

INFLUENCE OF THE INTEGRATION OF NATIONAL TRADITIONAL CULTURE INTO MODERN FASHION DESIGN ON PATIENTS WITH COMMUNICATION ADAPTATION DISORDER

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Background: Communication adaptation disorder means that in the process of communication, the communication is not smooth, resulting in patients with emotional disorders such as worry and depression. Among them, communication has been in trouble for a long time. Communication adaptation disorder will lead to maladaptive behavior, such as irregular life, and lead to physiological dysfunction such as poor sleep, which will affect social function. The cause of the disease is the comprehensive effect of psychosocial stress and individual quality. Patients with communication adaptation disorder will have emotional disorders and short-term mild troubles. It will change into a mental illness, but it will not affect the quality of life. Communication adaptation disorder can be divided into six types: anxiety, depression, abnormal conduct, mixed emotion and conduct, mixed emotional performance and so on. Each type has corresponding symptoms. For example, patients with anxiety communication adaptation disorder will show tension, uneasiness, upset, palpitation, sometimes panting and fidgeting. Patients with abnormal conduct and communication adaptation disorder are mostly seen in teenagers. These patients will have bad behaviors such as truancy, absenteeism and theft, which will infringe on the rights of others.

There are 56 ethnic groups in China. There are great cultural differences among ethnic groups. Many ethnic groups have their own cultural language. If the culture and language are not interlinked and do not understand each other's cultural habits, it will be difficult for ethnic communication, which is very difficult for patients with communication adaptation disorder. In order to prevent the stimulation of inter-ethnic cultural barriers to patients with communication adaptation disorder, resulting in large fluctuations in their emotions, we can integrate the national traditional culture into modern fashion design, reduce the sense of ethnic differences, and make them feel familiar when communicating face-to-face. Therefore, we can integrate national traditional culture into modern fashion design and make a specific analysis and research on the impact of communication adaptation disorder patients.

Objective: To analyze the national traditional culture, understand the clothing characteristics of various nationalities, list the elements of national clothing, and analyze the characteristics of these elements. For example, the pattern elements adopt the way of giving up the shape and taking the meaning, which visually symbolizes all kinds of animals and creatures and turns them into the pattern of clothing. In the process elements, a variety of processes are adopted, such as tie-dyeing and embroidery, and accessories are used to match, to increase the beauty and coordination of clothing. In addition, the elements of national clothing also include structural modeling elements and fabric elements. Integrating these national clothing elements into modern clothing design can not only meet the material needs of patients with communication disorders, but also meet their spiritual needs so that they can increase their sense of national familiarity and draw the distance between them when communicating among different nationalities.

Research objects and methods: The research objects are college students with communication and communication disabilities. Using data mining technology, 310 college students with communication and communication disabilities are randomly mined from the mental health database of three universities to understand their usual behavior and psychological status, grasp their views on fashion design and their understanding of national traditional culture. Record the relevant data through SPSS18.0 software to process data, and analyze and study the impact of the integration of national traditional culture into modern fashion design on patients with communication adaptation disorder. When quantifying relevant influencing factors, grade 1-5 is adopted. 1-3 points indicate no impact, slight impact and general impact, and 4 and 5 points respectively indicate obvious impact and complete impact.

Results: Stimulated by the long-term difficulties of the outside world, patients with communication adaptation disorder will become irritable and bored, produce a lot of negative emotions, and show them in words and deeds. When communicating with people of different nationalities, the differences of national cultural habits will aggravate the stimulation of communication difficulties and make the mood of patients with communication adaptation disorder fluctuate. In order to reduce this cultural strangeness, the traditional national culture is integrated into modern fashion design, and the familiarity with other national cultures is increased imperceptibly. Freshmen with communication and adaptation barriers believe that the integration of pattern elements of national clothing into modern clothing design has a complete impact on them. The score is 5 points. The specific results are shown in Table 1.

Conclusions: Patients with communication adaptation disorder have certain obstacles in communicating with others, which will produce negative emotions such as tension and uneasiness, and do not know what to

say to others. Starting from modern fashion design, integrate the traditional national culture, get familiar with the culture of other nationalities imperceptibly, and promote communication.

Table 1. The influence of the integration of national traditional culture into modern fashion design on patients with communication adaptation disorder

Grade	Pattern element	Process elements	Fabric elements	Structural modeling elements
Freshman	5	4	3	5
Sophomore	4	5	4	5
Junior	4	5	5	4

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CAUSES AND COUNTERMEASURES OF COLLEGE STUDENTS' ANXIETY IN ENGLISH SPEECH

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Background: Anxiety is an internal conflict of individual psychology or emotion, which leads to irrational fear or excessive worry. Anxiety has many social manifestations, such as emotional anxiety, post-traumatic stress, obsessive-compulsive disorder and phobia. Speech anxiety is a kind of state anxiety reflected in special scenes. It belongs to a series of physical and mental discomfort feelings or behaviors that individuals show in the process of expected activities. In the process of speech, the speaker's anxiety usually shows certain symptoms in physiology, psychology and language thinking, such as limb trembling, rapid heartbeat, voice trembling, forgetting words, sweaty palms, etc., so that the coordination of behavior and language is reduced. Especially when using non-native language to make a speech, the speaker's anxiety will become more serious. As an auxiliary means of teaching, public speech helps to improve students' oral communication skills, enhance their critical thinking ability, stimulate their learning enthusiasm and improve their comprehensive language application ability. Successful public speaking not only shows the speaker's solid language skills and skilled nonverbal skills, but also shows the speaker's good psychological state. However, many studies have shown that most people and even experienced speakers show varying degrees of anxiety.

With the continuous advancement of college English teaching reform in China, college students' English speech has attracted more and more attention. There have been many high-level English speech competitions, which have promoted the cultivation of college students' quality and ability. Studies have shown that college students can improve at least five abilities after speaking in English, which are English language level, psychological quality, cultural cultivation, critical thinking and aesthetic ability. From the perspective of teaching, English speech can improve language communication ability, listening and speaking ability and application ability, and then enhance college students' interest in learning. Therefore, many domestic colleges and universities take English speech as an elective or compulsory course. However, English speech anxiety has always restricted the improvement of college students' English speech level. In order to effectively alleviate speech anxiety, a large number of scholars have also carried out many related studies. Research shows that the main cause of anxiety in English speech is the lack of speech skills. Therefore, college students must strengthen their basic speech skills training, so as to reduce the anxiety in English speech and finally achieve the success of speech.

Objective: Classroom teaching practice based on English speech for college students aims to provide targeted guidance for eliminating learners' speech anxiety and language shock, so as to help them improve their English speech level and communicative competence.

Research objects and methods: The subjects were 64 sophomores majoring in English in a university, including 7 boys and 57 girls, who participated in the classroom teaching practice of English speech for one semester. After one semester, compare the English speech level of all subjects before and after teaching practice.

Research design: The self-designed anxiety scale was used to evaluate the teaching effect of English before and after the speech. Negative items adopt the 5-level scoring method, with a score of 1-5. The lower the score, the more inconsistent with their own feelings, and the higher the score, the more consistent with their own feelings. Positive items are scored in reverse, with a score of 30 - 150. The higher the score, the higher the degree of speech anxiety.