

respectively, while female college students majoring in foreign languages scored 87.58 points, 96.01 points, 86.14 points and 91.43 points in foreign language listening ability, reading ability, oral ability and writing ability respectively. On the whole, foreign language majors have better foreign language ability. In terms of reading ability, both male and female college students have higher scores than the other three foreign language abilities.

Conclusions: After the reform of foreign language teaching management system, the cognitive impairment of foreign language majors in listening, reading, speaking and writing has been greatly improved, the listening, reading, speaking and writing ability of college students has been significantly improved, and they have a strong interest in foreign language learning.

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RESEARCH ON THINKING OBSTACLES FROM THE PERSPECTIVE OF LABOR ECONOMICS

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Background: Labor economics is an important branch of modern economics, and it is a discipline that explores the labor market and its behavior to study social and economic problems and economic benefits. With the development of information economics, microeconomics, econometrics, sociology and other related disciplines, the theoretical background of labor economics is becoming richer and richer. The research contents of labor economics include labor regeneration, employment, labor adjustment, labor management, labor demand, labor security, etc. The ultimate goal of studying labor economics is to maximize the economic benefits of enterprises with the least labor input in the process of labor development. Labor demand refers to the amount of labor that an enterprise is willing and able to hire at a certain wage rate in a certain specific period, and it is the unity of the enterprise's willingness to hire and the ability to pay, both of which are indispensable. Labor demand is the unity of enterprise's willingness to hire and ability to pay. The increasingly competitive market environment puts forward higher requirements for the quantity and quality of labor force. Labor economics regards laborers as rational, homogeneous and unique, and tends to maximize benefits. Its research content mainly focuses on labor relations and its development law, while sociology of work believes that laborers' behavior is the result of the interaction between people and the environment.

It is the advanced stage of cognitive process, based on feeling and perception. Perception is a direct response to objective things, while thinking is an indirect reflection. Thinking reflects the common features of things and the internal relations between things, which is accomplished through comparison, analysis, synthesis, abstraction and generalization of things. These are the processes of association and logical reasoning. Thinking is inseparable from language and writing, and thinking must be expressed by words and words. In addition to the normal connection between the content range and a real thing, the thinking activity of normal people should have a certain range in its progress speed, that is, the quantity and content progress of words and theme conversion should be gradual and orderly. If there is a lack of coherence, it will be abnormal thinking. Thinking disorder can be divided into abnormal thinking process and abnormal thinking content, with symptoms such as poor thinking, slowness, forced thinking, pathological repetition and delusion, which not only affects people's thinking ability and cognitive ability, but also causes certain physical and mental damage. In order to effectively correct this obstacle, the premise is to accurately evaluate the mechanism of the obstacle and find out the real link of the obstacle. However, traditional thinking evaluation tools (such as naming tasks of spoken pictures) can only detect cognitive impairment, but are less sensitive to the analysis of thinking obstacles.

Objective: To find a suitable thinking evaluation method to help students with thinking disorders improve their cognitive difficulties, improve their thinking flexibility and make them have a sound personality thinking, so as to better handle the relationship between individuals and society.

Research objects and methods: Using stratified cluster sampling method, 400 students of different ages with thinking disorder from 12 colleges and universities are selected as the research objects. As the reserve

labor force, the quality and ability of students will affect the social and economic development. According to the requirements of workers' thinking from the perspective of economics, the relevant dimension rating scale is compiled, and the level and influencing factors of students' thinking disorder are comprehensively evaluated by language assessment tools such as oral picture naming tasks, and the improvement of students' thinking disorder under different test methods is analyzed.

Methods: SPSS 22.0 was used to process and analyze relevant experimental data.

Results: After the experiment on students with thinking disabilities from the perspective of labor economics, it was found that their ability of organizing language, reasoning and logic of expression had been significantly improved, and the test scores of the two groups of subjects had significant statistical significance. Table 1 shows the statistical results of two groups of experimental subjects in language logic.

Table 1. Statistical results of two groups of experimental subjects in language logic

Timing	Linguistic logic		t	P
	Experimental group	Control group		
Before teaching	27.1±9.9	26.4±10.2	0.246	0.752
After teaching	55.3±8.7	30.9±11.4	8.572	0.001
t	8.715	0.477	-	-
P	0.001	0.682	-	-

Conclusions: Labor economics, as an important branch of economics, is helpful to better understand the "individual" of workers by exploring the law between workers and labor relations, and the quality of workers will be influenced by the external environment and individuals. Thinking disorder is a defect in language thinking, which not only affects patients' normal life, but also hinders them from expressing themselves and fighting for rights and interests. Therefore, from the perspective of labor economics, rehabilitation training for "workers" in various dimensions of thinking disorder is helpful to relieve their symptoms, improve their expression ability, enhance their self-confidence and overcome obstacles and difficulties.

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STUDY ON THE APPLICATION OF SANDA IN THE AUXILIARY REHABILITATION OF STUDENTS' PSYCHOLOGICAL DISORDERS

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Background: Middle school is the key period for teenagers' rapid physical development and growth, and also an important stage for the establishment of their life values. As the future hope of social development and national construction, teenagers' physical and psychological quality is not only related to their personal health level, but also closely related to the progress and development of the country and the nation. However, under the dual effects of heavy academic pressure and adolescent sensitivity, teenagers' mental health problems are becoming more and more serious. Research shows that about one third of middle school students have different degrees of mental health problems, which has a serious impact on Teenagers' study and life. In recent years, more and more attention has been paid to the mental health problems of adolescents. Experts from all walks of life have carried out research on the causes and intervention measures of mental health problems of adolescents. However, most studies take heart to heart chat with students as the main intervention measures. The treatment and intervention mean for students' psychological disorders are single, and there is a lack of more rich and effective treatment methods.

Exercise is an effective way of emotional catharsis. Appropriate physical exercise can help athletes improve their psychological quality while strengthening their physique. Sanda originated from Chinese martial arts. Carrying out systematic Sanda exercise can help teenagers improve their physical function and quality, improve their endurance, speed and coordination, consume body fat in Sanda exercise and improve their body muscle density, so as to optimize their body posture, which is of great value to the development and growth of teenagers' body bones. On the other hand, teenagers can release psychological pressure in Sanda exercise, release the depressed negative emotions through a large number of sports and competitive processes, and liberate the brain in sports exercise, so as to assist teenagers in the rehabilitation of psychological disorders.

Objective: To study and analyze the auxiliary effect of Sanda in the rehabilitation of middle school