

**Subjects and methods:** The popularization of higher education is a strategic education decision in China in recent years, which plays a guiding role in the future development of higher education in China. Under the development situation of objective inevitability, popular higher education meets the needs of the people and meets the requirements of the sustainable development of market economy. At the same time, it can improve students' learning and memory barriers and promote the rapid development of popular higher education in the future.

**Study design:** The method of investigation and analysis was used to conduct a questionnaire survey on students. 1000 junior middle school students, senior high school students and college students were randomly selected to fill in the questionnaire for 15-20 minutes. A total of 1000 questionnaires were distributed, 989 were recovered and 977 were effective.

**Methods:** Excel is used to count the improvement of higher education on students' learning and memory impairment.

**Results:** In memory methods, we should learn to remember skillfully and flexibly. The most basic method of systematically memorizing the learned knowledge is the "unit network method", that is, those interrelated contents are regarded as a unit and summarized into a knowledge network. At the same time, you can listen to more music. Adagio movement can eliminate the tension of the brain and make people enter the state of meditation. The students listen to slow music, relax their muscles and read out the materials that need to be remembered according to the beat of the music. Today, with the development of science and technology, memory training for middle school students is certainly inseparable from high technology. Using potential development machine can quickly and effectively develop your memory potential. By studying various factors affecting human brain waves, we have developed a PROTUS potential development machine that adjusts the state of human brain waves through sound waves and light waves. It can effectively adjust the state of human brain waves by using multiple combinations of sound waves and light waves. It has a very good effect in training memory and can effectively improve memory. Scientific diet can improve blood circulation, inhibit platelet aggregation, prevent cerebral thrombosis, delay brain function decline, enhance memory, delay aging, protect cerebral vessels and promote brain cell activities.

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.

**Table 1.** The improvement effect of higher education on students' learning and memory impairment

Factor	Memory	Listen to the music	Technology	Diet
Junior school student	3	4	3	4
Senior high school student	4	3	4	3
College student	4	3	3	3

**Conclusions:** Higher education is a complex and multi-layer open system. In recent years, in the applied research of higher education, we have a deeper understanding that higher education is a complex and multi-layer open system. The basic function of higher education is to train specialized talents for various departments of society. It must exchange changing information with economic, political, cultural, scientific and other systems, be restricted by relevant social systems and provide services, so as to obtain social support, enhance its vitality and give full play to its functions in actively adapting to the changes of the external environment, realize their own value. The basic theory of higher education, whether macro external relations or micro structure research, involves many disciplines and needs the support of many disciplines. Only by examining and exploring from multiple disciplines and perspectives can we comprehensively and deeply understand the essence, function and value of higher education, master the laws of internal and external relations of higher education, and improve students' learning and memory ability.

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## PRACTICE ON RELIEVING ADOLESCENT MENTAL ANXIETY BY TEACHER DEVELOPMENT VOCATIONAL EDUCATION

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**Background:** In recent years, there has been a sharp rise in the prevalence of adolescent anxiety disorders, which should be paid great attention to by teachers and parents. Adolescence is a key period for the rapid development of physical and mental health of adolescents. At this stage, they are generally unstable, prone to anxiety, impulsiveness, ignorance from school, youth and family pressure, and easily suffer from adolescent anxiety. Modern medicine has proved that because of the lack of or improper sexual education, adolescents are easy to form their own evaluation system, and will think that their physical changes, some thoughts and impulses are immoral, not good, and will be considered as bad children. Therefore, the occurrence of these symptoms will inevitably affect the normal study and life of the teenagers, and seriously endanger their physical and mental health. Patients often because of this long-term tossing and turning in internal medicine, neurology, and after repeated examination and found no organic lesions, such a disease in psychiatry is often diagnosed as adolescent anxiety. If the adjustment is not found in time, it will lead to unimaginable serious consequences. Psychological experts say the incidence of teenage anxiety is high. In order to reduce the post-morbidity risk and to avoid the consequences of adolescent anxiety into adulthood, we should be early detection and early treatment. If we do not pay attention to the treatment of adolescent anxiety, it will not only affect their healthy growth, but also affect their personality and values, outlook on life, and even endanger the future development of life. In order to avoid serious consequences, so once found signs of adolescent anxiety disorder should be actively and timely treatment. For the sake of teenagers' healthy growth and family happiness, we should nip the danger in the cradle, that is, from the teachers who do the education work for the teenagers.

**Objective:** With the rapid development of society and economy, the development of vocational education teachers' professional ability has aroused widespread concern from all walks of life. Vocational education not only requires teachers to have good morality, systematic professional theory knowledge, education and teaching knowledge and practical ability, but also rich practical experience and skillful operation skills, and the ability to pursue professional system knowledge and the forefront of industrial technology development. The development of teachers' vocational education is theoretically beneficial to the professional growth of teachers. By studying and deepening the understanding of the growth law of vocational teachers, we can provide effective guidance and help for their professional growth, so as to improve their professional ability, speed up their specialization, promote their growth and make them play a more active role in the reform of vocational education. In practice, it is helpful to improve the quality of vocational colleges. The study of the development of vocational teachers' vocational ability is helpful for vocational colleges to strengthen the pertinence and relevance of teacher training, improve the effectiveness of assessment of teachers' vocational ability, and promote the deepening of teaching reform, so as to improve the teaching level and school quality.

**Subjects and methods:** Using the method of investigation and analysis, this paper analyzes the influence of teacher development vocational education on the mental anxiety of adolescents. The higher the influence value is, the more effective it is. Randomly selected 100 students of different ages, genders and majors were randomly divided into experimental group and control group. There was no significant difference between the two groups before the experiment. During the experimental period, teachers in the experimental group adopted the intervention of teacher development vocational education, while those in the control group adopted the general education for 1 month. After one month, this study mainly from the following aspects: teaching ability, vocational guidance ability, social practice ability, education and management ability, public relations ability. The 100 students made an evaluation of their satisfaction with the development of vocational education and its application to teacher teaching. Using Excel statistics of the impact of teachers' vocational education on adolescent mental anxiety relief in the research practice.

**Results:** The results of this survey, using 0 to 4 grades to quantify the influence of specific factors, indicated that 0 was not satisfied, 1 was slightly satisfied, 2 was generally satisfied, 3 was very satisfied, and 4 was particularly satisfied. In order to reduce the large error caused by individual subjectivity in the assessment, the results were determined by rounding off the values and averages of 100 adolescent students. The specific statistical tables obtained are shown in Table 1.

**Table 1.** Impact satisfaction of teacher developing vocational education in the research practice of alleviating mental anxiety among adolescents

Teaching ability	Professional guidance ability	Social practice ability	Educational management ability	Public relations ability
4	3	3	4	4

**Conclusions:** Vocational education teachers must have good career development ability, with lifelong education as the guiding ideology, start from the students mental mood, understand student psychology,

fully consider the future career development, let students from passive recipients to passive learners, change indoctrination theory teaching mode and passive practice teaching mode, actively represented by project teaching method of various can cultivate students independent learning ability teaching methods, cultivate students' self-development ability, make students in the future professional activities, through independent learning faster grow into expert skills.

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## THE INFLUENCE OF THINKING LOGIC BARRIER ON THE RELATIONSHIP BETWEEN SUPPLY AND DEMAND IN ECONOMIC MANAGEMENT

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**Background:** Management economics is a branch of economics. Management economics provides a systematic and logical analysis method for business decisions. These business decisions affect not only daily decisions, but also the economic power of long-term planning decisions. It is the application of microeconomics in management practice and the bridge between economic theory and enterprise management decisions, it provides analysis tools and methods for enterprise decision-making and management. Its theory is mainly put forward around demand, production, cost, market and other factors. Demand theory mainly analyzes the demand of products at different price levels, as well as the demand change rate when the price, income and the price of related commodities change, and the economic level change. Its role is to support enterprises' price decision-making and market forecast, and help enterprises determine the relationship between demand and price. The change of supply refers to the change of supply caused by the change of product price when other conditions remain unchanged. The change of supply refers to the change of commodity supply quantity caused by the change of other factors under the condition that the price of a commodity remains unchanged. In real life, with the changes of supply and demand, in order to achieve more sales, enterprises must stimulate purchasing power at a lower price. If the price is too low, they cannot achieve a higher total sale. Therefore, when pricing, enterprises always have to face such a contradiction: raising prices may reduce sales, and expanding sales will inevitably reduce prices. How to maintain a certain market share and make enterprises profit at the same time involves the problem of "equilibrium". There must be a price level that can maximize the total sales revenue. Equilibrium price is the price when the supply curve and demand curve of a commodity intersect. That is, the price when the market supply of goods is equal to the market demand, and the supply price of goods is equal to the demand price. Price restriction refers to the maximum price set by the government to limit the price rise of some daily necessities. The limited price is generally lower than the equilibrium price. It is the maximum price set by the government to protect the interests of consumers. Support price refers to the minimum price of products in a certain industry set by the government in order to support the production of that industry. The consequence is that supply exceeds demand. Above or below this price will reduce the income of the enterprise. Management economics provides an equilibrium analysis method for enterprises to help enterprises formulate appropriate prices.

Normal people's thinking follows a certain logic. The formation of ideas and concepts, the judgment and reasoning of thinking all follow a certain objective law. If it is cloudy and cloudy, it can be judged that it will rain, so be prepared for rain prevention, which is the normal logic of thinking. On the contrary, people with psychological disorders have certain rupture and incompleteness in their thinking logic, lack of certain logical relevance, loose thoughts and loose associations, patients' answers are not what they ask, it is difficult to communicate with others, and their words and deeds are often puzzling. Among them, schizophrenic patients have typical thinking logic disorders. Thinking disorder is an important and common symptom of mental illness, mainly including thinking form disorder and thinking content disorder (mainly delusion). The obstacles of thinking form are mainly the obstacles of association process, such as accelerating and slowing down the association process, and the irregular combination between appearance and concept. The obstacles of thinking content are mainly manifested in delusion, overpriced concept and forced concept.

**Objective:** In order to adapt to the development of market economy and cultivate market economy