

anxiety under the innovative model. The results show that in college teaching, students of different grades can alleviate their anxiety under the new teaching mode, and compared with the conventional teaching mode, the innovative mode has a more significant effect on students' anxiety relief. Therefore, in college teaching, we should take students as the main body, formulate appropriate teaching models and formulate innovative plans to improve the efficiency of students' anxiety relief.

Table 1. Comparison of students' anxiety before and after teaching

Project		Professional achievement		Anxiety score	
		Before teaching	After teaching	Before teaching	After teaching
Freshman	Experimental class	61.2	80.7	69.57±2.31	35.45±1.26
	Control class	60.7	75.8	68.42±2.22	39.07±1.29
Sophomore	Experimental class	59.4	82.1	64.68±2.17	34.52±1.37
	Control class	60.3	77.5	66.12±2.06	39.52±1.66
Junior	Experimental class	57.8	80.9	59.52±2.33	36.37±1.21
	Control class	55.9	75.6	60.11±2.28	40.02±1.33
Senior	Experimental class	64.3	83.4	70.4±2.77	35.15±1.01
	Control class	63.7	79.7	70.1±2.69	42.06±1.25

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TEACHING OF MODERN LITERARY WORKS IN COLLEGES AND UNIVERSITIES UNDER THE BACKGROUND OF COGNITIVE IMPAIRMENT

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Background: College students will have different types of mental diseases due to the pressure of learning tasks, among which cognitive impairment is the most common. Psychiatry believes that cognitive impairment becomes unable to identify common sense information. From the evaluation of psychological characteristics, it can be found that people's cognition is the processing of social information, while mental patients with cognitive impairment have reduced cognitive ability and cannot accurately identify social information, resulting in negative emotions such as fear and anger. Cognitive impairment was classified as schizophrenia in the early research of psychiatry. With the deepening of research, psychiatrists believe that cognitive impairment is a primary symptom independent of schizophrenia. In the research and development of psychiatry, it is suggested that the generation of cognitive impairment has certain genetic factors, and patients with cognitive impairment are more vulnerable to the influence of their parents. At the same time, some studies have pointed out that most patients with cognitive impairment have prefrontal related executive function loss, which indicates that important areas of the brain of patients with cognitive impairment are damaged and have cognitive impairment. In the routine treatment of psychosis, surgery and drug quality are adopted for people with cognitive impairment. In the prognostic study of people with cognitive impairment, it has been confirmed that patients with severe cognitive impairment have social and professional abilities.

In college teaching, the literary ideas contained in modern literary works can significantly affect students' values, which leads to the cognitive impairment of students in literature teaching. However, it can be admitted that colleges and universities are gradually using the ideological impact of literature to solve the cognitive impairment of students in the face of cognitive impairment students in teaching. The main reason for the cognitive impairment of college students is that the learning pressure leads to the confusion of students' thinking logic, which eventually leads to cognitive impairment. The generation of students' thinking logic impairment often occurs in the teaching of literature courses. The core ideas contained in different literature are significantly different, which makes the students' logic confused. This kind of teaching mode of literature can not only lead to the deterioration of students' cognition, but also lead to the deterioration of students' cognition. Therefore, from the perspective of college students with cognitive impairment, this study uses the modern literary works course to carry out teaching innovation, and puts

forward the innovative teaching mode of college literary works teaching, in order to alleviate the cognitive impairment of college students.

Objective: This paper discusses the cognitive impairment of students in college teaching, analyzes the impact of college literary works teaching on students' cognitive impairment, and puts forward an innovative teaching model of modern literary works in colleges and universities based on alleviating cognitive impairment.

Study design: Taking the students of modern literature teaching course in a university as the research object, count the number of students with cognitive impairment, and evaluate the level of students' cognitive impairment. Cluster analysis is used to count the types of works that affect the reduction and improvement of students' cognitive impairment in the teaching of modern literary works in colleges and universities, so as to construct the teaching scheme of modern literary works in colleges and universities. Carry out innovative program teaching for students with cognitive impairment for one year, count the changes of students' cognitive impairment level during teaching, and finally compare the differences of students' cognitive impairment before and after teaching. All data were collected by SPSS24.0, $P < 0.05$ was statistically significant.

Results: According to the statistics of 22 students with cognitive impairment in the teaching of modern literary works in colleges and universities, the impact of the categories of modern literary works on students' cognitive impairment is shown in Table 1, in which "+" means aggravating patients' cognitive impairment, "-" means alleviating students' cognitive impairment, 0-3 means the degree of impact, 0 means no impact, and 3 means significant impact. Table 1 shows that different types of modern literary works have significant differences in the degree of influence on students' cognitive impairment.

Table 1. The influence of the types of literary works on students' cognitive impairment

Project	Prose	Sketch	Poetry	Novel
Cognitive impairment	-2	-2	+3	+2

Conclusions: College students' cognitive impairment is the main factor that hinders the improvement of students' academic performance. In college teaching, we need to focus on students' cognitive impairment. In the research, by analyzing the current situation of cognitive impairment in the teaching of modern literary works and the impact of the types of modern literary works on students' cognitive impairment, we can build a teaching scheme of modern literary works with the ability to alleviate students' cognitive impairment. The results show that different types of modern literary works will promote and alleviate students' cognitive impairment. Taking the types of literary works that can alleviate students' cognitive impairment as the main teaching type can alleviate students' cognitive impairment to a great extent. Therefore, we should start with the construction of students' mental and physical barriers in the teaching program of colleges and universities.

Acknowledgement: This work was supported by the 2021 Jiangsu Shuangchuang (Mass Innovation and Entrepreneurship) Talent Program (JSSCBS20210822); General project of Humanities and social sciences of Jiangsu Provincial Department of Education(2021SJA0860).

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PRACTICE OF PHYSICAL EDUCATION TEACHING METHODS IN COLLEGES AND UNIVERSITIES UNDER THE BACKGROUND OF COGNITIVE IMPAIRMENT

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Background: In college teaching, students are prone to mental and mental health problems, among which cognitive impairment is the most common mental disorder among students. In the teaching of colleges and universities, the learning tasks and learning requirements have been greatly improved in the era of middle school. College students are difficult to adapt to the learning atmosphere of colleges and universities in a short time after they are separated from middle school life. They are more prone to cognitive impairment in the face of the learning environment of colleges and universities with the integration of different cultures. Cognitive impairment is considered as a kind of mental disorder in psychiatry. Many studies have shown that patients with cognitive impairment have obvious impairment of cognitive function. With the help of medical tools, it can be seen that the relevant brain regions of patients with cognitive impairment will be damaged, and then cognitive function will be damaged. However, from