learning and the active builder of knowledge meaning, while teachers are the organizers, instructors, designers and monitors of teaching. Learning under the network teaching environment is interactive, open and autonomous, which can greatly improve students' learning enthusiasm and desire for autonomous learning, and alleviate anxiety.

**Subjects and methods:** Blended English teaching can effectively alleviate students' anxiety in learning English and help students establish a correct outlook on learning. This paper mainly investigates and analyzes the impact of blended English teaching on teaching environment, teaching mode and teaching methods. By means of questionnaires, this paper statistically analyzes the impact of blended English teaching on alleviating college students' anxiety.

**Study design:** 600 college students were investigated by stratified cluster random sampling. One primary school, one junior middle school and one senior high school were randomly selected, and one class was randomly selected from each grade. A total of 600 questionnaires were distributed to students in 12 classes, 600 were recovered, and the number of valid copies was 591.

**Methods:** The effect of blended English teaching on alleviating college students' anxiety is counted by Excel.

**Results:** In view of the characteristics of increasing the amount of classroom information and diversification of information under the network teaching mode, it can give full play to its characteristics of diverse forms, clear and vivid information, create a relaxed, pleasant, vivid and interesting teaching environment for students, reduce students' obstructive anxiety in language learning, and fully mobilize students' learning enthusiasm and participation. Update the network teaching mode, form a way for students to independently monitor learning, choose difficult and appropriate resources to learn, control the progress of learning and allocate learning time. The design of network teaching mode should consider students' computer level, carefully design network courses, so that students do not have to worry about their network skills, and optimize teaching methods by simplifying operation procedures.

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.

**Table 1.** Effect of blended English teaching on alleviating anxiety of college students

| Factor | Teaching environment | Teaching model | Teaching methods |
|---|---|---|---|
| Primary school | 3 | 4 | 3 |
| Junior high school | 3 | 3 | 4 |
| High school | 4 | 4 | 3 |

**Conclusions:** Foreign language learning anxiety is the main factor affecting effective language learning. The application of network teaching mode is the requirement of the times. It changes learners' learning environment and learning methods, so that learners become the real subject of learning. However, the network teaching mode also brings corresponding anxiety to students. Teachers should pay attention to the influence of the network environment on students' language learning anxiety, take corresponding measures, give full play to the advantages of network teaching, reduce students' language learning anxiety under the network environment, and build a safe, relaxed and low anxiety learning environment for students.

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# THE EFFICACY OF SCULPTURE CULTURE IN THE TREATMENT OF COGNITIVE IMPAIRMENT

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**Background:** With the increase of people's cognition of dementia, people began to pay more and more attention to the precursor state of dementia-mild cognitive impairment. In 1996, Petersen proposed the concept of mild cognitive impairment (MCI). MCI is considered to be an extremely unstable transition state between normal cognitive decline and early dementia. In addition to cognitive impairment that does not reach the degree of dementia, recent studies have found that MCI patients usually show more obvious mental

and behavioral symptoms than healthy people, and the incidence of mental and behavioral symptoms in MCI patients is between normal elderly and dementia patients. Relevant studies also show that mental symptoms such as depression, indifference, anxiety, irritability, disinhibition and sleep disorders are likely to be the risk factors leading to and promoting the progression of MCI to dementia. Gray sculpture, known as gray batch and gray carving in ancient times, is not only the treasure of traditional architectural decoration art in Lingnan, but also the crystallization of the wisdom of Lingnan working people. It was popular in the Ming and Qing Dynasties and was widely used in ancestral halls and temples, mostly for decorating wall edges and roof ridges. This ancient art is facing the heavy task of inheritance. With the continuous development of society and the continuous improvement of living standards, people's living needs have changed from material needs to the pursuit of more rich spiritual life needs. For Chinese excellent traditional culture, people hope to further understand and feel culture from personal participation in cultural construction activities, so as to enhance their sense of pride. With the development of gray plastic culture, people's cognitive state has also changed. Using gray plastic culture to treat cognitive impairment has become a research hotspot.

**Objective:** Gray plastic modeling techniques are expressed in the form of relief and semi relief. It presents three-dimensional and semi three-dimensional forms, with a strong sense of three-dimensional. The modeling level is rich, reflecting the hierarchical relationship between houses and houses, houses and houses. It is exquisite and transparent as a whole, clear in layers, prominent in theme, and strong in the overall sense of architectural decoration. The grey plastic modeling technique is concise, the lines are rough, and the color is mainly expressed in large color blocks. It is strong and clear, rich in color, and more natural colors are used, reflecting a strong folk decoration style. Cognitive impairment is also a common disease. Patients need to be treated in the hospital. If patients can be treated in time in the period of mild cognitive impairment, they can effectively prevent the occurrence of Alzheimer's disease. When patients with mild cognitive impairment can be treated with drugs first, and then take appropriate exercise to delay the development of the disease. Cognitive impairment refers to one or more obstacles in memory, language, cognition and understanding, which will affect an individual's daily and social ability. Recent symptoms of dyskinesia include insensitivity, pathological hallucinations and hallucinations. Whether cognitive impairment or motor impairment patients need to go to the hospital to find out the cause, and then carry out targeted treatment according to the cause, use gray plastic culture to intervene patients with cognitive impairment, and explore the impact of gray plastic culture on cognitive impairment.

**Subjects and methods:** According to the diagnostic criteria of MCI, patients with MCL and cognitive normal controls who volunteered to participate in this study were selected as the research objects. Inclusion criteria of MCI patients: (1) Age 50-65 years, voluntary participation in this study, informed consent. (2) Complaints of memory loss. (3) The ability of daily living is basically normal. (4) The CDR score was 0.5. Exclusion criteria: a. Other organic diseases of central nervous system (Parkinson's disease, encephalitis, tumor, epilepsy, etc.). b. Severe psychiatric diseases and dementia. c. Drug abusers. d. Contraindications of MRI structural imaging. e. Those who refuse to participate in the investigation. According to the inclusion and exclusion criteria, 120 patients with MCI were included. The patients were randomly divided into two groups. 60 people in the intervention group were asked to understand the gray plastic culture, understand the rich themes of gray plastic by using the popularity, story, doctrinal and moral characteristics of gray plastic culture, analyze the perspective relationship of gray plastic works by reflecting on the design concept of gray plastic, analyze the color and decorative patterns of gray plastic, and require the patients in the intervention group to have some interesting memory, including the characteristics and symbols of gray sculpture culture, combined with certain drug treatment. The control group was only treated with drugs. After 3 months, the intervention effects of the two groups were tested.

**Results:** The speech fluency test results of the two groups were counted, and the statistical results are shown in Table 1.

**Table 1.** Statistical results of two groups of patients

| Group | | Average value |
|---|---|---|
| Intervention group | Before experiment | 16.75 |
| | After the experiment | 25.52 |
| Control group | Before experiment | 17.24 |
| | After the experiment | 20.16 |

It can be seen from the results in Table 1 that after the intervention of gray plastic culture, the speech fluency of the intervention group was better improved.

**Conclusions:** Gray sculpture works convey Chinese traditional culture and rich and colorful regional customs to the world in the form of art. They not only integrate history, myth, folk custom, literature and

philosophy, but also skillfully combine traditional culture with aesthetic standards, with profound cultural connotation. Grey sculpture is a traditional architectural decoration art in Lingnan. It is a treasure of China's intangible cultural heritage and folk crafts. Its works are attached to the ridge or other architectural crafts. Over the years, it has been lifelike in ancestral halls, temples and other buildings. The materials are mainly lime, supplemented by grass and paper, supplemented by sugar and glutinous rice. It can be made at room temperature and can withstand wind and rain for hundreds of years. Look up at the ridge of ancestral halls or former big houses. Many of them are gray sculptures. Grey sculpture gives people a sense of historical massiness and artistry. Through the protection, learning, research, mining, inheritance, development and dissemination of grey sculpture historical traditional skills, grey sculpture culture is used to intervene patients with cognitive impairment, which has a good therapeutic effect on their cognitive impairment.

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# THE INFLUENCE OF COLLEGE IDEOLOGICAL AND POLITICAL EDUCATION ON COLLEGE STUDENTS' SELF DIFFERENTIATION AND ANXIETY FROM THE PERSPECTIVE OF POSITIVE PSYCHOLOGY

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**Background**: As a psychological disease, anxiety is an emotional state formed by the failure of individual goals or the insurmountable obstacles, resulting in the frustration of self-confidence and the sharp increase of sense of failure. Anxiety is one of the most common psychological problems of college students. It often affects a series of behaviors of college students, interferes with the normal order of study and life, and inhibits their growth and development. Generally speaking, ideological and political courses in colleges and universities mainly focus on the cultivation and teaching of college students' mental health, ideological and moral and legal basis. Although they have rich content and very important learning value, they still lack sufficient attraction from the perspective of college students. Compared with other professional courses, they have greater practical value for themselves, Ideological and political courses are relatively boring. For this reason, college students generally lack interest in learning ideological and political courses. On the other hand, some theories and knowledge involved in ideological and political courses in colleges and universities are macro and abstract compared with other disciplines, lack practical feelings, and need college students to think and understand, and need them to actively explore. College students often don't have enough energy to conduct in-depth research. Based on these two points, the teaching value of Ideological and political course cannot be brought into full play, and the teaching effect has been poor.

**Objective**: From the perspective of positive psychology, ideological and political courses can be made from the original emptiness and abstraction to be closely related to the future employment development of college students, which can effectively enhance the purpose of college students' learning of Ideological and political courses, so as to fully stimulate college students' learning interest and enthusiasm, help students establish a correct outlook on life, values and professional spirit, and complement each other, effectively improve the teaching quality of the course, and improve college students' self-differentiation and anxiety to a certain extent.

**Subjects and methods**: 500 undergraduate students from a certain university were selected, and all the subjects participated voluntarily. The experimenter indicated the content and purpose of the test, told the subjects to read the written instructions carefully, and then completed the whole questionnaire independently according to the instructions. The time was about 25 minutes, and all the questionnaires were taken back on the spot. A total of 500 questionnaires were distributed and 472 valid questionnaires were obtained. The effective recovery rate of the questionnaire was 94.4%. The questionnaire includes self-differentiation questionnaire and self-rating anxiety scale. The purpose is to conduct a questionnaire survey on the level of self-differentiation, understand the current situation and influencing factors of self-differentiation, and understand the anxiety level of students. At the same time, 200 students are selected for grouping. Under the guidance of positive psychology, the students in the experimental group carry out ideological and political education for students. Combined with the characteristics of students' psychology, the classroom form takes students as the main body for curriculum design and teaching. The control group used traditional teaching methods. The experiment lasted for 2 months. After the experiment, the questionnaire was distributed to the students again.

**Study design**: Differentiation of Self Inventory (DSI): A total of 22 items, using the 6-point scoring method (from "completely unqualified" to "fully qualified"). The level of individual self-differentiation is