

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.

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

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**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

provide corresponding theoretical basis for clinical treatment of patients with affective disorders.

**Objective:** This study is committed to the self-concept ability in the “oral English learning” model, and extracts an effective model for the treatment of patients with affective disorders, and then provides a new perspective and strategy for the clinical treatment of patients with affective disorders.

**Research objects and methods:** 90 patients with affective disorders were selected as the research object, including 30 patients with bipolar disorder, depression and mania. 100 patients were treated with “oral English learning”, and the improvement of symptoms of patients with affective disorder before and after “oral English learning” treatment was compared and analyzed.

**Methods:** Use Excel software for statistical data analysis.

**Results:** Table 1 shows the improvement of symptoms of patients with affective disorder before and after the treatment of “oral English learning”. On the whole, compared with before the treatment of “oral English learning”, the psychological symptoms of patients with bipolar disorder, depression and mania were significantly improved ( $P < 0.05$ ).

**Table 1.** Improvement of symptoms of patients with affective disorder before and after treatment of “oral English learning”

Variable	Max	Min	M	SD
Psychological symptoms of patients with bipolar disorder	6.00	1.00	3.04*	1.56
Psychological symptoms of patients with depression	6.00	1.00	2.62*	1.30
Psychological symptoms of manic patients	6.00	1.00	2.06*	1.20

Note: \*  $P < 0.05$  indicates the comparison with that before oral English learning treatment.

**Conclusions:** The treatment of affective disorders based on “oral English learning” can effectively improve the psychological symptoms of patients with bipolar disorder, depression and mania, and then provide a theoretical basis for the clinical treatment of affective disorders, which is worthy of clinical application.

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## INCENTIVE MECHANISM IN ENTERPRISE VALUE RELATIONSHIP MANAGEMENT TO ALLEVIATE EMPLOYEES’ PSYCHOLOGICAL ANXIETY

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**Background:** Anxiety is an emotional state of tension and fear caused by failing to achieve goals or threatening human beings to overcome these obstacles, self-esteem and self-confidence, or increasing the sense of failure and guilt. It includes three main parts: emotional experience, threat, uncertainty, cognitive expression 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. For example, a bad mood can lead to neurological dysfunction and mental illness or abnormalities. As for the research on anxiety, most domestic scholars pay attention to practical research, while theoretical research is relatively few. Most domestic scholars study anxiety. Many scholars focus on research in the field of medicine rather than research and development in the field of medicine. Employee anxiety mainly focuses on more specific anxiety problems, such as examination, emotion, society and other influencing factors to analyze employee anxiety. They did not perfectly combine theory with practice, but they paid too much attention to some superficial problems and did not explore the deep-seated reasons under the background of the times. This is the actual work level behind these problems. Therefore, there are relatively few data on employee anxiety and its influencing factors. The research of summarizing anxiety generally includes qualitative research theory and empirical research results, which respectively study the current situation of human anxiety and the relationship between anxiety and enterprise, society, environmental change, personality, cultural