

is not ideal, but leads to the loss of the wealth of enterprise shareholders. Behavioral finance theory holds that overconfidence in management is the most important factor affecting enterprise decision-making. However, behavioral finance theory cannot fully explain this phenomenon, so it is necessary to introduce new theories. Therefore, the study uses cognitive psychology theory to study the psychological cognitive bias of enterprise executives, effectively explain this phenomenon, and provide theoretical data support for the development of listed enterprises and M & A market in China.

**Research objects and methods:** Based on cognitive psychology and behavioral finance theory, this study puts forward four hypotheses, and uses the M & A events of A-share private listed companies in Shanghai and Shenzhen as data samples for empirical analysis.

**Research design:** Define explanatory variables and explained variables, and establish a model to verify the impact of enterprise managers' overconfidence on M & A performance. The size of influence is graded, and from 0 to 4 represent five different levels of influence from small.

**Methods:** Using Excel and SPSS20.0 to process and analyze relevant data.

**Results:** It can be seen from Table 1 that cognitive psychology mainly includes four contents: treating the human brain as an information processing system similar to computer, emphasizing the decisive role of existing knowledge and knowledge structure in human brain on its current behavior and cognitive activities, emphasizing the integrity of cognitive process and production system. The influence levels of the four on managers' overconfidence are 4, 4, 3 and 2 respectively, which are at a high level. It emphasizes the decisive role of people's existing knowledge and knowledge structure on their current behavior and cognitive activities, and the final impact on M & A performance is negative. The remaining three main contents have a positive role in promoting M & A performance.

**Table 1.** Effects of cognitive psychology on managers' overconfidence and M & A performance

Main contents of cognitive psychology	Manager overconfidence	M & A performance
Think of the human brain as an information processing system similar to a computer	4	+
It emphasizes that the existing knowledge and knowledge structure in people's mind play a decisive role in their current behavior and cognitive activities	4	-
Emphasize the integrity of cognitive process	3	+
Production system	2	+

**Conclusions:** This study provides theoretical data support for the development of China's listed enterprises and M & A market. The four main contents included in social psychology will have varying degrees of impact on managers' overconfidence and significantly promote M & A performance. Only the decisive role of personal knowledge on current behaviors and activities hinders the improvement of M & A performance.

\* \* \* \* \*

## THE INFLUENCE OF COLLEGE PHYSICAL EDUCATION ON ALLEVIATING COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY FROM THE PERSPECTIVE OF CURRICULUM IDEOLOGY AND POLITICS

Wen Yan<sup>1</sup>, Peng Ye<sup>2</sup> & Xiaojing Cao<sup>2</sup>

<sup>1</sup>College of Business Administration, Xuzhou College of Industrial Technology, Xuzhou 221140, China

<sup>2</sup>Physical Education and Arts Department, Xuzhou College of Industrial Technology, Xuzhou 221140, China

**Background:** Anxiety is a complex emotional response caused by psychological conflict or frustration. It is an unpleasant emotion, usually intertwined with anxiety, tension, disappointment, uneasiness, fear, anxiety and shame. When people are angry, this is a natural emotion of human beings. Excessive anxiety can easily lead to physical and psychological abnormalities. College students are in a specific stage of physical maturity and psychological immaturity. They are facing more and more social challenges, learning pressure and employment pressure, which leads to students' long-term tension and psychological obstacles. According to the relevant survey data, the mental health status of college students is not optimistic. At present, about 30% of college students in China have varying degrees of mental health problems, mainly manifested in anxiety, depression, paranoia, compulsion, tension and so on. In addition, the incidence rate

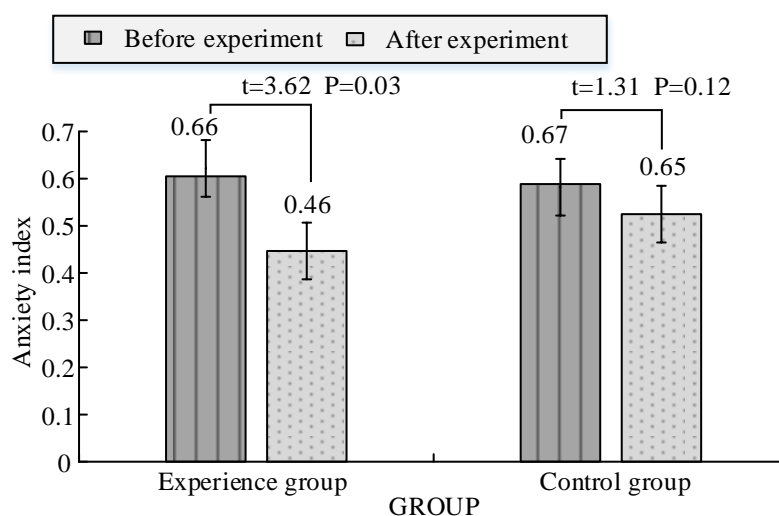
of mental disorders is increasing year by year. It can be seen that college students' mental health has become an important problem affecting college students' health. The teaching mode of physical education in colleges and universities from the perspective of curriculum ideology and politics can regulate emotions, stimulate spirit, help students vent their bad emotions, cultivate students' strong will and good ability to adapt to the environment, and improve their interpersonal skills. It is an important means to improve the mental health level of college students and eliminate mental diseases. It will play a more and more important role in students' physical and mental health.

The current situation of college students' mental health is not optimistic, and the psychological anxiety caused by excessive pressure on learning and employment has become an important issue that cannot be ignored in current college education. Because college physical education plays an important role in promoting college students' mental health, that is, it plays a unique role in promoting mental health with its unique nature and function. At the same time, ideological and political education in colleges and universities is the key path and main position of modern college students' education. It is the main channel to help higher vocational students establish correct three views, and college students' ideological and political course includes the content and requirements of mental health teaching. In view of this, this study designs the teaching mode of physical education in colleges and universities from the perspective of curriculum ideological and political education, organically integrates the psychological characteristics of ideological and political education and the biological characteristics of physical education, explores the implicit needs, motives, interests, emotions and other psychological activities of contemporary college students, patiently inspires students and sets noble goals through physical education teaching. Through ideological and political teaching, actively cultivate students' self-confidence construction and stimulate the spirit of self-improvement, so as to enhance the psychological adaptability of contemporary college students, alleviate students' anxiety, and then fully ensure the comprehensive and all-round development of modern college students.

**Objective:** To explore the positive role of the teaching mode of physical education in colleges and universities from the perspective of curriculum ideology and politics in regulating the positive emotions of contemporary college students, stimulating spirit, venting bad emotions, cultivating strong will and good environmental adaptability, so as to provide new research ideas and directions for the innovative development of college education. The educational direction and path to fully ensure the comprehensive and all-round development of modern college students.

**Research objects and methods:** Taking the teaching mode of physical education in colleges and universities from the perspective of curriculum ideological and political education as an intervention method, this paper discusses the impact of the teaching mode of combining ideological and political education with physical education on college students' anxiety response. 100 college students were selected as the research object, 50 in the experimental group (the teaching mode of the organic integration of ideological and political education and physical education) and 50 in the control group (the traditional physical education teaching mode). The self-anxiety scale was used to test the degree of students' psychological anxiety, and the repeated measurement was used to carry out the specific experimental design. The intervention period was 10 weeks, The changes of psychological anxiety of the two groups of students before and after the intervention were compared.

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



**Figure 1.** Changes of students' psychological anxiety after the intervention of college physical education

teaching mode from the perspective of curriculum ideology and politics

**Results:** Figure 1 shows the changes of students' psychological anxiety after 10 weeks of intervention in the teaching mode of physical education in colleges and universities from the perspective of curriculum ideology and politics. On the whole, after the intervention of college physical education teaching mode from the perspective of curriculum ideological and political education for 10 weeks, the psychological anxiety of students decreased significantly. This shows that the organic integration of ideological and political education and physical education can effectively alleviate students' psychological anxiety, and then is of great significance to improve students' psychological development.

**Conclusions:** The teaching mode of physical education in colleges and universities from the perspective of curriculum ideology and politics can effectively improve students' psychological anxiety, which is of great significance to enhance students' psychological development, and is worthy of popularization and application in the practice of teaching reform in colleges and universities.

**Acknowledgement:** The research is supported by: 2021 Jiangsu University Philosophy and Social Science Research Project, Research on the Path to Improve the Efficiency of College Physical Education from the Perspective of Curriculum Ideology and Politics (No. 2021SJA1144).

\* \* \* \* \*

## EFFECT OF ORAL ENGLISH LEARNING ON REHABILITATION OF PATIENTS WITH AFFECTIVE DISORDER

Jing Zhang

*School of Humanities and Law, Zhejiang Agriculture & Forestry University, Hangzhou 311300, China*

**Background:** There are many patients with affective psychosis, including bipolar disorder, depression and mania. Bipolar disorder was originally called "bipolar disorder", which belongs to a kind of mood disorder. In the whole process of the disease, there are both manic episodes and depressive episodes. These episodes are periodic and completely normal during this time. When manic attacks occur, you will feel very happy, energetic, irritable, reckless, and reduce your sleep needs. During the onset of depression, patients are depressed, unhappy, do not want to contact people, prone to fatigue, self-blame, hopeless life, and even have negative world weariness. In affective disorder, the core manifestations of manic episode and depressive episode are thinking escape and thinking retardation respectively. Thinking out of control refers to the rapid association of thinking, the continuous emergence of new concepts and the leap of thinking. They are often attracted by changes in the environment, divert the topic, distract their attention, and can't carry it out to the end. Slow thinking is manifested in association difficulty, slow response and difficult thinking. The conscious brain seems to rust and cannot rotate. When talking with him, his voice is low, low volume, slow and difficult to answer, which will affect his social and working ability. From the perspective of phenomenology, patients with unhurried thinking will continue to transfer from one thing to another, with fast speed and great jump. Patients with mental retardation will repeatedly think about the cause, process, result and influence of something, and be fixed in a specific thinking and behavior environment. From these clinical phenomena, it can be inferred that their distraction, namely cognitive flexibility, is problematic, that is, affective psychosis also has cognitive impairment. Over the past decade, people's in-depth laboratory research on affective disorders has revealed the key role of amine, cholinergic, peptidergic system transmitters and endocrine changes in its pathogenesis and prognosis. At the same time, relevant studies have pointed out that in addition to drug treatment, affective disorders can also be treated through other external ways, such as art therapy and decentralized therapy. So as to provide a good entry point and better breakthrough for better understanding and prevention of the disease.

English self-concept is a self-concept subdivided into specific skills, including pronunciation, grammar, vocabulary, listening, speaking, reading and writing. The self-concept at the top of the hierarchy is relatively stable. The lower the hierarchy, the weaker the stability of self-concept. The self-concept of each level restricts and affects each other, which means that the change of one level will inevitably lead to the change of another level. At present, many psychologists and scholars have studied oral English learning and pointed out the positive role of oral English learning in the treatment of patients with affective disorders, that is, they can help patients with affective disorders get rid of psychological diseases through the factors such as emotion, belief and motivation generated in oral English learning, so as to move towards a normal life with sound psychology and strong goals. Based on this, this study carried out the research on the positive role of "oral English learning" treatment model in patients with affective disorders, in order to