

and the mental health status of students was evaluated by Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Symptom Checklist-90 (SCL-90).

**Study design:** 80 students were randomly divided into study group and control group, with 40 students in each group. For the students in the research group, the teaching mode of ideological and political education in colleges and universities based on the improvement of educational psychology is adopted. For the students in the control group, the traditional teaching mode of ideological and political education in colleges and universities is adopted. After teaching for a period of time, the mental anxiety levels of the two groups of students were compared.

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

**Results:** After teaching, the degree of anxiety and depression of the students in the study group decreased significantly ( $P < 0.05$ ). The anxiety and depression of the control group had no significant change ( $P > 0.05$ ), and was significantly worse than that of the study group ( $P < 0.05$ ). The anxiety of students is shown in Table 1.

**Table 1.** Anxiety of two groups of students

Timing	SAS Score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	71.9±12.3	72.1±13.1	0.403	0.762
After teaching	52.4±9.6	71.7±13.4	8.452	0.001
<i>t</i>	8.943	0.147	-	-
<i>P</i>	0.001	0.652	-	-

**Conclusions:** In college education, we should not only pay attention to the cultivation of college students' academic level, but also pay attention to the cultivation of college students' own psychological quality. College students have high psychological pressure and poor psychological quality, so they are easy to fall into mental anxiety. When the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will decline, and even weariness will appear, which will greatly affect students' normal study and life. based on educational psychology, this study analyzes the psychological changes of students in ideological and political education courses, so as to improve the teaching mode of ideological and political education in colleges and universities, improve the teaching quality and alleviate students' anxiety. The results showed that the anxiety and depression of the students in the study group decreased significantly after teaching ( $P < 0.05$ ). The anxiety and depression of the control group had no significant change ( $P > 0.05$ ), and was significantly worse than that of the study group ( $P < 0.05$ ).

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## RESEARCH ON URBAN CULTURAL CONSTRUCTION STRATEGY OF PUBLIC MANAGEMENT UNDER COGNITIVE IMPAIRMENT

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**Background:** Urban culture is the symbol of urban spiritual civilization. The public's evaluation of the city comes from the internal and external cognition of the city. Public management plays an important role in the construction of urban culture and is the basis of the construction of urban culture. In the process of urban cultural construction based on public management, due to many problems in public management, the process of urban cultural construction is slow, and the relevant staff have negative emotions, resulting in psychological diseases such as anxiety, depression and cognitive impairment. Cognition refers to the process that the brain processes the acquired information and skills intelligently. In the process of cognition, it will involve a series of complex social behaviors and activities such as learning, memory, emotion, thinking and so on. When the human cerebral cortex is damaged by various factors, the brain's intelligent processing process will be limited and abnormal, which will lead to cognitive impairment. The learning, memory and life of patients with cognitive impairment will be affected, which reduces the quality of life of patients and is not conducive to the harmonious development of society. Therefore, finding appropriate methods to treat cognitive impairment is of great significance to patients themselves and social development. Therefore, many experts have carried out in-depth research on cognitive impairment.

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. 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 psychological impact of surrounding environment on individual. Based on social psychology, the research analyzes the psychological change law of urban residents in public management, and then puts forward strategies for urban public management, completes urban cultural construction, and then alleviates the degree of cognitive impairment of staff, which is of great significance to the personal long-term development of staff with cognitive impairment and the construction of a civilized city.

**Objective:** Due to many problems in public management, the process of urban cultural construction is slow, and relevant staff have negative emotions, which leads to psychological diseases such as anxiety, depression and cognitive impairment. Based on social psychology, the research puts forward strategies for urban public management, completes urban cultural construction, and then alleviates the degree of cognitive impairment of staff, which is of great significance to the personal long-term development of staff with cognitive impairment and the construction of a civilized city.

**Subjects and methods:** 60 staff with cognitive impairment and engaged in public management were selected as the research subjects. Self-rating Anxiety Scale (SAS) and Self-rating Depression Scale (SDS) were used to evaluate the emotional state of patients. The cognitive impairment of patients was evaluated by the Mini-mental State Examination (MMSE) and the Mental Health (MH) part of the 36-Item Short Form Survey (SF-36).

**Study design:** The patients were randomly divided into study group and control group, with 30 people in each group. Among them, the staff of the research group used the strategy based on social psychology to carry out public management. The staff in the control group used the original strategy for public management. After a period of time, the degree of cognitive impairment of the two groups was compared.

**Methods:** Using Excel software and SPSS22.0 software to process and analyze relevant data.

**Results:** Before treatment, there was no significant difference in MMSE score between the two groups ( $P > 0.05$ ). The MMSE score of the study group was significantly higher than that of the control group ( $P < 0.05$ ), as shown in Table 1.

**Table 1.** MMSE scores of patients in both groups

Timing	MMSE Score		t	P
	Research group	Control group		
Before working	15.1±4.9	15.3±5.2	0.157	0.721
After working	25.0±2.8	16.2±4.7	6.417	0.001
t	7.263	0.214	-	-
P	0.000	0.635	-	-

**Conclusions:** China is in a period of rapid social transformation, and people's lifestyle, values, thinking mode and behavior mode are also changing, resulting in the interweaving and intensification of various social problems and contradictions, and the breeding of a large number of social problems. As the fundamental means for the government to solve social problems, manage social contradictions and manage social public affairs, the importance of public management is becoming more and more prominent. In the process of urban cultural construction based on public management, due to many problems in public management, the process of urban cultural construction is slow, and the relevant staff have negative emotions, resulting in psychological diseases such as anxiety, depression and cognitive impairment. Based on social psychology, the research analyzes the psychological change law of urban residents in public management, and then puts forward strategies for urban public management, completes urban cultural construction, and then alleviates the degree of cognitive impairment of staff, which is of great significance to the personal long-term development of staff with cognitive impairment and the construction of a civilized city.

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## THE TRANSFORMATION OF LEISURE PHYSICAL EDUCATION TEACHING MODE IN COLLEGES AND UNIVERSITIES BASED ON PSYCHOLOGY

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**Background:** Leisure sports is a complex subject integrating physical education, leisure and pedagogy. The theoretical knowledge is complex and the learning difficulty is relatively high. The existing leisure physical education teaching mode in colleges and universities is more traditional and lacks corresponding equipment, which leads to unsatisfactory teaching quality and difficulty for students to master the knowledge points. In this case, out of anxiety about their studies and future employment, many students have negative emotions such as fear and worry. If the long-term backlog of negative emotions is not alleviated, students will suffer from psychological diseases such as anxiety and depression. Anxiety is a syndrome characterized by significant and lasting depression. When encountering negative life events such as frustration and stress, many people will have emotional depression and show anxiety symptoms. Moderate anxiety helps students set goals, study hard and have a positive impact. However, anxiety with a long duration and excessive degree will lead to the impairment of students' physical and mental health. In serious cases, it will produce a sense of near-death, loss of control and mental collapse, resulting in a significant decline in students' quality of life, loss of confidence in life, self-injury, suicide and other dangerous behaviors, which not only affect the normal life of students and their families, but also affect the harmony and stability of society. Therefore, we need to find a way to improve the teaching quality of leisure sports and alleviate students' anxiety.

Educational psychology is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of the education system. In addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Educational psychology contains many related theories, including psychological content, the law of psychological changes of students in the learning process, teachers' analysis and cultivation of students' learning motivation, teachers' transfer and promotion of students' learning, teachers' analysis of the development of students' cognitive ability, teachers' cultivation of students' cognitive understanding, students' memory development, students' knowledge consolidation methods, the formation of students' cognitive strategies, the cultivation of students' problem-solving ability and innovation ability, the cultivation of students' correct self-consciousness, students' group psychology and students' mental health education. Based on educational psychology, this paper analyzes the psychological changes of students in the teaching process, discusses the factors that easily lead to students' anxiety, and puts forward strategies to reform the teaching mode of leisure physical education in colleges and universities, so as to improve the teaching quality and alleviate students' anxiety, which is of positive significance to students' personal development and social harmony and stability.

**Objective:** The existing teaching mode of leisure physical education in colleges and universities is more traditional and lacks corresponding equipment, resulting in unsatisfactory teaching quality and difficult students' mastery of knowledge. Out of anxiety about their studies and future employment, many students suffer from psychological diseases such as anxiety and depression. This paper studies the reform of leisure physical education teaching mode in colleges and universities based on educational psychology in order to improve teaching quality and alleviate students' anxiety.

**Research objects and methods:** Two classes were randomly selected from the leisure sports major of a university as the research object. Self-rating Anxiety Scale (SAS), Hospital Anxiety and Depression Scale (HADS) and Symptom Checklist-90 (SCL-90) were used to evaluate students' anxiety, and the test results of leisure physical education courses were used to evaluate the teaching effect.

**Research design:** Randomly select a class to conduct a pilot experiment on the reform of leisure physical education teaching mode in colleges and universities based on educational psychology, and record it as the research group (42 people). The other class adopts the traditional college leisure physical education teaching mode, which is recorded as the control group (45 people). After teaching for a period of time, compare the anxiety level and course performance of the two groups of students.

**Methods:** The relevant data were processed and analyzed by software SPSS23.0.

**Results:** Before teaching, there was no significant difference in SAS score, HADS score and SCL-90 score between the two groups ( $P > 0.05$ ). After adopting different ideological and political teaching modes in colleges and universities, the SAS score, HADS score and SCL-90 score of the students in the research group were significantly lower than those in the control group ( $P < 0.05$ ). The changes in SAS scores of the two groups of students are shown in Figure 1.