scores of the overall quality of life, health status and four fields of the experimental group are lower than those of the control group, the neuroticism score of the experimental group is higher than that of the control group, and the scores of extroversions, agreeableness and sense of responsibility are lower than those of the control group.

Conclusions: Because people are influenced by traditional ideas, migrant workers are often discriminated against in cities. Individuals with poor emotional stability are prone to become sensitive, irritable and irritable, accompanied by inferiority complex. Self-concealment is negatively correlated with subjective well-being, in which divine personality plays a partial mediating role. At the same time, individuals with poor emotional stability have the tendency of self-concealment. They are unwilling to disclose their difficulties in life, so that others cannot understand their own difficulties. On the other hand, their poor introversion and agreeableness lead to their lack of ability to communicate with others, so they are not easy to get social support, and their depression cannot be effectively eliminated.

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ANALYSIS OF PSYCHOLOGICAL FACTORS OF ORAL ENGLISH EXPRESSION DISORDER

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Background: Thinking is an important feature of human spiritual activities. Normal thinking is purposeful, that is, pointing to a certain purpose, solving a certain problem and consistency. In the process of thinking, the concepts before and after are connected and logical. The main form of expression of thinking is language, which can also be expressed through writing, art or action. Therefore, the abnormality of thinking is also manifested in the abnormality of speech and writing. The clinical manifestations of thinking disorder are diverse, which can be roughly divided into two types: thinking form and content disorders. In terms of thinking form, the obstacles are mainly the obstacles of association process, including the acceleration and deceleration of association process, the irregular synthesis between appearance and concept, and the obstacles of thinking content are mainly delusion, overpriced concept and forced concept. Paranoia is common in schizophrenia, such as relationship paranoia, victim paranoia, love paranoia, and non-lineage paranoia. Thinking disorder is an important and common symptom of mental illness, mainly including thinking form disorder and thinking content disorder (mainly delusion). The obstacles of thinking form are mainly the obstacles of association process, such as the acceleration and deceleration of association process, and the irregular combination between appearance and concept. The obstacles of thinking content are mainly manifested in delusion, over price concept and compulsion concept. Alexithymia, also known as "affective dyslexia", refers to the lack of ability to describe emotions in words, lack of imagination, mostly pragmatic thinking mode, and obstacles to self-emotional information processing. It is mostly used to describe the personality characteristics of patients with psychosomatic diseases who "can't recognize, process and regulate emotions". At present, it is generally believed that alexithymia people often use organ language to express emotional problems, which is a susceptible factor of somatic symptoms that are difficult to explain in medicine. In severe cases, it is manifested as somatic form disorder. This symptom is a dominant concept accompanied by continuous worry and belief in a variety of somatic symptoms, but there is no corresponding verifiable organic disease. Oral English is a way of thinking creation and social communication. Some college students often have different degrees of obstacles in oral English expression. How to treat students' anxiety objectively and find out the causes of anxiety is an important research direction in oral English teaching. It is particularly urgent to analyze the current situation of college students' thinking logic obstacles, find problems in time and take appropriate measures to solve psychological obstacles.

Objective: This study starts from students' thinking and expression barriers in oral English, analyzes the main psychological factors of oral English expression barriers, and explores the improvement effect of targeted teaching methods based on thinking and expression barriers on students' thinking and expression barriers.

Subjects and methods: 200 college students with thinking expression disorder in 5 colleges and universities in a certain area were selected as subjects. The targeted teaching method based on thinking

expression disorder was carried out for 16 weeks. The symptoms of thinking expression disorder were evaluated by Toronto Alexithymia Scale (TAS-20).

Research design: TAS-20 has 20 options, mainly including three dimensions: inability to distinguish emotion, inability to describe emotion and extroverted thinking. 5-level scoring method is adopted, with a minimum of 1 point and a maximum of 5 points. The higher the score, the more you agree with the option. The total score is between 20 and 100. The higher the score, the more serious the symptoms are.

Methods: The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

Results: After the intervention, the scores of emotion discrimination, emotion description and extraversion thinking of all subjects were significantly lower than those before the intervention ($P < 0.05$).

Table 1. Compare students' TAS-20 scores before and after teaching

Time	Before teaching	After teaching	t	P
Emotional discrimination	26.74	17.14	10.127	<0.001
Emotional description cannot	16.91	13.63	6.994	<0.001
Extroverted thinking	27.61	22.41	9.816	<0.001
Total score	70.86	53.18	10.928	<0.001

Conclusions: Alexithymia patients have problems in emotional perception, processing and management, which leads to emotional regulation disorder. Patients mostly adopt export-oriented thinking, often adhere to external things, and lack the ability to express and describe their internal feelings in appropriate words. On the basis of clinical drug treatment for patients with thinking disorder, we should actively supplement psychotherapy, pay attention to the emotional state of patients, identify the deep social and psychological factors of physical symptoms, and change the wrong cognition of patients. Help patients feel their own emotional response and improve their ability to correctly describe and express their feelings. Guide the patient to find the correct way to deal with setbacks. Therefore, it is particularly urgent to analyze the current situation of college students' thinking logic obstacles, find problems in time and take appropriate measures to solve psychological obstacles.

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THE VALUE OF ONLINE COMMUNITY LEARNING IN ALLEVIATING LEARNERS' PERSONALITY DISORDER

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Background: Personality disorder originated in childhood or adolescence and lasted until adulthood. It is a mental disease that deviates from normal personality. Some scholars pointed out that personality disorder is mainly formed on the basis of biological genetic factors, because individuals are affected by early traumatic experience. Personality disorder usually occurs in the period of severe depression. Patients will have negative psychological emotions for a long time, such as depression, anxiety, listlessness, unhappiness, guilt or chagrin, and patients will have a negative, pessimistic, derogatory and critical attitude towards themselves and things around them. Personality disorder will obviously deviate from normal and deep-rooted behavior, and has the nature of maladjustment. Its personality is abnormal in content, quality or the whole personality. Patients suffer great pain and are easy to bring adverse effects to individuals or society. Abnormal personality hinders the emotional and will activities of patients, destroys the purpose and unity of their behavior, gives people a unique feeling, and is particularly prominent in dealing with people. Personality disorders usually begin in childhood, adolescence or early adulthood and continue into adulthood and even throughout life. Some of the patients with personality disorders have eased in adulthood. Adolescence is a key period of personality formation and development. Personality disorder not only deeply affects and restricts the physical and mental health of teenagers, but also a huge hidden danger of campus safety and social stability and harmony. Personality disorder has become an urgent social psychological and behavioral problem to be solved. Online community learning is a new learning method that integrates advanced information technology means and educational ideas, based on network interaction, learning and completing community work, in order to achieve the purpose of learning.

Objective: At present, a lot of research has been done on the application of e-learning in youth education, but there is little attention to learners' attitude towards technology and psychological problems