

fully improve the positive personality, and then has important value for students' psychological development, which is worthy of popularization and application in the practice of teaching reform in colleges and universities.

\* \* \* \* \*

## INTERVENTION OF UYGHUR LEARNING ON COGNITIVE IMPAIRMENT OF COLLEGE STUDENTS

Lisha Ren & Xiaoxiao Xiong\*

*Xinjiang Institute of Technology, Aksu 843100, China*

**Background:** As a mental disease, cognitive impairment mainly refers to the abnormal processing of human intelligent knowledge, which leads to the disorder of learning and memory function, and leads to the loss of line, cognition, use and other pathological behaviors. The diagnostic criteria of cognitive impairment include normal overall cognitive function, memory impairment and behavior disorder inconsistent with age. The main causes of cognitive impairment are chronic brain injury, chronic systemic diseases and mental and psychological abnormalities, among which mental and psychological abnormalities are the most important. According to the latest research, the number of patients with cognitive impairment in China is increasing year by year, which has a serious negative impact on the patients themselves and their families. Timely intervention for patients with cognitive impairment can actively change their cognitive function, and then it is very important to reduce the quality of life of patients and their families. As a neurocognitive impairment disease, in order to better understand cognitive impairment disease, it is necessary to deepen the understanding of cognitive impairment from the perspective of cognitive type classification. Specifically, cognitive impairment includes two main types: perceptual cognitive impairment and thinking cognitive impairment. For perceptual cognitive impairment, it needs to be clear that perception belongs to the category of human perceptual cognition, which corresponds to the surface understanding of things. When people have perceptual and cognitive impairment, they usually cannot understand the surface laws of things, and directly lead to doubt and fear of the common-sense world, which is reflected in the physiological level: the sensory threshold of the body is reduced, and they are aware of their own breathing, blood pressure, heartbeat, gastrointestinal peristalsis, posture and posture. At the same time, they are highly sensitive to environmental stimuli, especially those regarded as threats by patients. In short, perceptual cognitive impairment only needs to trigger psychosomatic response according to the individual characteristics of its external image, without more contact with the thing itself. For thinking cognitive impairment, it needs to be clear that compared with perceptual cognition, thinking belongs to higher-level cognitive activities, including basic cognitive processes such as analysis, synthesis and comparison of things. Patients with thinking and cognitive impairment can self-confirm that they have cognitive impairment because they have a stable conceptual basis. However, the negative effect is that patients will form strong subjective bias because of their own concept cognition, resulting in patients falling into self-panic. Once there is a little physical or psychological reaction, they will deny their treatment effect and think that their old problems are very complex. In short, patients with thinking and cognitive impairment often have no "sense of normality" and always think they are ill, which brings great psychological pressure to themselves and great challenges to clinical treatment. In recent years, many researchers at home and abroad have conducted intervention research on mild cognitive impairment. The intervention measures mainly include nutrition intervention, drug intervention, physical exercise, cognitive training, traditional Chinese medicine and acupuncture intervention. However, both in theory and in practice, we should actively expand the intervention measures for the treatment of cognitive impairment.

Relevant studies have pointed out that the main characteristics of Uighur pronunciation include pronunciation, intonation, stress and rhythm, which makes Russian spelling simple, catchy, clear, smooth and powerful. When learners make progress in reading aloud and feel that they are reading correctly, they will have a sense of beauty, which plays an important role in enlightening people's mood and soul. In view of this, this study designed a cognitive impairment treatment model based on Uighur language learning, which aims to alleviate students' cognitive impairment through Uighur language learning, and then provide a new intervention model for the clinical treatment of cognitive impairment.

**Objective:** A cognitive impairment treatment model based on Uyghur learning is designed to alleviate students' cognitive impairment and promote the all-round development of college students' physical and mental health.

**Research objects and methods:** 300 college students were randomly divided into control group and

experimental group, with 150 students in each group. The measurement of students' cognitive impairment was carried out in combination with Montreal Cognitive Assessment scale (MoCA). The scale includes 7 factors: executive ability, naming ability, attention, language ability, abstract ability, delayed recall the higher the score of orientation ability, the better the cognitive function. Among them, the control group adopted the conventional psychological intervention mode, and the experimental group added Uyghur learning content on the basis of the conventional psychological intervention mode. The intervention cycle was 3 months. The improvement of cognitive impairment of college students in the two groups was compared and analyzed.

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

**Results:** Table 1 shows the improvement of cognitive impairment of college students in the two groups after 3 months of intervention. It can be seen from Table 1 that compared with the control group with routine psychological intervention, the experimental group with cognitive impairment treatment mode based on Uyghur learning has a better effect on Improving college students' psychological cognitive impairment, and there is a statistical difference between the two groups ( $P < 0.05$ ).

**Table 1.** The improvement of cognitive impairment of college students in the two groups after 3 months of intervention ( $n=300$ )

Factor	Control group ( $n=150$ )	Experience group ( $n=150$ )	<i>P</i>
Executive ability	2.54±0.55	4.62±0.58	<0.05
Naming ability	2.36±0.41	4.66±0.61	<0.05
Attention	2.69±0.59	4.52±0.60	<0.05
Language ability	2.47±0.43	4.62±0.58	<0.05
Abstract ability	2.54±0.55	4.66±0.61	<0.05
Delayed recall	2.54±0.55	4.52±0.60	<0.05
Orientation ability	2.36±0.41	4.62±0.58	<0.05

**Conclusions:** The cognitive impairment treatment model based on Uyghur learning not only effectively improves the cognitive impairment of college students, but also enriches and expands the intervention measures for the treatment of cognitive impairment.

\* \* \* \* \*

## THE CULTURAL MEANING OF CHINESE COLOR WORDS UNDER COGNITIVE IMPAIRMENT AND ITS EXPRESSION IN UYGHUR

Xiaoxiao Xiong, Lisha Ren\* & Zhenxu Ma

*Xinjiang Institute of Technology, Aksu 843100, China*

**Background:** As a mental disease, cognitive impairment mainly refers to the disorder of learning and memory function caused by abnormal processing of human intelligent knowledge, and leads to pathological behaviors such as loss of line, recognition and use. The diagnostic criteria of cognitive impairment include normal overall cognitive function, main complaints of memory impairment and behavioral disorders inconsistent with age. The main causes of cognitive impairment are chronic brain injury, chronic systemic diseases and mental and psychological abnormalities, among which mental and psychological abnormalities are the most important. According to the latest research, the number of patients with cognitive impairment in China is increasing year by year, which has a serious negative impact on the patients themselves and their families. Timely intervention for patients with cognitive impairment can actively change their cognitive function, and then it is very important to reduce the quality of life of patients and their families. In recent years, many researchers at home and abroad have conducted intervention research on mild cognitive impairment. The intervention measures mainly include nutrition intervention, drug intervention, physical exercise, cognitive training, traditional Chinese medicine and acupuncture intervention. In short, cognition is an intelligent processing process of acquiring knowledge through a series of random, psychological and social behaviors such as learning, memory, language, thinking, spirit and emotion. Cognitive impairment refers to the abnormality of the brain's advanced intelligent processing process in all these processes, resulting in the changes of thinking, spirit, emotion and judgment. At present, the research of cognitive impairment mainly focuses on the field of medicine. However, matching the performance of medical