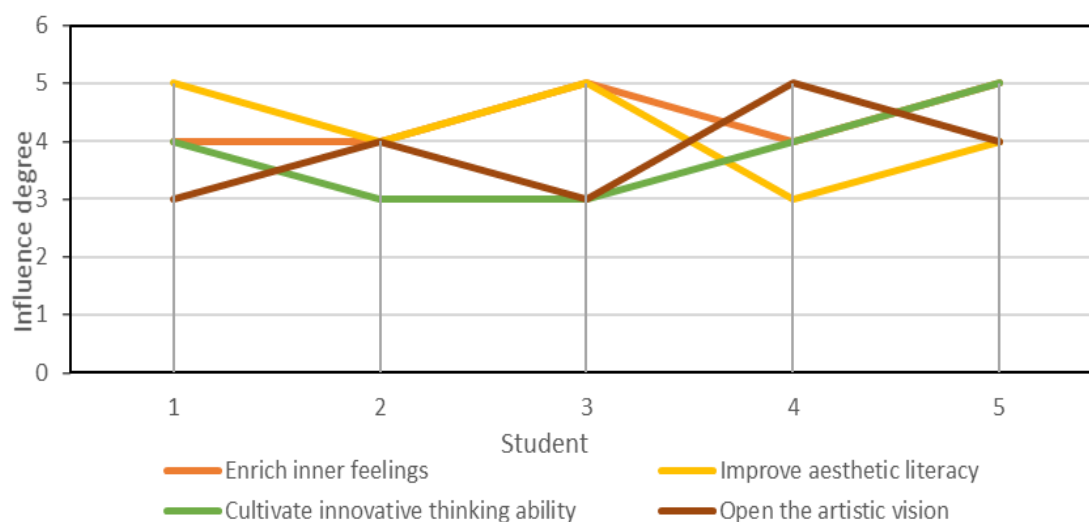


aesthetic ability and creativity, and set up courses with rich cultural connotation and characteristics of the times. It not only includes the training of students' basic theoretical knowledge and professional skills, but also the cultivation of certain artistic quality and other qualities. Therefore, the curriculum content of cultivating comprehensive talents came into being.

Investigation Process. (1) Determination of respondents. This paper studies the importance of cultivating students' cultural and psychological quality in college art teaching, so the research object is college art learners. In order to ensure the accuracy of the survey object, this paper selects the offline questionnaire survey.

Determination of the number of questionnaires. This paper studies the current situation and influencing factors of college students' art education in the form of questionnaire. The data results are discussed by using mathematical statistics and multiple regression analysis ( $P < 0.05$ ), so as to summarize the current situation and existing problems of college students learning art courses in China. According to the minimum sample size of the number of questionnaires and the actual situation of this survey, this paper determines that the number of questionnaires is 300. After issuing the questionnaire, 275 questionnaires are recovered, and some invalid questionnaires are eliminated. Finally, the number of effective questionnaires is 250.



**Figure 1.** The degree of influence of art education on students

As can be seen from Figure 1, the impact of art teaching on students' psychological quality mainly includes enriching inner emotions, improving aesthetic ability, cultivating innovative thinking ability and broadening artistic vision. First of all, schools should pay more attention to art education so that students can feel the impact of a good environment and atmosphere. Secondly, teachers need to have a rich, comprehensive and systematic knowledge structure. In ordinary teaching, we can organize more collective activities to improve the classroom atmosphere, or carry out thematic class meetings or group discussions to stimulate students' interest in learning. Finally, we should also pay attention to creating a positive, relaxed, pleasant, harmonious and warm cultural atmosphere of campus cultural life.

**Conclusions:** After a systematic study of the current situation of art education in CAU, this paper finds that most schools in China do not set up a course specifically for the cultivation of students' psychological quality, but only take it as an independent subject. Firstly, starting from the actual situation of art teaching and society, this paper designs questionnaires and interviews to understand whether the current art majors in CAU and college students' interest and ability in their majors have improved.

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## A STUDY ON THE TYPICAL SOCIAL ROLES OF HAINAN WOMEN UNDER THE BACKGROUND OF COGNITIVE IMPAIRMENT

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**Background:** Cognitive impairment is the impairment of one or more aspects of cognitive process, including memory, calculation, orientation, structural ability, executive ability, reduced efficiency or functional impairment of language understanding, expression and application process. Its degree can range from mild cognitive impairment to dementia, thus affecting the overall function and quality of life of individuals. Mild cognitive impairment (MCI) refers to the progressive decline of memory or other cognitive functions, but will not affect the ability of daily living, and does not meet the diagnostic criteria of dementia. Cognitive impairment, also known as cognitive impairment, is a pathological process of abnormal brain advanced intelligent processing related to learning, memory and thinking judgment, resulting in learning, memory impairment, visuospatial disorder and executive dysfunction, accompanied by changes such as aphasia, apraxia and agnosia. Its etiology mostly comes from accidents and the influence of external environment Changes in mental state and so on. In clinic, simple tools are often used for cognitive function training, such as guessing, deleting, sense of time, sequence and so on. The training of thinking disorder includes information extraction, arrangement order, item classification, reasoning from general to special, problem-solving ability, calculation and budget. Internal strategy, external strategy and error free learning method of memory training. Calculation training, execution and problem-solving ability training, apraxia and agnosia training, etc. Cognitive impairment will not only damage cognitive function, but also affect physical and mental health, work, life and learning.

Sociological research, no matter what gender roles in society, that is, “women” or “men” in social and cultural significance, are shaped in the interaction between social history and culture and real social environment, that is, the result of gender role socialization. With the progress of the times and the liberation of ideological trends, the concept dominated by male “Discourse” has been continuously revised, and the gender role orientation of women has undergone historic changes. However, this change is gradual. On the issue of how to position women’s roles in the public sphere, the theory is divided into two perspectives, one is based on the family, and the other is based on the individual. The former believes that women belong to the family, so family status determines women’s ownership. The latter emphasizes that with the development of society, women are encouraged to go out of the family and “practice self-support”, Seek economic freedom and personal development. Since the scene of Hainan in the 1980s, the influence of people from other provinces on Hainan is not as obvious as that in Taiwan and Guangdong. Hainan women have obvious characteristics of South Vietnam, and women’s status in Hainan is lower, which makes their role positioning more traditional. They often confine their own role and positioning to their families and engage in the traditional work of a good wife and mother.

**Objective:** In order to better study the typical social roles of Hainan women, the research aims to explore the cognitive differences of Hainan women on their own social roles under the background of cognitive impairment, and also provide a new research perspective and reference significance for sociological research.

**Subjects and methods:** 600 women were randomly selected as the research objects. The role orientation and influencing factors of the subjects were explored and data were collected from different dimensions with the help of the cognitive impairment scale.

**Study design:** The subjects were divided into experimental group and control group. The control group was women in line with normal health status, and the experimental group was women with cognitive impairment. The study used cognitive scale to evaluate the differences of Hainan women’s role orientation in different dimensions of cognitive impairment. 593 and 590 questionnaires were recovered and valid respectively, and the effective rate of the questionnaire was 99.49%.

**Methods:** Excel was used to analyze the difference score results of Hainan women’s self-positioning cognition scale.

**Results:** Hainan women’s cognition of their own positioning is more traditional, and their cognition of their own individual identity and social identity mainly focuses on the family. There are significant differences in the scores of each dimension of the cognitive scale between the two groups, and the scores have significant statistical differences. Table 1 shows the statistical results of the scores of the two groups in the dimension of cognitive impairment.

**Table 1.** Statistics of the difference between the scores of two groups of objects in the dimension of cognitive impairment

Experimental grouping	Disturbance of thought	Self-evaluation obstacle	Rebellious spirit	Learning disability
Experience group	15.27±7.39	14.11±13.22	12.38±5.47	9.68±4.37
Control Group	10.13±5.23	10.03±12.45	8.24±3.26	7.54±3.15

**Conclusions:** There are some differences between patients with cognitive impairment and ordinary

people in self-positioning, cognition and function evaluation. With the trend of reform and opening up and the development of social economy, people's cognition of their role and status is no longer limited to "gender", but the popularity of the concept of equality is affected by historical problems and regional restrictions, so that women in different regions still attach themselves to their families and couples, and lack the courage to travel independently. Hainan women with cognitive impairment are more confined to the family because of their long "cultural tradition". Hard work and good wife and mother have become one of the main standards for them to judge their own value, while ignoring the pursuit of their own value and struggle possibility.

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## GENERAL SECRETARY XI'S SPORTS "HEALTHY CHINA" STRATEGIC PSYCHOLOGICAL DEVELOPMENT

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**Background:** This paper mainly studies the connotation and requirements of healthy China, as well as the health concept of general secretary xi. It also analyzes the relationship between national fitness and healthy China, youth health and healthy China, and conducts a preliminary study on "healthy China" of sports. With the development of China's economic level, people's living standard is also gradually improved. With the improvement of living standard, the general level of physical fitness of Chinese people is also gradually rising. However, there are some problems. According to the statistical data of 2014 national physical fitness monitoring bulletin, the compliance rate of national physical fitness increased from 88.9% to 89.6%, with an increase of 0.7 percentage points. The comprehensive index of national physical fitness increased by 0.15 percentage points, and the physical function and physical quality were significantly improved. In addition, overweight and obesity have become the main physical problems in China. In 2014, the overweight rate of adults and the elderly was 32.7 percent and 41.6 percent respectively, far exceeding the 32.1 percent and 39.8 percent in 2014. The obesity rate is also the same, increasing by 0.6 and 0.9 percentage points respectively compared with 2010. Therefore, it is imperative to actively promote national fitness, improve physical fitness and build a "healthy China".

**Subjects and methods:** This paper mainly studies the connotation and requirements of healthy China. It also analyzes the relationship between national fitness and healthy China, youth health and healthy China, and makes a systematic study on the strategic thought of "healthy China" in sports.

**Results:** In the 12th National People's Congress held by premier li keqiang in 2015, "healthy China" was included in the government report for the first time, and the country gradually paid more attention to health issues. Later, China promulgated the "healthy China 2030" program outline in October 2016, which elevated the concept of "healthy China" to the national strategic level for the first time. The plan emphasizes people's health as the center, while considering material, spiritual and behavioral aspects, to promote people's all-round development. It involves five aspects, including health level, healthy life, health service, healthy environment and health industry. The main contents are shown in Table 1 below. This strategy is not only related to the individual play, but also related to the development of the national economy and society. It is closely related to the comprehensive construction of a well-off society, the realization of socialist modernization, and the promotion of the quality of the Chinese nation.

**Conclusions:** With the social progress and the continuous improvement of the national economic development level, health problems begin to receive more and more attention. More and more people realize that if a country wants to develop in an everlasting way, it needs groups of healthy and quality people as its backing. China put forward to implement healthy China as a national strategy in 2016, and general secretary xi jinping has put forward a series of policies. This paper analyzes the current situation of China's national economy, and finds that China's economic development in recent years has been stable, but there are some health problems. Then I studied the content and requirements of healthy China, analyzed general secretary xi jinping's concept of health, and studied the internal mechanism of the national health and healthy China, and concluded that the process of healthy China needs the joint participation of the government and individuals.

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