

Engineering Research and Practice special project of Changzhou College of Information Technology, Exploration and Practice of engineering major Transformation and upgrading path for the new economy, (No.2018XGK001); Six talent peak projects of Jiangsu Provincial Department of Human Resources and Social Security in 2014, RESEARCH on MOOC learning platform based on cloud computing, (No.XXRJ-011); 2021 Vocational Education Reform and Innovation Project of "Science, Innovation and Integration Education", Teaching Guidance Committee Work Office of The Ministry of Education, Online Open course resource Construction and Application research based on students' main learning, (No.HBKC215068).

* * * * *

MENTAL HEALTH PATH OF COLLEGE STUDENTS WITH SCL-90 UNDER THE BACKGROUND OF COGNITIVE IMPAIRMENT

Xun Gong¹ & Zhouzhou Rao²

¹*Mental Health Education Center, Changsha University of Science & Technology, Changsha 410114, China*

²*Medical College, Hunan Normal University, Changsha 430081, China*

Background: With the continuous advancement of social and economic development, social competition is becoming more and more fierce. In this environment, college students are under the pressure from studies, employment, interpersonal communication and so on, resulting in a series of psychological problems. If we do not pay attention to the psychological problems of college students, we cannot take corresponding measures to improve their mental health level, which will greatly hinder the healthy growth and all-round development of college students, and make it difficult to ensure the quality of national talent training. Cognitive impairment is a common psychological disease, mainly manifested in memory impairment, learning impairment, executive dysfunction, aphasia, apraxia and other symptoms. The causes of cognitive impairment of college students are diverse, including craniocerebral trauma, environmental factors, mental and psychological abnormalities and so on. There is an interactive relationship between various symptoms of cognitive impairment, which will accelerate the deterioration of patients' condition, making cognitive impairment a serious psychological disease with great difficulty in diagnosis and treatment. Cognitive impairment will have a great negative impact on patients' self-care ability, and it is a heavy burden on patients themselves and their families. Under the background of cognitive impairment, exploring the mental health level of college students will help to explore the main factors affecting college students' mental health, give corresponding mental health education and counseling, and promote their all-round development on the basis of ensuring college students' physical and mental health.

Objective: The mental health level of college students determines their physical and mental health and growth. As the core component of college moral education, strengthening college students' mental health education has become an important measure to build a harmonious campus and promote the healthy development of college students. In order to accurately grasp the psychological changes of college students and improve their mental health level, this study explores the mental health path of college students' SCL-90 scale from the background of cognitive impairment, in order to effectively intervene and solve the psychological crisis of college students through a series of mental health education methods, so as to significantly improve their mental health level.

Research objects and methods: Through random selection, 40 college students were selected from four universities, a total of 160. Questionnaires were distributed to the college students participating in this study. The number of questionnaires distributed and recovered was 160, and the questionnaire recovery rate was 100%. This paper studies the mental health path of college students with SCL-90 under the background of cognitive impairment. SCL-90 includes 10 factors such as somatization, interpersonal sensitivity, depression, paranoia and anxiety. Each factor item is evaluated with a five-grade scoring standard of 1 - 5. From 1 to 5, it means from none, mild, moderate, heavy and serious.

Research design: 160 college students were divided into control group and experimental group according to the random number table method, with 80 students in each group. The experimental time was set as 3 months. The college students in the control group were evaluated by SCL-90 before and after the experiment without any intervention. For the college students in the experimental group, some psychological counseling was given under the background of cognitive impairment, and the scores of SCL-90 were recorded and analyzed before and after the experiment.

Methods: Before and after the intervention experiment, SCL-90 scale was used to evaluate the mental health level of college students, Excel software and SPSS 20.0 software were used to count and analyze the evaluation data, and a targeted mental health path was designed and planned. The difference was statistically significant ($P < 0.05$).

Results: The scores of SCL-90 of the two groups were compared. The results showed that there was no significant difference between the two groups before the experiment ($P > 0.05$), and the level of mental health was almost the same. After the experiment, there was no significant difference in SCL-90 scores of the control group. The scores of each factor of SCL-90 scale of college students in the experimental group decreased significantly, indicating that their mental health level was improved. The difference between the groups was statistically significant ($P < 0.05$).

Table 1. Comparison of SCL-90 scores of two kinds of college students before and after the experiment

Factor	Before experiment		After the experiment	
	Control group(n=80)	Experimental group (n = 80)	Control group (n = 80)	Experimental group (n = 80)
Somatization	1.74±0.49	1.71±0.45	1.68±0.56	1.23±0.41**
Force	1.88±0.51	1.79±0.48	1.91±0.63	1.05±0.23**
Interpersonal sensitivity	1.67±0.62	1.61±0.58	1.46±0.71	1.01±0.02**
Depressed	1.63±0.49	1.64±0.52	1.67±0.55	1.13±0.33**
Anxious	1.45±0.41	1.43±0.39	1.41±0.35	1.05±0.26**
Hostile	1.75±0.38	1.73±0.51	1.79±0.34	1.25±0.54**
Terror	1.41±0.63	1.45±0.59	1.36±0.64	1.07±0.25*
Paranoid	1.57±0.37	1.52±0.29	1.58±0.39	1.02±0.00**
Psychotic	1.23±0.43	1.27±0.42	1.21±0.37	1.02±0.01**
Other	2.39±0.55	2.41±0.47	2.43±0.52	1.98±0.48**

Note: Compared with the two groups, ** indicates $P < 0.01$, * indicates $P < 0.05$.

Conclusions: Exploring the mental health path of college students' SCL-90 scale under the background of cognitive impairment can provide targeted mental health education for college students and play an important role in maintaining and improving their mental health level.

Acknowledgement: The research is supported by Hunan Educational Science Planning Project, Construction of SCL-90 norm for freshmen in colleges and universities in Hunan (XJK016BXL004).

* * * * *

EFFECT OF INTEGRATING IDEOLOGICAL AND POLITICAL EDUCATION INTO “MASS ENTREPRENEURSHIP AND INNOVATION” EDUCATION IN COLLEGE CURRICULUM ON ALLEVIATING STUDENTS’ ANXIETY

Tao Feng

School of Applied Foreign Languages, Guangdong Polytechnic of Science and Technology, Zhuhai 519090, China

Background: Under the current situation that college students' innovation and entrepreneurship education has become a hot issue of common concern of the whole society, Xi Jinping pointed out: “The whole society should attach importance to and support youth innovation and entrepreneurship, provide more favorable conditions, build a broader stage, and let the vast number of young people shine more brilliantly in innovation and entrepreneurship.”. In the “Opinions on Vigorously Promoting Innovation and Entrepreneurship Education in Colleges and Universities and college students' Self-employment”, the ministry of education requires to incorporate innovation and entrepreneurship education into college education and actively guide and support students to carry out independent innovation and entrepreneurship activities. Both ideological and political education and mass entrepreneurship and entrepreneurship education shoulder the education of correct world outlook, outlook on life and values for college students, and both shoulder the “solid” of a new era of cultivating knowledge mission, responsibility and happy inheritance in the great task of national rejuvenation The important mission and responsibility of talents are both important carriers for the implementation of “three complete education”, and it is urgent to combine the two closely. The teaching concept of traditional ideological and political classroom is still backward. The mentality that teachers are responsible for finishing the class and students are responsible for dealing with the examination makes ideological and political class gradually become a “marginal course”