



Table 1. Correlation between anxiety and depression and cognitive impairment in febrile patients during covid-19

Conclusions: From the perspective of cognitive impairment psychology, this paper analyzes the psychological anxiety and depression of fever patients during COVID-19 and the risk factors for the development of cognitive impairment. The results show that the anxiety and depression of fever patients during COVID-19 are positively correlated with their cognitive impairment, indicating that the anxiety and depression of fever patients during COVID-19 are easy to develop into cognitive impairment. In order to improve the anxiety and depression of febrile patients and the risk cognition of febrile patients, full psychological attention and psychological construction should be given to febrile patients during COVID-19 in clinical treatment.

Acknowledgement: The research is supported by: Joint Guidance Project of Qiqihar Science and Technology Bureau (No. LHYD-2021030).

* * * * *

ANALYSIS ON THE DILEMMA OF GRASS-ROOTS PARTY CONSTRUCTION IN COLLEGES AND UNIVERSITIES AND THE SOURCE OF STAFF ANXIETY

Min Yi, Xin Xia & Wuqin Jiang

Nanjing University of Chinese Medicine Hanlin College, Taizhou 225300, China

Background: Anxiety, as a common psychological condition of people, is usually caused by a premonition of something ominous or unpleasant. It is mainly manifested in tension, disappointment, uneasiness, fear, shame, depression and entanglement. Not only that, people's anxiety can also cause physiological changes, including uncontrollable limbs, stuttering of language expression, distortion of facial expression and so on. In short, anxiety psychology is an emotional experience closely related to the human autonomic nervous system. Excessive anxiety can easily lead to physiological and psychological abnormalities. In short, anxiety refers to the inability to achieve the expected purpose, and then fail to achieve the goals set by yourself. It is not very successful to overcome the threats from all aspects, which has caused a great blow to self-esteem and self-confidence, and formed tension, leading to upset, depression or some emotional state of psychological fear. Moreover, people's anxiety psychology is mainly composed of three parts: threatening or uncertain emotional experience, cognitive performance of fear and physiological arousal. From the perspective of psychology, the increase of anxiety value will lead to distraction and block of attention, disturb the results of brain memory and thinking, and make people show anxiety, tension, indecision and disturbing emotional changes. In severe cases, it can even lead to neurological dysfunction and mental disorders. According to people's psychological reaction, it can be divided into cognitive anxiety and physical anxiety. Cognitive anxiety refers to people's thinking or worrying about the surface of things. It is the consciousness of emotional consciousness. Physical anxiety is from a physiological and psychological point of view, such as straightforward awakening, manifested in physical stiffness, trembling, unstable heartbeat, uneven breathing, sweating of hands and feet, stomach pain and so on. In short, people's anxiety has

attracted extensive attention in various fields of work.

Some studies have pointed out that when facing the plight of grass-roots party construction in colleges and universities, staff often have anxiety. The reason is that in the actual work process, grass-roots party construction workers in colleges and universities often feel self-contradiction, which is mainly manifested in the contradiction between egoism and demand dependence, and the contradiction between strong learning desire and work ability. And the contradiction between their own negative emotions and rational knowledge. In this regard, some studies have pointed out that adding psychological education to the grass-roots party construction in colleges and universities is of positive significance to solve the anxiety of staff. In view of this, this study points out the plight of grass-roots party construction in colleges and universities and the source of staff anxiety, and analyzes the necessity of constructing the working mode of “grass-roots party construction + psychological education” in colleges and universities, in order to fundamentally alleviate or overcome the psychological problems of grass-roots party construction staff, so as to cultivate more excellent talents of grass-roots party construction for our country.

Objective: In order to fundamentally alleviate or overcome the psychological anxiety of grass-roots party construction workers, this study designed the working mode of “grass-roots party construction + psychological education” in colleges and universities, which aims to adjust the anxiety of grass-roots party construction workers, so as to ensure the sustainable and stable development of grass-roots party construction in colleges and universities and the continuous input of mental health talents for China’s socialist construction.

Research objects and methods: This study combines the methods of investigation and empirical analysis, selects a group of 100 grass-roots party construction workers in colleges and universities as the research object, and is randomly divided into the control group (50) and the experimental group (50). The psychological anxiety status of grass-roots party construction workers is measured in combination with the diagnostic test of anxiety tendency. The scale contains 100 questions, it includes eight dimensions: learning anxiety tendency, anxiety tendency towards people, loneliness tendency, self-blame tendency, allergy tendency, physical symptoms, phobic tendency and impulsive tendency. Among them, the control group implemented the working mode of “grass-roots party construction + psychological education”, while the control group did not intervene for 3 months. Compare and analyze the changes of anxiety psychology of grass-roots party construction workers in colleges and universities after march.

Methods: All data were processed using PASW18.0 software package and Excel 2007.

Results: Table 1 shows the changes of psychological anxiety of staff after the implementation of the working mode of “grass-roots party construction + psychological education” for three months. Overall, after the intervention in March, the psychological anxiety of grass-roots party construction workers in colleges and universities decreased significantly.

Table 1. Changes in psychological anxiety of staff after three months of intervention in the working mode of “grass-roots party construction + psychological education”

Project	Control group (n=50)	Experience group (n=50)	P
Anxious learning	8.17±3.71	6.15±2.32	0.000
Communication anxiety	4.19±3.25	3.63±2.23	0.000
Loneliness tendency	5.63±2.23	3.45±2.58	0.000
Self-reproach tendency	6.15±2.32	3.46±1.45	0.000
Sensitive tendency	6.42±3.71	3.45±2.58	0.000
Physical symptoms	6.88±2.23	3.46±1.45	0.000
Terrorist tendency	3.46±1.45	2.45±2.58	0.000
Impulsive tendency	3.45±2.58	1.46±3.25	0.000
Total score	41.09±17.34	35.91±19.71	0.000

Conclusions: The working mode of “grass-roots party construction + psychological education” can effectively alleviate the psychological anxiety of staff, and then is of great significance to the psychological construction of grass-roots party construction staff in colleges and universities. Therefore, in the practice of grass-roots party construction in colleges and universities, we should expand the content of psychological education, so as to ensure that the staff have healthy psychology, are not affected by negative anxiety, and well complete the important task of grass-roots party construction in colleges and universities.

* * * * *

EFFECT OF COMMUNITY PENSION ON DEPRESSIVE PSYCHOSIS IN THE ELDERLY

Chidan Ni

Shenzhen Elderly and Healthcare College, Shenzhen Polytechnic, Shenzhen 518055, China

Background: Community elderly care is a new type of elderly care model. Its essence is a home-based elderly care system based on community service, including life care, housekeeping service, spiritual support and emotional regulation of the elderly, short-term community trusteeship and door-to-door service, combined with the operation experience of professional elderly care institutions. The establishment of community pension system needs to complete the arrangement of dining tables or canteens for the elderly, the establishment of medical service institutions for the elderly, the establishment of activity centers and marriage agencies for the elderly, and the establishment of institutions for the training and employment of elderly talents. Under the community pension model, the elderly can obtain more comprehensive and detailed services and psychological support, which is of great significance for the elderly with depressive psychosis due to widowhood, less contact with their children, introverted or lonely. Because the main clinical symptoms of depressive psychosis are depression, depression, pessimistic way of thinking, cognitive impairment, memory decline, etc., community elderly care services can provide more social activities and spiritual support and comfort for the elderly with depressive psychosis, which is important to alleviate their pessimism, depression Anxiety and other negative psychological activities play a significant role. They can also improve the immunity of the elderly with depressive psychosis, so as to reduce the severity of their illness and chronic diseases, and even reduce their potential risk of self mutilation and suicide.

Objective: To explore the role of community elderly care service in the treatment of depressive psychosis of the elderly, so as to find out the deficiencies existing in China's community elderly care system and institutions and the methods that can be further popularized, so as to provide practical and feasible reference opinions for improving the quality of community elderly care service and improving the construction of community elderly care work process and laws and regulations.

Participants and methods: A sample of elderly people with depressive psychosis was purchased from a professional data processor in China. All samples were divided into young elderly people (aged 60-74 years), medium elderly people (aged 75-89 years) and long-lived elderly people (aged no less than 90 years) according to the standards of the World Health Organization. Logistic regression analysis was carried out on three types of elderly samples, the dependent variable is whether suffering from depressive psychosis, and the independent variable is gender, age, pension mode (home-based pension, institutional pension, community pension), and community pension service level (poor, relatively poor, relatively good, good). To analyze the influence of pension forms on whether the elderly have depressive psychosis in different age groups.

Results: Multivariate logistic regression was performed on the data set, and the statistical results were obtained in Table 1.

Table 1. Multivariate logistic regression results of influencing factors of depressive psychosis in the elderly

Independent variable	Independent variable subdivision category	Regression coefficient	Standard error	P
Age group	Young and old people	0.346	0.151	0.258
	Middle aged people	0.517	0.187	0.019
	The longevous	0.968	0.235	0.007
Gender	Male	0.415	0.289	0.006
	Female	0.512	0.221	0.538
Pension mode	Home care	0.880	0.317	0.297
	Institutional pension	0.214	0.334	0.020
	Community pension	-0.637	0.152	0.005

The analysis of Table 1 shows that within the 95% confidence interval, the middle-aged, the long-lived, men, institutional pension and community pension are related to the incidence of depressive psychosis of the elderly (*P* value is less than the significance level of 0.05), and the middle-aged, the long-lived, men, home pension and institutional pension are risk factors, and the community pension is a protective factor. In addition, the study also found that the older the elderly group, the lower the probability of depressive psychosis among those who take community pension. Specifically, among the young elderly, the middle-aged elderly and the long-lived elderly, the proportion of the elderly with depressive psychosis in the community pension mode is 1.5%, 1.7% and 2.3%, which are 34.2%, 47.5% and 58.6% lower than those in the other two