

## THE ROLE OF CHINESE LANGUAGE AND LITERATURE IN THE TREATMENT OF COMMUNICATION ADAPTATION DISORDER

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**Background:** Acclimatization refers to short-term and mild disturbances and mood disorders, often with behavioral changes to a certain extent, but without psychotic symptoms, resulting from significant changes in life or environment. Typical life events include: loss, divorce, unemployment or change of job, relocation, transfer of school, serious illness, economic crisis, retirement, etc. The incidence is often related to the severity of life events, individual psychological quality, psychological coping style, support from family and society.

Communication refers to the process of building interpersonal consensus, sharing benefits and developing relationships through all-round information exchange between people. This kind of information is extensive, including many aspects and so on thought idea, value emotion. An effective communication is one in which the recipient has received the message and the sender has expressed exactly the same meaning. The result is that not only can the two sides influence each other, but also can establish a certain relationship, which can eliminate misunderstanding and conflict, but also promote harmony and intimacy. As the implementer of rehabilitation, how to skillfully use communication skills and communicate with each other in a thematic and purposeful way is the premise of establishing a good doctor-patient relationship. Good doctor-patient relationship can improve the treatment effect and promote the recovery speed and quality of patients.

**Objective:** With the development of modern medicine, the new medical model makes doctor-patient communication more important than ever before. Therapists should adapt to this change in thinking. Only when we pay attention to both disease and psychology, both part and whole, can we make the patients receive training in the best state of mind and body. Therapists get along with patients for a longer time, more opportunities for communication, and effective communication with patients is very necessary. Chinese language and literature mainly study the basic knowledge of Chinese language and Chinese literature, and receive the basic training of systematic education and professional ability in the aspects of theory, development history, research situation, and so on. Therefore, it will be very helpful to apply Chinese language and literature to the communication between therapists and patients. In addition to the therapist with enthusiasm, respect, sincere attitude, but also to strengthen their communication skills, master basic communication skills. If the patient learns to listen, listening can stimulate the patient's desire to talk, gain friendship and trust, and is the main source for obtaining the patient's relevant information. Address appropriately: use more positive motivational language to narrow the distance between the patient and the patient; express accurately, easily understood and use more protective language in conversation; give timely and appropriate information feedback to the patient, and encourage and guide doctor-patient communication.

**Subjects and methods:** Communication is a skill. Learning communication skills enables us to make an impact and achieve our ideas more smoothly. In rehabilitation, the therapist should not only master the general communication skills, but also need the cooperation of all aspects of knowledge and personality, such as attitude to patients, professional skills, work dedication, personality and self-esteem. Only by continuously strengthening learning, enriching their knowledge structure and improving their overall quality, can therapists gain the trust of patients and achieve effective communication.

**Study design:** 50 patients with adaptation disorder were randomly selected, including 30 males and 20 females. The communication needs of the 50 rehabilitation patients were assessed as follows: 1. The understanding of rehabilitation training. 2. The requirements and concerns of rehabilitation training. 3. The understanding and concerns of the existing dysfunction. 4. The expectation of rehabilitation effect. 5. The acceptance of rehabilitation treatment and training methods. 6. The impression of the hospital and therapist. This will determine the patient's psychological and needs, and then develop individualized, effective communication plans tailored to the patient's stage. Therapists' communication based on Chinese language and literature mainly included pre-rehabilitation communication, rehabilitation communication, and discharge guidance.

**Methods:** All data is processed using the PAW 18.0 package and Excel 2007.

**Results:** During the rehabilitation training, according to the above 6 aspects of timely evaluation. Adjust the next communication points and methods according to the feedback information. Patients' satisfaction questionnaire was given out at discharge. After effective communication, the patients' satisfaction rate reached 98.2%, which was significantly higher than before, and the number of complaints was significantly reduced, so that patients were satisfied psychologically and physiologically. After the patient grasps the disease knowledge and the rehabilitation training main point, enhanced the rehabilitation treatment

compliance, enhanced the rehabilitation effect.

The results of this survey, using 0-4 five levels of quantitative specific factors of satisfaction, 0 is not satisfied, 1 means slightly satisfied, 2 means generally satisfied, 3 means very satisfied, 4 means particularly satisfied, in order to reduce the subjective errors caused by individuals in the assessment, the results are determined by rounding off the average of 50 patients, the specific statistical table is shown in Table 1.

**Table 1.** Satisfaction of Chinese language and literature in the treatment of communication adaptation disorder

Factor	Pre-recovery communication	Communication during rehabilitation	Discharge guidance
Patient	4	3	4

**Conclusions:** The investigation shows that based on Chinese language and literature, proper and effective communication plays an important role in the rehabilitation of stroke and spinal cord injury patients, which can meet the psychological needs of patients and their families, alleviate their negative emotions, promote the recovery of patients, improve the satisfaction of patients and their families and reduce the occurrence of medical disputes. At the same time, communication is an art, which needs therapists to understand the needs of patients, to infect each other with sincerity, to gain the trust of patients with rich knowledge, to build a good, healthy and harmonious doctor-patient relationship, and to promote the patient's early recovery.

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## CURRENT SITUATION AND COUNTERMEASURES OF COLLEGE STUDENTS' ENGLISH LEARNING ANXIETY IN INTERACTIVE TEACHING OF COLLEGE ENGLISH COURSES

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**Background:** As a global language, English Teaching in colleges and universities has naturally attracted much attention. China has invested a lot of resources in college English teaching. On the premise of abundant resources, students are required to learn a lot of English content. Facing the learning of a new language, under the influence of common language habits, students face great challenges, and a large number of learning contents and heavy learning tasks lead to students' anxiety in the process of English learning. After anxiety, college students often show that they dare not look directly at teachers, do not participate in classroom problem discussion, and are unwilling to review and feedback the learning content after class. Psychology believes that people's anxiety is caused by facing a repressive environment and their inability to take effective defense mechanisms. At the same time, it is difficult to solve problems. Being trapped in worry for a long time will also lead to anxiety. Therefore, it can be seen from college English learning that students' anxiety is affected by psychological activities such as fear of difficulties, escape, ideological imprisonment and anxiety. In college education, the importance of classroom education cannot be ignored. It is generally believed that classroom face-to-face teaching is the key to ensure teaching quality, because in classroom teaching, teachers can consolidate knowledge through classroom interaction, drive students' emotional changes in the interaction, and also play a certain role in the construction of students' psychological quality. Therefore, it is necessary to explore the impact of curriculum interactive teaching on college students' psychological activities in college English teaching, analyze the changes of college students' learning anxiety in curriculum interactive teaching, and put forward relevant countermeasures.

**Objective:** College English, as the main subject in college students' learning, aims to cultivate students' English language foundation and enrich students' English language culture and knowledge. In English teaching, on the one hand, it is to expand students' knowledge level and turn students' perspective to international. The other is to cultivate students' spirit of challenge through English teaching. In order to reduce students' anxiety in English learning, this study aims to provide reference for college English teaching by analyzing the countermeasures for English curriculum interactive teaching.

**Participants and methods:** 200 students in a university were selected to conduct a questionnaire survey, analyze the current situation of students' anxiety in English learning, analyze the factors causing students' anxiety in English curriculum learning, and formulate an efficient interactive teaching optimization scheme of English curriculum.

**Research design:** A questionnaire was used to evaluate students' anxiety in English learning. The students were randomly divided into experimental group and control group. The students in the