

their subjective initiative according to students' interests and hobbies, make physical education develop in a multi-functional and diversified direction, and achieve remarkable results in cultivating students' technical skills. It effectively cultivates the will and quality of students to adapt to the environment, dare to face difficulties, overcome themselves, overcome difficulties, bear hardships and stand hard work, unite and cooperate, so as to achieve the purpose of physical and mental education in colleges and universities, and adjust and treat the psychological confusion and psychological obstacles of college students.

Subjects and methods: 400 students with communication adaptation disorder were randomly selected, including 180 girls and 220 boys, with an average age of 20.51±1.35. The subjects were divided into experimental group and control group, with 200 students in each group.

Research design: Give the experimental group an innovative model of college physical education teaching. The control group was given routine physical education teaching mode. After teaching, the cognitive impairment of the two groups of college students before and after teaching was compared, and Alzheimer's Disease Assessment Scale cognitive subscale (ADAS-cog) was used to evaluate before and after intervention. The scale has 11 questions with a full score of 70. The evaluation content involves the use of language, concept, structure, orientation and word recognition, and the score is directly proportional to the degree of damage. In order to judge the situation of communication and adaptation obstacles of college students before and after the innovative mode of physical education in colleges and universities.

Methods: The relevant data were calculated and counted by Excel software and SPSS20.0 software.

Results: Before teaching, there was no significant difference in ADAS-cog between the two groups ($P > 0.05$). After teaching, there was significant difference in ADAS-cog scores between the two groups ($P < 0.05$). As shown in Table 1.

Table 1. The ADAS cog scores of the two groups in different periods were compared

	Group	Experience group	Control group	P
ADAS-cog	Before teaching	20.02±2.61	20.12±2.58	0.379
	After teaching	13.55±1.87*	17.59±2.31*	0.018

Note: Compared with the baseline ADAS-cog score of this group, * indicates $P < 0.05$.

Conclusions: Deepening the reform of college physical education curriculum, expanding the function of physical education, and promoting the physical and mental health of college students are the inevitable trend of the development strategy of modern physical education. It is one of the effective methods and means to test college students' psychological disorders to conduct a follow-up survey of college students' mental health and establish and improve college students' psychological archives. The positive influence of physical education on college students' psychological obstacles is all-round. There is a positive correlation between the purpose of physical education and college students' mental health. According to the actual situation of colleges and universities, reasonably optimize the physical education curriculum, implement the integrated teaching mode inside and outside the class, expand the physical education platform, and lead the treatment of college students' psychological obstacles to the process of physical education. The reform of physical education curriculum in colleges and universities must achieve the goal of physical and mental education of students. According to the learning characteristics, learning tasks, interests and hobbies of college students, the reform system of physical education curriculum in colleges and universities should be implemented. All these are in line with the requirements of the state on the all-round development of quality education and the development direction of contemporary education.

* * * * *

THE IMPACT OF SOCIAL POLICY CHANGES ON COMMUNICATION ADAPTABILITY DISORDER OF MIGRANT ELDERLY

Yuandong Liu

Law School, Zhongyuan University of Technology, Zhengzhou 450007, China

Background: The background of China's urbanization is accelerating, including a large number of rural populations moving into cities. These young and middle-aged rural people settled in cities and towns by going to school and working. These young and middle-aged parents for various reasons, such as taking care of their children's daily life, self-pension, filial piety and so on, these old people either voluntarily or forced to leave their rural hometown and move to cities and towns to settle down. For this special group of elderly

immigrants, some scholars define it as the accompanying elderly. Most of the accompanying elderly are used to rural life. After moving to the city, they will have maladjustment, including social adaptation, cultural adaptation and psychological adaptation. Social adaptation includes interpersonal communication, recreational activities and community participation. Cultural adaptation includes language communication, living habits and values. Psychological adaptation includes life satisfaction, psychological distance, identity and future plans. In addition, changes in urban social policies, such as the pension system and medical expense reimbursement system, are different from those in rural areas, resulting in the extremely maladjustment and confusion of the accompanying elderly. Therefore, based on the above contents, the quality of life of the accompanying elderly can be improved to a certain extent, but the mental health status is not optimistic. Under various maladjustments, many accompanying elderly people have psychological diseases such as anxiety and depression, which lead to the damage of cerebral cortex, the decline of cognitive function, and finally suffer from communication adaptability disorder.

Communication adaptability disorder is that in the process of communication, patients have language cognitive impairment due to defects in one or more cognitive functions such as working memory, self-management or executive function, which leads to the decline of patients' language communication ability, unable to accurately express their thoughts and normal communication with people. Therefore, the negative emotions of the accompanying elderly with communication and adaptation barriers will be more serious and cannot be effectively alleviated, which will greatly damage the mental health of the accompanying elderly and reduce the quality of life of the accompanying elderly. Social psychology is a branch of psychology that began to rise in the early 20th century. It mainly studies the occurrence and change laws of psychology and behavior of individuals and groups in social interaction, and discusses interpersonal relations at the individual level and social group level, including group communication structure, group norms and so on. Therefore, based on social psychology, the study analyzes the social adaptability of the migrant elderly, and puts forward strategies to enable the migrant elderly to adapt to urban life faster, alleviate the negative emotions of the elderly, and then treat the communication adaptability obstacles of the elderly, so as to promote the construction and development of a harmonious society.

Objective: Most of the elderly who move with them are used to rural life. After moving to the city, due to the changes of living habits, social policies and other factors, they will not adapt to the situation, and then have psychological diseases such as anxiety and depression, resulting in the damage of cerebral cortex, the decline of cognitive function, and finally suffer from communication adaptability disorder. Communication adaptability disorder will reduce the quality of life of the elderly and increase the family burden. Therefore, the research analyzes the social adaptability of the elderly based on social psychology, and puts forward strategies to enable the elderly to adapt to urban life faster, alleviate the negative feelings of the elderly, and then treat the communication adaptability disorder of the elderly and promote the construction and development of a harmonious society.

Subjects and methods: 80 elderly people with communication adaptability disorder were randomly selected by stratified cluster sampling. The Chinese Rehabilitation Research Center Standard Aphasia Examination (CRRCAE) was used to evaluate the degree of communication adaptation disorder.

Study design: 80 accompanying elderly people were randomly divided into study group and control group, with 40 people in each group. The patients in the study group used the intervention method proposed by the study to intervene in the elderly. The patients in the control group did not take measures. After 3 months, the degree of communication adaptability disorder of the two groups was compared.

Methods: The relevant data were processed and analyzed by software SPSS17.0.

Results: Before the intervention, there was no significant difference in CRRCAE scores between the two groups ($P > 0.05$). After the intervention, the CRRCAE scores of patients in the study group were significantly higher than those in the control group ($P < 0.05$), as shown in Figure 1.

Conclusions: With the continuous development of China's economic level and the accelerating process of urbanization, a large number of young and middle-aged people in rural areas began to move into cities, so there were a large number of accompanying elderly groups. Some elderly people who move with them are used to rural life. After moving to the city, they will have maladjustment, and then have psychological diseases such as anxiety and depression, resulting in damage to the cerebral cortex, decline in cognitive function, and finally suffer from communication adaptability disorder. The research is based on social psychology and puts forward intervention methods. The results showed that there was no significant difference in CRRCAE score between the two groups before the intervention ($P > 0.05$). After the intervention, the CRRCAE score of the study group was significantly higher than that of the control group ($P < 0.05$). The above shows that the intervention method proposed in the study can effectively treat the communication adaptability disorder of the elderly and promote the construction and development of a harmonious society.

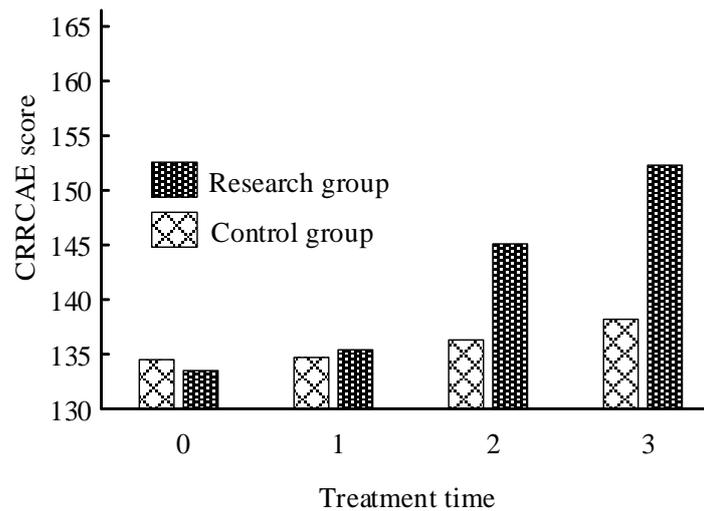


Figure 1. The degree of communication adaptability disorder between the two groups

* * * * *

THE STATUS QUO OF INTERNET PLUS EMBEDDED COMMUNITY PENSION IN JIANGSU FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

Guoping Xie, Shuang Zhao, Jianbing Yin & Yinan Dai

School of Finance and Economics, Wuxi Institute of Technology, Wuxi 214121, China

Background: Population aging has become a worldwide problem. According to previous reports, the population aging of Jiangsu Province ranks third in China. The proportion of people over 60 years old exceeds 22.5% of the total population of Jiangsu Province. The problem of population aging is very serious. At present, the main pension modes in China are home-based pension and institutional pension. However, in the above pension model, due to insufficient economic support, lack of emotional comfort and other reasons, the elderly are easy to feel lonely and lonely, resulting in mental health problems and mental diseases, such as anxiety, depression, cognitive impairment and so on. Many studies show that most of the elderly have a strong sense of loneliness and their mental health is very unsatisfactory, which not only greatly affects the quality of life of the elderly, but also may lead to the decline of cognitive function of the elderly, which will increase the prevalence of cognitive impairment, increase the burden on families and affect the construction of a harmonious society. In this context, some scholars put forward a community-embedded elderly care model that combines the advantages of home-based elderly care and institutional elderly care, and quickly extended it to major cities for pilot. Community embedded pension model can reintegrate the elderly into the social relationship structure and relieve the loneliness and anxiety of the elderly. It is of great significance to improve the mental health level and quality of life of the elderly.

In recent years, Internet technology has developed rapidly, and has been integrated into all walks of life. It also plays an important role. The concept of Internet plus has emerged. Some scholars apply Internet plus to the field of providing for the aged, and realize "intelligent endowment". However, many elderly people have low awareness of the Internet, which is difficult to understand, and the intelligent elderly care industry is immature and fails to form a mature industrial chain. Therefore, the effect of Internet plus embedded pension mode needs further study. Social psychology is a branch of psychology, which mainly studies the occurrence and change law of psychology and behavior of individuals and groups in social interaction, and discusses interpersonal relations at the individual level and social group level, including group communication structure, group norms and so on. In social psychology, it is generally divided into three fields: individual process, interpersonal process and group process. Among them, individual process involves individual attitude, personal perception and self-consciousness, as well as the change law of individual personality development and social development. The interpersonal process is to explore the interpersonal relationship between individuals and the impact of interpersonal relationship on individual psychology. Group process studies individual psychology and behavior law from the perspective of macro environment, including the psychological impact of group and organization on individual and the