

## A NEW APPROACH TO THE CANONIZATION OF POPULAR CHILDREN'S LITERATURE IN THE CONTEXT OF COGNITIVE IMPAIRMENT - THE METAPHORS OF "DISCIPLINE" AND "ALIENATION" IN RABBIT TRAINING

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**Background:** Children's psychology is extremely sensitive. When parents or families have problems in education, blindly emphasize "discipline" and lack family communication and care, children will fall into alienation, and may have autism, inferiority and other psychology, which will affect the healthy growth of children. When children are in the dilemma of alienation for a long time, their physical and mental health will be damaged, resulting in brain dysfunction, and then cognitive impairment. Cognitive impairment is a pathological process involving brain function. Patients with cognitive impairment are often accompanied by learning impairment, memory impairment, aphasia and so on, which seriously affects the daily life of patients, reduces the quality of life of patients, increases the family burden of patients, and also affects the harmony and stability of society. Therefore, we need to find an appropriate way to avoid children falling into the dilemma of alienation, improve children's mental health, alleviate children's anxiety and avoid cognitive impairment.

Preschool education psychology is a comprehensive subject combining psychology and preschool education, including cognitive psychology, emotional psychology and child development psychology. Among them, cognitive psychology can help teachers analyze children's cognitive laws, so as to obtain children's cognitive needs and feedback, so as to improve the pertinence and effectiveness of teaching and promote the improvement of children's cognitive ability. Emotional psychology is to let teachers learn to respect children's emotional needs and expression, so as to make children improve their cognition of emotion and emotion in a good teaching environment, and then improve children's emotional perception and emotional control, so that children can correctly face negative emotions such as tension, loss and anxiety. Children's developmental psychology requires teachers to teach around children's development needs, truly understand children, understand children, respect children and find children, so that children can gradually form personality and characteristics in the teaching process. Based on the psychology of preschool education, the research uses Zheng Yuanjie's rabbit training to carry out teaching activities for children, so that children can correctly face the dilemma of alienation, alleviate children's negative emotions, improve children's mental health level, and then avoid children suffering from cognitive impairment.

**Objective:** When children are in the dilemma of alienation for a long time, children's physical and mental health will be damaged, resulting in brain dysfunction, and then cognitive impairment. Based on the psychology of preschool education, the research uses Zheng Yuanjie's rabbit training to carry out teaching activities for children, so that children can correctly face the dilemma of alienation, alleviate children's negative emotions and avoid children suffering from cognitive impairment.

**Research objects and methods:** 80 children were selected from a kindergarten as the research objects. Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Hospital Anxiety and Depression Scale (HADS) were used to evaluate children's mental health.

**Study design:** 80 children were randomly divided into study group and control group with 40 people in each group. Based on the psychology of preschool education, the research group added Zheng Yuanjie's rabbit training in the teaching system. The control group adopted the traditional teaching system. After a period of time, compare the mental health status of the two groups of children.

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

**Results:** After teaching, the SAS score, SDS score and HADS score of children in the study group were significantly lower than those in the control group ( $P < 0.05$ ). The HADS scores of the two groups are shown in Table 1.

**Conclusions:** Children's psychology is extremely sensitive. When parents or families have problems in education, blindly emphasize "discipline" and lack family communication and care, children will fall into the dilemma of alienation, may have autism, inferiority and other psychology, and then suffer from cognitive impairment, which will affect the healthy growth of children. Based on the psychology of preschool education, the study uses Zheng Yuanjie's rabbit training to carry out teaching activities for children, so that children can correctly face the dilemma of alienation. The results showed that after teaching, the SAS score, SDS score and HADS score of children in the study group were lower than those in the control group, and the difference was significant ( $P < 0.05$ ). Therefore, the rational use of preschool education psychology can alleviate children's negative emotions, improve children's mental health level, and then avoid children suffering from cognitive impairment.

**Table 1.** SAS scores of two groups of children

Timing	HADS scores		t	P
	Research group	Control group		
Before teaching	22.2±2.3	21.5±3.1	0.304	0.653
After Teaching	12.6±2.7	22.5±2.9	0.420	0.000
t	6.371	0.421	-	-
P	0.000	0.719	-	-

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## INFLUENCE OF FLEXIBLE MANAGEMENT ON EMPLOYEE ANXIETY IN ENTERPRISE ECONOMIC MANAGEMENT

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**Background:** Anxiety disorder, also known as anxiety psychosis, is mainly characterized by fear and anxiety, muscle tension and exercise anxiety. From the perspective of the duration of the disease, anxiety disorder can be divided into acute and chronic anxiety. The causes of anxiety are related to personal personality characteristics and environment. People with introverted, quiet, sensitive and delicate emotions are more likely to have anxiety disorder. They will respond more strongly to the stimuli around them, and then show more obvious reactions. They will have a heavier burden on their hearts. They are more concerned about the evaluation of others and are used to burying their emotions in their hearts. Instead, they will keep accumulating their emotions, slowly change from quantity to quality, and then erupt one day to form anxiety, obviously showing different symptoms of anxiety disorder. Among the environmental factors causing anxiety disorder, they are heavy work tasks, fierce work competition, high learning pressure, individual pursuit of excessive perfection, tense relationship with roommates, long-term mental work and so on. Anxiety disorder will show different obvious symptoms due to different causes. For example, patients with lack of stability, slight movements will make them make a strong response, their heartbeat will accelerate rapidly, their expression will be alert and nervous, and they will quickly search around to find the source of movements. Patients with sense of urgency often feel that they have too little time. Too late to complete the set goals and tasks. There are still many things to do. You'll feel flustered. I want to do everything, but I can't finish anything. For patients with heavy life pressure, they will feel great pressure in life, and many things can only be done with a stiff head. Under great psychological pressure, you will feel psychological fatigue and want to stop, but you can't stop. You have a passive attitude towards work and life and don't have much enthusiasm and enthusiasm.

In enterprises, many employees have varying degrees of anxiety, especially those in large factories. Many of them are patients with heavy life pressure. In order to survive, they have to work continuously in the workshop for more than ten hours every day, with little rest time and great work intensity. After staying for a long time, most employees look numb, the atmosphere in the workshop is heavy, and their enthusiasm for work is not high. The anxiety of employees affects their work efficiency and is not conducive to the management of enterprises. At present, many scholars have conducted research on enterprise management in order to improve employees' work enthusiasm and initiative and improve enterprise performance. Among them, the research puts forward the concept of flexible management, that is, enterprise managers carry out completely humanized management of employees under the common spiritual atmosphere and value of the enterprise, and significantly improve the enthusiasm and creativity of employees through internal identity and driving. Therefore, flexible management is applied to enterprise economic management, and its impact on employee anxiety is studied.

**Objective:** To analyze the anxiety disorder of employees, understand the status and causes of employees at work, analyze its important role through the application of flexible management in enterprise economic management, and study the impact of flexible management on employee anxiety disorder. Under the people-oriented management thought, respect employees' self-development through democratic and independent management, mobilize employees' own enthusiasm and improve employees' anxiety.

**Subjects and methods:** The subjects of the study were employees with anxiety disorder. 100 employees with anxiety disorder were randomly selected from a large enterprise. These employees come from

different positions and ages, and their education and family circumstances are different. Understand their specific situation at work, analyze the causes of employee anxiety disorder, carry out flexible management on them, and record relevant data. The fuzzy evaluation method is used to evaluate the impact of flexible management on employee anxiety disorder in enterprise economic management. The quantitative score of relevant influencing factors adopts grade 1-5 score. The higher the score, the greater the impact. The data processing and analysis software adopts SAS software.

**Results:** In recent years, the competition between enterprises has gradually increased, and the pressure on employees has also increased significantly. Under the stimulation of various competitive pressures, employees have different degrees of anxiety, and their work efficiency is affected. In order to improve the enthusiasm and innovation of employees, flexible management is carried out in enterprise economic management. After flexible management, the anxiety of employees has been significantly alleviated, the recognition of employees to the enterprise has been improved to a certain extent, and they have the enthusiasm and motivation for work. In flexible management, reducing enterprise management level has a great impact on middle-aged patients with middle-aged anxiety disorder, with a score of 4 points. The results are shown in Table 1.

**Table 1.** The influence of flexible management on employee anxiety in enterprise economic management

Age group	Reduce enterprise management level	Salary incentive	Spiritual motivation
Youth	4	4	5
Young and middle-aged	4	5	5
Middle age	4	5	4

**Conclusions:** The flexible management of enterprises should be carried out under the people-oriented management thought. By streamlining the enterprise structure, ensuring the smooth horizontal circulation between departments, taking salary incentives, spiritual incentives and other measures to stimulate employees' positive innovation, further strengthen the cooperation of departments, improve employees' work initiative, gradually alleviate employees' anxiety and improve employees' comprehensive ability.