

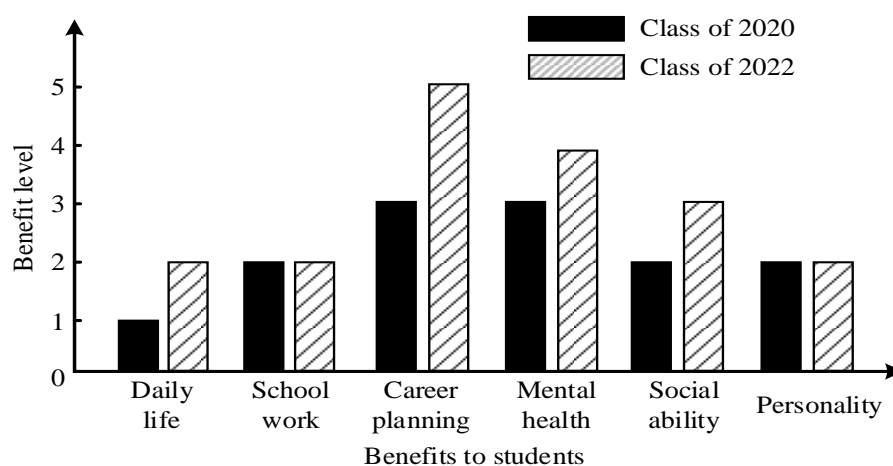
data technology.

**Subjects and methods:** This study adopts the form of questionnaire to count the results of ideological and political education of students in the two stages by issuing questionnaires to students in 2020 and 2022 of school A.

**Study design:** 150 students in 2020 and 150 students in 2022 were selected for interview and questionnaire survey. 2020 students have graduated for about a year. Before graduation, the school did not use big data technology for ideological and political education. 2022 students have received one-year ideological and political education based on big data in school. The impact of ideological and political education on students is divided into 1-5 levels. 1 means no significant impact and 5 means significant impact.

**Methods:** Use Excel software to compare and analyze the results of Ideological and political education of the two students.

**Results:** According to the statistics of the help in life, psychology, learning and employment received by the students of 2020 and 2022 under the ideological and political education, it can be seen that the effects of different ideological and political education on the students of the two sessions are significantly different.



**Figure 1.** The effect of Ideological and political education on students of class 2020 and 2022

Figure 1 shows that the 2020 students have the lowest positive impact of Ideological and political education on their daily life, and the impact index is 1. The impact on career planning and mental health is the highest, but the effect is not ideal, and the positive impact index is only 3. The positive impact of Ideological and political education on 2022 students is the lowest in daily life, study and personal character, with an impact index of 2, but it has a significant impact on social ability and mental health, with an impact index of 3 and 4 respectively. 2022 students are most affected by ideological and political education in career planning, with an impact index of 5.

**Conclusions:** Before the school invested in big data technology, the greatest benefits of Ideological and political education for students were career planning and mental health, but the educational effect did not reach the ideal level. After the school invested in big data technology to predict the psychology of students, the effect of Ideological and political education has changed greatly. Students not only benefit more from career planning and mental health, but also improve their social skills.

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## THE EFFECT OF PHYSICAL THERAPY IN THE REHABILITATION OF PATIENTS WITH COMMUNICATION ADAPTATION DISORDER

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**Background:** Among the people with normal language function, some people are troubled by

communication adaptation disorder. People with less degree may only show poor speech and few words. When they are more serious, they may show symptoms such as loneliness, irritability and even autism. Communication disorder may be caused by family environment, growth experience, major events and other factors, and have a continuous impact, which seriously hinders people's normal life, work and social communication. Mild communication disorder may gradually disappear with people's character maturity and experience growth, but people with severe communication disorder need to be intervened through psychological counseling. Existing studies have found that physical therapy can not only assist in the treatment of physiological diseases in the recovery period, but also have a certain therapeutic effect on psychological disorders. Physical therapy treats all kinds of wounds, diseases and obstacles according to the physiological, psychological and disease characteristics of patients. Through specific physical exercise, the human body can not only restore physiological functions, but also regulate emotions and prevent various psychological obstacles. Therefore, in recent years, physical exercise has become an important means of medical rehabilitation, which has been concerned and studied by a large number of scholars. Physical therapy can help patients with communication adaptation disorder recover from both physiological and psychological levels. In physiology, physical therapy can produce benign stimulation to the central nervous system, so as to enhance the function of the nervous system and promote blood circulation. When the human body releases "endorphins", negative emotions such as anxiety and depression will be relieved, and positive emotions such as pleasure and satisfaction can be released. On the other hand, physical exercise can increase patients' self-confidence and self-esteem, cultivate team spirit, promote the benign development of interpersonal relationship and social ability, and improve social adaptability. Long term physical exercise can promote physical and mental health and treat physical and mental diseases. It is an effective means of rehabilitation for patients with communication disorders.

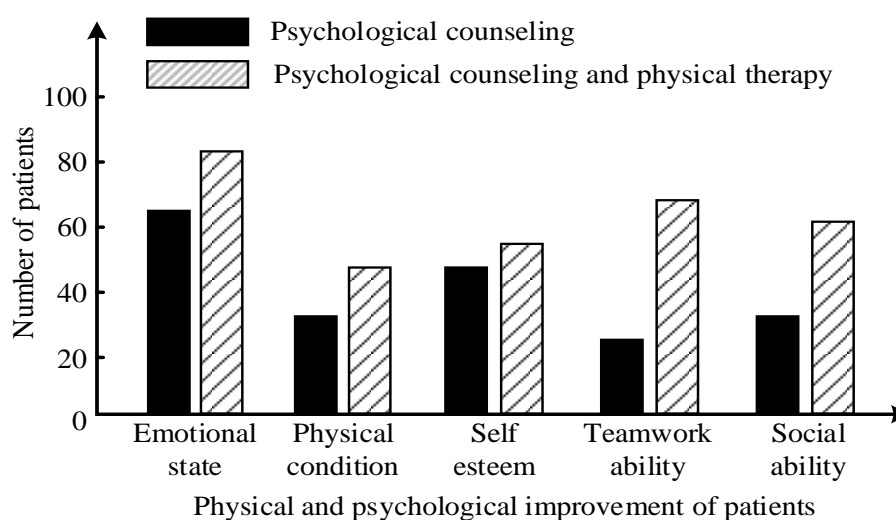
**Objective:** Physical therapy can effectively exercise people's physical function, enhance the ability of interpersonal communication and social communication, and help patients with communication adaptation disorder to recover physically and mentally. This study analyzed the rehabilitation effect of physical therapy on patients through a questionnaire survey of patients undergoing physical therapy in a sanatorium.

**Subjects and methods:** This study used the way of questionnaire survey to count the therapeutic effect of physical therapy in patients' rehabilitation by issuing questionnaires to patients with communication disorders.

**Study design:** 200 patients with communication disorders in sanatorium were selected and numbered according to their age. The odd numbered patients were treated with physical therapy and psychological counseling, and the even numbered patients were treated with traditional psychological counseling therapy. After 6 months of treatment, the patients were interviewed and investigated by questionnaire to count their rehabilitation.

**Methods:** The rehabilitation of patients with communication disorder was statistically analyzed by Excel software.

**Results:** The rehabilitation of patients using psychological counseling plus physical therapy is different from those using psychological counseling alone. The comparison results are shown in Figure 1.



**Figure 1.** Rehabilitation of patients under psychological counseling and physical therapy

Figure 1 shows that 35 patients who only received psychological counseling had obvious emotional

recovery, 51 said that their self-esteem level had obvious recovery, and no more than 35 patients improved their physical condition, teamwork ability and social ability. Among the patients receiving psychological counseling and physical therapy, 82 said that their emotional status had been improved, 56 said that their self-esteem had been significantly improved, and 71 and 62 patients had improved their teamwork and social skills respectively.

**Conclusions:** Traditional psychological counseling therapy can effectively improve the emotional level of patients, but it has little effect on self-esteem and social ability. Integrating sports therapy into traditional treatment can help patients with communication disorders improve their negative emotions and produce positive psychology, and the treatment effect is better than traditional therapy. In addition, physical therapy can improve patients' teamwork ability and social ability, and enhance the rehabilitation effect of communication disorder.

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## PATH OF INTEGRATING IDEOLOGICAL AND POLITICAL EDUCATION INTO TEACHING REFORM PRACTICE IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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**Background:** The national ideological and Political Guidance Committee of colleges and universities clearly pointed out that in addition to setting up ideological and political theories, colleges and universities should also run through the ideological and political education in the education and teaching process of other courses, and give full play to the educational role of Ideological and political education. Ideological and political curriculum in colleges and universities refers to the social practice of using political concepts, values, ethics and political views to have a planned and disciplined ideological and political impact on college students from the initial driving force of Ideological and political curriculum design, so as to enable college students to have ideological and moral quality and quality in line with social requirements. Therefore, the essence of curriculum thought and politics is not a single course, but the cultivation and output of moral ideas and values. In the teaching of professional courses, technical knowledge points are dense and theoretical. The introduction of Ideological and political education can list some practical cases on the basis of professional knowledge points, or use the core values of Ideological and political education as a guide in combination with students' career. Through the value guidance in the process of imparting professional knowledge, the mutual integration of core values and professional course knowledge is realized, and a better effect of Ideological and political education is produced. Therefore, integrating curriculum ideology and politics into the practice path of teaching reform in colleges and universities plays a vital role in improving the ideological and moral level of college students and realizing the goal of talent training in colleges and universities.

The integration of curriculum thought and politics into teaching reform realizes the overall goal of cultivating professional talents with both political integrity and ability through a variety of ways and ways, combined with the attributes of professional courses and the core values of ideological education. In order to achieve this goal, specific reform practice paths are needed. Therefore, the research puts forward several reform paths from the perspective of educational psychology. First, we should cultivate the ideological and political teaching concept of college teachers, change the concept of professional teachers, consciously integrate the core values of Ideological and political education while teaching professional courses, and help schools build the ideological and political education system under the curriculum ideological and political concept. Second, improve the moral cultivation of college teachers, strengthen their sense of social responsibility, set an example, and achieve the purpose of teaching by example. Third, on the basis of teaching objectives, design the ideological and political teaching scheme of professional courses, and naturally introduce the ideological and political teaching of courses in all links of teaching. Fourth, make full use of mixed teaching, smart classroom and other classroom methods to innovate the teaching methods of Ideological and political courses, and strengthen students' participation. Fifth, build a case base of curriculum ideological and political education to facilitate the use of the teaching process. Sixth, combined with the actual situation of colleges and universities, formulate the overall plan of curriculum ideological and political education, improve the evaluation and supervision system of curriculum ideological and political education, do a good job in the teaching service of curriculum ideological and political education, and build a teaching management system of curriculum ideological and political education. Through the above teaching reform path, build the correct outlook on life and values of college