition, the globalization of digital revolution and the growth of emerging industries have brought the flexible innovation of production technology, market organization and talents, promoted the industrial innovation and upgrading of traditional industries under the background of digital economy, and brought a large number of emerging formats that are constantly updated. Driven by digital technology, the flexibility of the cultural industry makes the upstream and downstream enterprises of the cultural production chain cooperate more closely, the boundary of cultural enterprises tends to be blurred, the content of cultural products highlights personalization, the modularization and agglomeration of production process become more prominent, and the design, production and service of the cultural industry also achieve better value-added effects. It has brought about the innovative development of the cultural industry.

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## PRACTICE OF CRITICAL THINKING TEACHING IN ENGLISH AND AMERICAN LITERATURE COURSE IN COLLEGES AND UNIVERSITIES TO ALLEVIATE STUDENTS' EMOTIONAL OBSTACLES

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**Background:** The cultivation of critical thinking ability is of great importance to college students' mental health, autonomous learning ability, innovation ability and personality development. Critical thinking is the embodiment of college students' comprehensive quality. College English improvement course "English Novel and Film" aims to cultivate students' critical thinking ability through the teaching of classical novels in British and American literature. By adopting the mixed teaching mode and the problem-oriented learning method, we can create the learning atmosphere of critical thinking, and improve students' ability of critical thinking by allowing students to interpret, analyze and speak literary classics. The cultivation of critical thinking ability plays a vital role in college students' mental health, autonomous learning ability, innovation ability and personality development. Only have the ability of critical thinking, college students can judge, measure, to think about the problem, evaluate the pros and cons, and then choose a choice. At the same time look at themselves correctly, found their own shortcomings, to correct. Since the 1980s in the United States, the cultivation of students' critical thinking ability has become one of the objectives of colleges and universities. In the 1990s, the American Philosophical Association defined critical thinking as the process of independent analysis, synthesis, and evaluation of information used to guide one's actions and words, of purposeful self-adjustment of judgment, of full consideration of evidence, concepts, methods, and standards, and of reflection and reflection. Critical thinking skills include interpreting, judging, reasoning, inducing, evaluating, and self-regulating. In 1991, the U. S. National Education Goals Report explicitly called for schools to "develop a large number of highly critical thinking, effective communication, and problem-solving students". Columbia university, for example, has made classics a core course, reading humanistic classics, examining Western values, and fostering critical thinking by students debating the issues in the work.

Affective disorder (BD), also known as bipolar disorder, is a common mental disorder with both manic and depressive episodes (typical features) that can be seen for the first time at any age. When a manic episode, patients have emotional high, increased verbal activity, energetic performance, while when a depressive episode, patients often show depression, loss of pleasure, reduced verbal activity, fatigue, dull and other symptoms. Its etiology is polymorphous, paroxysmal, cyclic, mixed migration, ebb and flow, such as 3 periods of depression followed by 2 periods of mania. Intermittent period or long or short, intermittent period of social function is relatively normal, but will damage the function of the brain, repeated attacks will occur faster, more complex condition.

**Objective:** In other words, the essence of critical thinking is that the main body of thinking makes a judgment on a definite goal, based on objective evidence and by means of reasonable methods. Therefore, it can be said that critical thinking is "the interpretation and evaluation of observation, communication, information and argumentation in a skillful and active way." Therefore, in the course of college English and American literature, we should pay attention to cultivating and stimulating students' critical thinking, and regard it as a teaching strategy of the course, so as to alleviate students' emotional obstacles and realize the long-term goal of humanistic quality education and innovative talents training in colleges and universities.

**Subjects and methods:** A total of 100 college students with affective disorders were randomly selected to conduct a questionnaire survey on their affective disorders with critical thinking intervention. Then, through the conversation with the 100 students with affective disorders, summed up the impact of the 100 students on critical thinking teaching intervention in college English and American literature. From the goal is clear, the method is diverse, encourages the ponder, the contact reality and pays attention to the time effect these five aspects to carry on the investigation. Using the Excel method to statistics the satisfaction of college students.

**Results:** The results of this survey are expressed in terms of the influence values of specific factors in the range of 0-4 grades, with 0 indicating dissatisfaction, 1 indicating slight satisfaction, 2 indicating general satisfaction, 3 indicating great satisfaction, and 4 indicating special satisfaction. In order to reduce the large error caused by individual subjectivity in the evaluation, the evaluation values of 100 college students are adopted and the average values are obtained by rounding off the results. The specific statistical table is shown in Table 1.

**Table 1.** Satisfaction of college students

Factor	Clarity of purpose	Various methods	Encourage thought	Integrate reality	Pay attention to limitation
Adolescent student	4	3	3	4	4

**Conclusions:** Generally speaking, it is very important for the teaching of English and American literature to pay attention to the cultivation of students' ability of critical thinking in teaching, especially for the teaching of English and American literature in colleges and universities.

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## APPLICATION OF IDEOLOGICAL AND POLITICAL EDUCATION IN THE ADJUVANT TREATMENT OF COLLEGE STUDENTS' MENTAL ANXIETY

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**Background:** Most of the contemporary college students grow up smoothly, rarely experience great difficulties and setbacks, and have poor psychological tolerance. There are some basic problems in psychological quality, mainly as follows: (1) Poor adaptability to the environment. Adapting to the environment is one of the important symbols of mental health. From middle school to university, most students can basically adapt to the new environment after a period of adjustment. However, some students take too long to complete this transformation, and even a few students cannot successfully complete this transformation and cannot adapt to the new environment. (2) The mood is not stable enough, and the attitude towards life is not optimistic and positive enough. In real life, many students are uncertain. Some people often brood over little things and are unhappy all day. This excessive emotional reaction reflects the unhealthy psychological characteristics hidden behind it. (3) Weak willpower. Willpower is a psychological activity process in which people actively adjust their actions to overcome difficulties in order to achieve a certain purpose. It reflects people's subjectivity in practical activities. Enthusiasm and initiative are the necessary excellent psychological qualities for talents. (4) Psychological self-adjustment ability is poor. Due to the disadvantages of exam-oriented education, some students develop serious dependence and inertia. When they need to face and solve problems and difficulties by themselves after going to college, they will fall into a state of depression, anxiety and tension. Psychological quality is an important part of many aspects of students' quality, which restricts the development of other qualities. It is not only the starting point of quality education, but also the destination of quality education. Therefore, psychological health education is widely carried out in colleges and universities, so that students can face the increasingly competitive society with a good mental state, it has become an effective way and method to improve the effectiveness of Ideological and political education in Colleges and Universities under the new situation.

**Objective:** The traditional ideological and political theory teaching is the most important and basic carrier in college students' ideological and political education. However, since entering the 21st century, facing the complex political and ideological development situation at home and abroad, more and more colleges and universities have begun to realize that they can no longer only rely on the traditional ideological and political theory course as a single communication channel for students' Ideological and political education, we must actively broaden and innovate the teaching carrier of students' Ideological and political education and enrich the ways for students to receive ideological and political education. On a deeper level, the concept of Ideological and political education in college curriculum can effectively promote the healthy development of students' psychological quality. Colleges and universities not only need to adopt the new educational concept of curriculum ideological and political education to innovate the traditional ideological and political education, but also constantly broaden the vision of Ideological and political educators from the perspective of modernization, the world and the future, and break through various limitations in the traditional ideological and political education in colleges and universities with innovative spirit, In order to effectively open up today's new situation of college curriculum thought and politics.

**Subjects and methods:** 60 college students from a university were selected for interview. The total time of the interview was controlled within 50-80 mins. The interview was conducted within 1 hour before and after the ideological and political class. The time of a single interview was 20-30 mins. The main interview contents include students' cognition of Ideological and political course, whether they have fully prepared and reviewed it, how to treat the importance of Ideological and political course, and whether there are suggestions on classroom teaching methods and curriculum planning. The interview is voluntary and does not disclose students' information. Record the whole interview process, comprehensively analyze the interview content, and understand the students' psychological state and their views on the ideological and political classroom.

**Results:** After sorting out the interview contents, the students' satisfaction with the existing ideological and political teaching is counted, and the results are shown in Table 1. It can be seen that about a quarter of the students are not satisfied with the existing classroom teaching. In fact, in Ideological and political classroom teaching, teachers can actively stimulate students' cognitive desire. Need is the starting point of all human cognitive and practical activities. The needs of learning subjects directly affect the operation of