

COGNITIVE IMPAIRMENT IN ADOLESCENT DRUG ABUSE AND LEGAL COUNTERMEASURES

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Background: The incidence of cognitive impairment is very high in schizophrenia. About 85% of patients will have a cognitive impairment, such as information processing and selective working memory, short-term memory and learning, executive function and so on. There is a certain correlation between cognitive deficit symptoms and other psychotic symptoms. For example, patients with obvious thinking form disorder will have more obvious cognitive deficit symptoms, and patients with obvious positive symptoms will also have more obvious cognitive deficit symptoms. Drug addicts often have schizophrenic symptoms. The treatment of this disease should be systematic and standardized, emphasizing early, sufficient and sufficient treatment, and paying more attention to the principle of single drug use and individualized drug use. Therefore, for this symptom of schizophrenia, it is suggested to go to a professional drug treatment institution for drug treatment as soon as possible. Drug abuse is a very serious social problem perplexing the world today. It affects social stability, national security, national prosperity, family harmony and individual health. Drugs not only destroy the body of drug addicts, but also lead to serious psychological problems, indirectly change people's personality, cognition, values, and emotional control. Only by understanding the psychological problems of drug addicts, can we carry out psychological symptomatic treatment and restore correct cognition and ideas. Some teenagers usually have strong curiosity and exploration desire. If they catch the bad habit of taking drugs, they are mainly ignorant and curious about the harm of drugs and go to the abyss of taking drugs.

At present, most of the public figures in China's performing arts industry take drugs out of curiosity, seek stimulation, and even think that taking drugs can find inspiration for artistic creation. There are four main reasons for teenagers to take drugs: one is the bad influence of bad friends, the other is the influence of family members, the third is spiritual emptiness and the pursuit of "fashion", and the fourth is rebellious psychology. In the past, the education of young people paid attention to the physiological factors affecting health and ignored the psychological factors affecting health. In the process of educating young drug addicts, it is inevitable that there is a one-sided emphasis on biomedical treatment, physical detoxification or improper reliance on ideological education and means of production and labor. Although the role of moral and legal education cannot be ignored, for young drug addicts, strengthening their mental health education can get better educational results. Drug addicts, especially young drug addicts, have some moral barriers, such as truancy, theft, fighting and poor academic performance. During their study, the school gave up their education, and family members despised or held a hostile attitude towards them, thus losing their family affection, warmth and confidence in life. In the case of loneliness, helplessness and lack of social care, they are very prone to drug addiction once they are tempted by the outside world. Therefore, it is necessary to carry out active psychological intervention and treatment for young drug addicts, so as to improve their psychological cognitive ability, so as to receive a better educational effect.

Objective: At present, there are few research reports on the psychology of young drug addicts in China, so this study selected 60 young drug addicts in a drug rehabilitation center to investigate their psychological status, and analyzed and discussed the survey results, so as to carry out psychological health care and treatment for the psychological problems of young drug addicts during drug rehabilitation, eliminate "heart addiction" psychologically as soon as possible, and put forward some educational measures.

Subjects and methods: 60 young drug addicts in a drug rehabilitation center were selected by random selection to observe their cognitive impairment in drug abuse, including 47 males and 13 females.

Study design: SCL-90 was used for the collective test. The subjects filled in the questionnaire independently, and 60 questionnaires were recovered. The effective rate was 100%. After the test, the content of the questionnaire was analyzed and discussed to put forward targeted countermeasures for teenagers' drug abuse.

Methods: The relevant data were analyzed by Excel and SPSS20.0 for calculation and statistics.

Results: The somatization, obsessive-compulsive symptoms, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia, psychosis and dozens of positive items of adolescent drug users were significantly higher than those of the domestic norm youth group, and the differences of all factors were very significant ($P < 0.05$).

Conclusions: The visible harm of adolescent drug abuse to individual physical health seems to cover up its threat to individual mental health. Most drug treatment institutions mostly use acute detoxification and drug detoxification therapy in drug treatment methods, ignoring the role of psychotherapy in drug treatment. As we all know, the strong psychological dependence (heart addiction) caused by drug abuse cannot be stopped by drugs alone. Psychological detoxification is the key to the success of drug addicts.

While giving physical rehabilitation to heavy drug addicts, drug treatment institutions should pay more attention to psychological treatment and psychological support for various mental diseases of different severity caused by drug abuse, which is a necessary condition for achieving real psychological drug treatment.

Table 1. Comparison of SCL-90 factor between adolescent drug addicts and domestic norm youth group

Project	Domestic norm	Drug addicts	P
Somatization	1.34±0.45	2.48±0.94	<0.05
Obsessive compulsive symptoms	1.69±0.61	2.48±0.80	<0.05
Interpersonal sensitivity	1.76±0.67	2.66±0.75	<0.05
Depressed	1.57±0.61	2.77±0.96	<0.05
Anxious	1.42±0.43	2.66±0.91	<0.05
Hostile	1.50±0.57	2.59±1.13	<0.05
Terror	1.33±0.47	1.95±0.67	<0.05
Paranoid	1.52±0.60	2.39±0.81	<0.05
Psychotic	1.36±0.47	2.16±0.77	<0.05
Number of positive items	27.45±19.32	57.98±18.20	<0.05

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ANALYSIS AND COUNTERMEASURES OF COMPETITION ANXIETY OF COLLEGE SPORTS ATHLETES

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Background: In the important period of vigorously developing campus football throughout the country, the college students' football competition system has been further improved. Domestic colleges and universities pay more attention to the cultivation of college students' athletes. At the same time, the training methods, techniques and tactics of campus football teams in colleges and universities have been constantly updated, and the level of college football competition in China has been correspondingly improved. With the faster and faster pace of football matches, the competition degree is becoming more and more intense. Therefore, in the current environment, football players need to have higher psychological tolerance, and how to strengthen psychological training has gradually become an important topic concerned by domestic researchers. Pre-competition anxiety, also known as competition anxiety, refers to that in the preparation stage of the competition, the state anxiety level of athletes has a significant impact on their behavior. Pre-competition anxiety usually shows an emotional state of anxiety, tension or fear. High or low pre-competition anxiety will make the body in a state of low cognitive and behavioral functions, which makes it difficult for athletes to play their normal competitive level before or during the competition. This abnormal anxiety state is very unfavorable to the sports performance of participating athletes and greatly affects the athletes' on-the-spot ability. The psychological problems of athletes such as pre-competition anxiety have attracted the attention of scholars, and have become the most popular research topic in the field of sports psychology. At present, Spielberg's State-Trait Anxiety theory has a great influence in many anxiety theories. He believes that state anxiety is a temporary emotional state formed by individuals in a specific situation. It is a kind of subjective consciousness and sensory tension and fear. It is usually accompanied by highly autonomous nervous system activities, with different intensities and changes with the environment.

Objective: Through the research on the pre-game state anxiety and its influencing factors of college campus football players, this study analyzes the causes and main influencing factors of their pre-game anxiety, and then puts forward adjustment measures for the existing problems, so as to improve the pre-game state anxiety and improve the competitive level of college campus football players.