

Table 1. Comparison of SCL-90 test results with those before intervention

Factor	Before	2 weeks after	4 weeks after	8 weeks after
Somatization	2.09±0.17	2.14±0.23	2.2±0.43	1.94±0.47
Obsessive compulsive symptoms	1.68±0.75	1.72±0.83	1.71±0.75	1.74±0.57
Interpersonal sensitivity	1.82±0.73	1.83±0.75	1.76±0.82	1.51±0.46
Depressed	1.62±0.64	1.65±0.62	1.51±0.67	1.42±0.35
Anxious	2.39±0.44	2.37±0.48	2.26±0.40	2.20±0.24
Hostile	1.41±0.83	1.42±0.85	1.43±0.76	1.63±0.65
Terror	1.53±0.56	1.41±0.40	1.50±0.43	1.44±0.46
Paranoid	1.50±0.38	1.46±0.55	1.51±0.41	1.43±0.30
Psychotic	1.32±0.45	1.31±0.46	1.32±0.47	1.40±0.29

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ANALYSIS OF LONELINESS AND MENTAL HEALTH OF RURAL LEFT-BEHIND ELDERLY FROM THE PERSPECTIVE OF COGNITIVE IMPAIRMENT

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Background: In the process of China's rapid economic and social development, the process of urbanization and industrialization is accelerating. In this context, in order to obtain higher economic income, a large number of rural young and middle-aged labor force migrate to cities. However, restricted by various factors such as economic pressure, cultural differences and living habits, the vast majority of the elderly can only stay in their hometown in rural areas. Therefore, there is a large number of socially vulnerable groups left-behind in rural areas. Due to the lack of economic support and emotional comfort, the quality of life of the left-behind elderly in rural areas is generally not high. Now it has become a social problem that people from all walks of life focus on. In recent years, the number of rural lefts behind elderly is still growing. Therefore, many scholars have conducted in-depth research on the living conditions of rural left-behind elderly. In the relevant research of the rural left-behind elderly, the mental health status of the left-behind elderly is the focus of the research. Good mental health can improve the mental state of the rural left-behind elderly and improve the quality of life of the rural left-behind elderly.

Many studies have shown that the vast majority of the rural left-behind elderly have a strong sense of loneliness, and their mental health is extremely unsatisfactory, which not only greatly affects the quality of life of the rural left-behind elderly, but also may lead to the decline of the cognitive function of the rural left-behind elderly, which will increase the prevalence of cognitive impairment, increase the family burden and affect the construction of a harmonious society. The analysis of the loneliness and mental health of the rural left-behind elderly is conducive to the society to provide targeted assistance to the rural left-behind elderly and improve the mental health level of the rural left-behind elderly. Cognitive psychology is a branch of psychology that began to rise in 1950. It mainly studies human advanced psychological processes, such as attention, perception and so on. The focus of cognitive reasoning is to use the cognitive orientation and reasoning mode. Based on cognitive psychology, this study analyzes the cognition and thinking mode of the rural left-behind elderly, discusses the factors that easily lead to the cognitive impairment of the rural left-behind elderly, and then provides theoretical support for the mental health care of the rural left-behind elderly and the improvement of the quality of life, alleviates the loneliness of the rural left-behind elderly and improves the mental health level of the rural left-behind elderly, reduce the prevalence of cognitive impairment of the rural left-behind elderly. Based on cognitive psychology, this study analyzes the relationship between personality traits, self-esteem and the loneliness of the rural left-behind elderly, hoping to provide theoretical support for improving the mental state of the rural left-behind elderly and improving the quality of life of the rural left-behind elderly, so as to promote the construction and development of a harmonious society in China.

Objective: In the process of China's rapid economic and social development, the process of urbanization and industrialization is accelerating. In this context, in order to obtain higher economic income, a large number of rural young and middle-aged labor forces migrate to cities. Therefore, in recent years, the number of rural lefts behind elderly people is still growing. Due to the lack of economic support and emotional comfort, the quality of life of the rural left-behind elderly is generally not high. Most of the rural

left-behind elderly have a strong sense of loneliness and their mental health is very unsatisfactory. Based on cognitive psychology, this study analyzes the relationship between personality traits, self-esteem and the loneliness of the rural left-behind elderly, hoping to provide theoretical support for improving the mental state of the rural left-behind elderly and improving the quality of life of the rural left-behind elderly, so as to promote the construction and development of a harmonious society in China.

Research objects and methods: 200 rural lefts behind elderly people in rural areas of a city were selected as the survey objects. The questionnaire was compiled by using Loneliness Scale (LS), Eysenck Personality Questionnaire-Revised, Short Scale (EPQ-R S) for Chinese, Self-Esteem Rating Scale (SERS) and other scales to investigate the rural left-behind elderly people.

Research design: After obtaining the consent of the rural left-behind elderly, a questionnaire survey was conducted on the rural left-behind elderly. After completing the questionnaire, check and recover it on the spot.

Methods: The relevant data were processed, analyzed and tested by software SPSS22.0.

Results: The factors affecting the loneliness of the rural left-behind elderly were analyzed by regression. Taking the loneliness of the rural left-behind elderly as the dependent variable, the stepwise regression method was used for multiple regression analysis. The results of regression analysis showed that three factors, including extraversion, neuroticism and self-care for mental health, cumulatively explained 50.2% of the total variation, as shown in Table 1.

Table 1. Multiple regression analysis on the loneliness of the left-behind elderly in rural areas

Variable	Standard value	R	Adjusted R ²	Added R ² value	t	P
Extraversion	-0.496	0.642	0.411	0.409	-11.172	<0.001
Nervous	0.310	0.701	0.486	0.074	7.065	<0.001
Self-mental health concerns	-0.315	0.714	0.501	0.019	-3.395	0.001

Conclusions: In order to obtain higher economic income, a large number of rural young and middle-aged labor force migrate to cities. However, restricted by various factors such as economic pressure, cultural differences and living habits, the vast majority of the elderly can only stay in their hometown in rural areas. Therefore, there is a large number of socially vulnerable groups left-behind in rural areas. Therefore, many scholars have conducted in-depth research on the living conditions of the rural left-behind elderly. Due to the lack of economic support and emotional comfort, the quality of life of the rural left-behind elderly is generally not high. Most of the rural left-behind elderly have a strong sense of loneliness and their mental health is very unsatisfactory. Based on cognitive psychology, this study analyzes the relationship between personality traits, self-esteem and loneliness of the rural left-behind elderly. The results showed that extroversion, neuroticism and their own mental health concerns accounted for 50.2% of the total variation. The research provides theoretical support for improving the mental state of the rural left-behind elderly and improving the quality of life of the rural left-behind elderly, so as to promote the construction and development of a harmonious society in China.

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ANALYSIS OF THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION ON COLLEGE STUDENTS' COMMUNICATION AND ADAPTATION BARRIERS

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Background: There is a close relationship between college students' ideological understanding and mental health level, and it is difficult to distinguish a clear boundary between them. Exploring the integration of ideological and political education and mental health education has become an important topic for college educators. College students are in a critical period of life growth, and their ideological and political understanding and development have great plasticity. Strengthening the ideological and political education of college students is conducive to the formation of college students' good ideological and political quality. However, the problem of college students' ideological and cognitive development does not exist in isolation, but has a close relationship with college students' mental health. College students' psychological development is in a critical period of transition from immature level to mature level. When