

comfort is the largest. Mental and psychological environmental design can effectively improve the elderly care and living comfort of the elderly with cognitive impairment.

Conclusions: The intelligent home-based elderly care environment can effectively help the elderly with cognitive impairment in the community improve the convenience of life, and promote the elderly with cognitive impairment to improve the quality of life from the aspects of life, social, health, entertainment and so on. The intelligent design of community home-based elderly care environment should strengthen the construction of technical feasibility and economy, promote the improvement of the intelligent level of information technology of community home-based environment, combine advanced community elderly care concepts and technologies with the elderly care needs of the elderly with cognitive impairment, and rely on the community as the environment, promote the construction and development of intelligent community public health system and home-based elderly care intelligent community. Make use of the intelligent and convenient home-based elderly care community environment to help the elderly with cognitive impairment improve their quality of life and level, and create a safe, healthy and livable community home-based elderly care environment and atmosphere for the elderly with cognitive impairment.

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EFFECT OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGE FOREIGN LANGUAGE COURSE ON THE ALLEVIATION OF COLLEGE STUDENTS' PSYCHOLOGICAL DEPRESSION

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Background: College students with psychological depression will be depressed, not interested in past things, feel depressed in learning and life, low learning efficiency, do not want to carry out social activities, have a low sense of self-esteem, have difficulty in paying attention in learning and life, and have suicidal thoughts in serious cases. There are different explanations for psychological depression. In the view of trait theorists, people who have suffered from depression are more likely to suffer from severe psychological depression, while humanistic schools in the interpretation of psychological depression say that the establishment of self-worth has a positive impact on depression. When psychological depression treatment is carried out, patients can be self accepted, which is helpful to the treatment of psychological depression. Behaviorist schools believe that psychological depression is related to the type of environment. If there is no positive reinforcement in life, individuals are easy to suffer from psychological depression. In college students, there are three influencing factors of psychological depression: achievement motivation, self-evaluation and interpersonal disorder. In the achievement motivation, influenced by the traditional education mode, college students have a thinking mode of judging excellence by their grades and are afraid of failure in the exam. Especially in the process of foreign language exam, when they can't reach the ideal score in the exam, they will have a strong sense of loss, think they are very failed and have no desired sense of achievement, resulting in psychological depression, which can also be called success anxiety. As college students are in a special stage of physical and mental growth, their self-evaluation will deviate. This phenomenon often occurs in the process of foreign language learning. In addition, due to the differences in personality, interests and hobbies, college students have conflicts in the process of interpersonal communication, which leads to psychological depression.

In recent years, the educational circles have put forward the concept of curriculum thought and politics. The course of ideological and political education is essentially a kind of education. Its purpose is to establish morality and cultivate people. In the process of education, it combines various subject knowledge with ideological and political theory courses. For example, in the ideological and political education of foreign language courses, help students establish correct three views and deeply excavate the ideological and political elements contained in foreign language professional courses. At present, the traditional foreign language teaching model cannot meet the needs of cultivating high-quality cross-cultural communication talents. The traditional foreign language teaching mode focuses on cultivating students' subject ability, ignoring the cultivation of students' political quality and cultural self-confidence. Some students worship foreign culture extremely, fail to see their own cultural advantages, and despise them. Therefore, it is very necessary to carry out ideological and political education in college foreign language courses. In addition, the ideological and political education of college foreign language courses has a positive significance, which will have a positive effect on college students' mental health. In this regard, the effect of ideological and political education in college foreign language courses on the alleviation of college students' psychological

depression is studied.

Objective: To understand the psychological depression of college students and study the current situation of ideological and political construction of foreign language curriculum. And on this basis, combine the foreign language teaching content with morality. Cultural comparison and language substitution are applied in the process of foreign language teaching to cultivate students' cultural communication ability, increase students' national pride and alleviate students' psychological depression in the atmosphere of cultural self-confidence. For example, in foreign language composition class, teachers combine China's cultural knowledge and habits, require students to excavate writing materials from around them, and apply them in the process of foreign language writing, which increases students' participation, makes students' learning enthusiasm better, and is conducive to the relief of students' psychological depression. Combine morality with foreign language teaching methods, and choose teaching methods according to the teaching content. For example, in Russian teaching, the relevant contents of Chinese higher education are expressed in Russian. In this process, students will feel the joy of success, so as to have a sense of achievement, and then promote the relief of students' depression.

Subjects and methods: The subjects were depressed college students majoring in foreign languages. 280 depressed college students majoring in foreign languages were randomly selected from three universities. These college students come from different grades and have different foreign language majors. Foreign languages include English, Russian and Korean. To understand students' psychological depression, foreign language learning and their political literacy, these college students were divided into Korean group (92), English group (95) and Russian group (93). These college students will receive ideological and political education in foreign language courses for one semester, two classes a week. During the experiment, the relevant experimental data were recorded, and the fuzzy evaluation method was used to study the effect of Ideological and political education of college foreign language courses on the alleviation of college students' psychological depression. The quantitative score of the relevant impact was 1-5 grades. The higher the score, the greater the impact. Through SPSS21.0 for data processing and analysis.

Results: In the process of foreign language learning, due to the influence of achievement motivation factors, college students are afraid of the exam and worry that their foreign language performance cannot reach the ideal score, resulting in a strong sense of loss and psychological depression. Or influenced by self-evaluation, college students think that they are lack of ability in foreign language learning, cannot see their own advantages, and produce psychological depression. By carrying out ideological and political education in college foreign language courses, combining morality with foreign language teaching contents, foreign language teaching methods and foreign language training objectives, college students can carry out moral education in the process of learning foreign language professional knowledge, cultivate students' democratic cultural pride and alleviate students' psychological anxiety. After the experiment, the depression score of Freshmen in the Russian group was 2 points, which was 2 points lower than that before the experiment. The relevant results are shown in Table 1.

Table 1. Psychological depression scores of college students of different grades in Russian group before and after the experiment

Grade	Time	Depressed	Fear	Low self-esteem
Freshman	Before experiment	4	4	4
	After the experiment	2	1	1
Sophomore	Before experiment	4	5	4
	After the experiment	2	2	1

Conclusions: Ideological and political education in college foreign language curriculum can alleviate college students' psychological depression, improve college students' political literacy, help college students form the habit of autonomous learning and improve their comprehensive quality.

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CLINICAL NURSING COUNTERMEASURES OF INTRAVENOUS INFUSION IN PATIENTS WITH MANIC DEPRESSIVE PSYCHOSIS

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