

Factor	Before intervention	Intervention 3 months	Intervention 6 months
Somatization	3.75±0.61	2.28±0.43*	1.45±0.56*
Obsessive compulsive symptoms	3.69±0.59	2.66±0.61*	1.25±0.43*
Interpersonal sensitivity	4.47±0.43	2.52±0.60*	1.43±0.57*
Depressive status	3.54±0.55	2.45±0.56*	1.28±0.43*
Anxiety state	2.36±0.41	2.25±0.43*	1.66±0.61*
Hostile situation	3.44±0.56	2.43±0.57*	1.52±0.60*
Psychological state of terror	4.29±0.42	2.28±0.43*	1.45±0.56*
Paranoid mental state	3.75±0.61	2.66±0.61*	1.25±0.43*
Psychotic	3.69±0.59	2.52±0.60*	1.43±0.57*

Note: * $P < 0.05$ compared with that before intervention.

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THE INFLUENCE OF IMPROVING THE ABILITY OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON STUDENTS' PSYCHOLOGICAL COGNITIVE ABILITY UNDER THE ENVIRONMENT OF NEW MEDIA

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Background: Self-cognition refers to the insight and understanding of oneself, including self-observation and self-evaluation. Self-observation refers to the awareness of one's own perception, thinking and intention. Self-evaluation refers to the judgment and evaluation of one's own thoughts, expectations, behavior and personality characteristics. It is an important condition for self-regulation. At a specific level, the formation of individual self-consciousness, or consciousness, comes from the individual's response to external environmental stimuli through memory and thinking. Therefore, before the formation of memory, individuals will not have self-consciousness. If memory is the basis of all thoughts, then self-awareness is the individual's response to the environment based on thoughts. When one's memory and thinking reach a certain level, such as thinking and imagination completely appear from the brain, one's self-consciousness will be stronger. I exist, I have, I need, I think, and constantly strengthen personal self-awareness through thinking and imagination until the end of personal organic life. Therefore, self-cognition is a continuous development process from the beginning of brain memory to the disappearance of memory. The psychological cognition of self-cognition is a relatively advanced cognitive ability. For people with low education or low intelligence, they may not have such self-awareness for a lifetime. For some people, they can go beyond this psychological cognition. Generally speaking, psychological cognition is an infinite process, because psychological activity itself is infinite. It will develop with the development of personal experience, memory, thought and imagination. Therefore, after the emergence of psychological activities different from the previous stage or period, individual psychology will be summarized and adjusted. If a person can't understand himself correctly, can't see his own advantages and feel inferior everywhere, he will have a sense of inferiority, lose confidence and dare not do anything. On the contrary, if a person overestimates himself, he will also be arrogant and blindly optimistic, leading to mistakes in his work. Since the popularization of new media network, the fragmentation of culture and thought has also come, so that college students can browse more information without restriction in the fragmented time. However, so far, fragmentation is not only a fragment of time, but also a fragment of content, which has a great negative impact on college students' psychological cognition. Therefore, how to improve the psychological cognition of contemporary college students in the new media environment has become a new problem that modern colleges and universities have to face. Because only by overcoming the cultural impact and corruption of the new media environment can college students fully understand themselves and form a correct and healthy psychological cognition.

Ideological and political education is not only the primary content of China's spiritual civilization construction, but also one of the main ways to solve social contradictions and problems. Ideological and political education is both important and difficult to do. Especially under the condition of market economy, China's ideological and political work is relatively weak and does not meet the requirements of the

development of modern society. There are many reasons for the poor effect of ideological and political work, but one of the important reasons is the long-term neglect of psychological education and training. Psychological education and cultivation are the basis of ideological and political education. Without this foundation, ideological and political education cannot go deep into students' cognitive world and help students establish correct rational judgment. Relevant research points out that ideological and political education in colleges and universities has an important impact on Improving college students' psychological cognition. It can not only help college students form correct values, but also dredge and overcome the psychological pressure of colleges and universities. Therefore, exploring the role of ideological and political education in improving college students' psychological cognition has both theoretical and practical value.

Objective: In order to effectively improve the widespread psychological cognitive defects of modern college students, this study constructs a psychological intervention model of ideological and political education in colleges and universities based on the new media environment, which aims to promote the psychological cognition of modern college students and continuously output high-quality physically and mentally sound talents for the construction of the motherland.

Research objects and methods: 300 college students were selected as the research object, and the measurement of students' cognitive impairment was carried out in combination with the Montreal Cognitive Assessment Scale (MoCA). The scale includes seven factors: executive ability, naming ability, attention, language ability, image extraction ability, delayed recall and orientation ability. The higher the score, the better the cognitive function. Then, based on the psychological intervention model of ideological and political education in colleges and universities in the new media environment, the psychological cognition of students is intervened. The intervention cycle is 6 months. The changes of college students' psychological cognition before and after the intervention are compared and analyzed.

Methods: Data through SPSS23.0 statistical analysis software is completed.

Results: Table 1 shows the psychological cognitive changes of college students after 6 months of intervention. It can be seen from Table 1 that compared with before the intervention, after the intervention of the psychological intervention mode of ideological and political education in colleges and universities based on the new media environment, the psychological cognitive ability of college students has been improved, with statistical difference ($P < 0.05$).

Table 1. Changes of college students' psychological cognition after 6 months of intervention (n=300)

Factor	Before intervention	Intervention 3 months	Intervention 6 months
Executive ability	1.45±0.56	3.69±0.59*	4.37±0.48*
Naming ability	1.25±0.43	3.47±0.43*	4.62±0.58*
Attention	1.43±0.57	3.54±0.55*	4.66±0.61*
Language ability	1.28±0.43	3.36±0.41*	4.52±0.60*
Abstract ability	1.66±0.61	3.69±0.59*	4.39±0.43*
Delayed recall	1.52±0.60	3.47±0.43*	4.45±0.56*
Orientation ability	1.45±0.56	3.54±0.55*	4.25±0.43*

Note: * $P < 0.05$ compared with that before intervention.

Conclusions: The psychological intervention model of ideological and political education in colleges and universities based on the new media environment can effectively improve the psychological cognitive ability of college students, and then better ensure the mental health development of modern college students.

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BASED ON THE PSYCHOLOGICAL PERSPECTIVE, WE SHOULD TAKE THE NORMAL PROFESSIONAL CERTIFICATION AS THE GUIDE TO IMPROVE THE TEACHING SKILLS OF MATHEMATICS NORMAL STUDENTS IN AN ALL-ROUND WAY

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Background: Psychology is a science that studies the psychological phenomena, spiritual functions and behaviors of humans and animals. It is not only a theoretical discipline, but also an applied discipline. Including theoretical psychology and applied psychology. Psychological research involves many fields such as