

anxiety on cognitive psychology and anxiety under the background of cognitive psychology through NOSA data statistical analysis software.

Results: Table 1 refers to the mitigation results of college students' psychological anxiety and cognitive ability before and after the application of computer teaching strategies in colleges and universities. It can be seen from Table 1 that after the application of computer teaching strategies in colleges and universities, the anxiety and cognitive level of college students have been significantly improved, which is mainly reflected in willingness and emotion.

Table 1. Mitigation results of college students' psychological anxiety and cognitive ability before and after the application of computer teaching strategies in colleges and universities

Factor	Cognition	Emotion	Will	Faith	Anxious	Fear	Depressed
Before reform	2	1	2	3	2	3	2
After reform	3	4	5	4	4	3	4

Conclusions: The computer teaching strategy in colleges and universities has an ideal effect on alleviating college students' psychological anxiety and improving their cognitive level, especially in the two aspects of willingness and emotion. The follow-up research can apply the proposed computer teaching strategy in colleges and universities to other colleges and universities to alleviate students' anxiety and cognitive level.

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RESEARCH ON THE PROMOTION PATH OF IDEOLOGICAL AND POLITICAL EDUCATION REFORM TO CULTIVATE HIGHER VOCATIONAL STUDENTS' PHYSICAL AND MENTAL HEALTH

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Background: With the deepening of national quality education, the Ministry of education and schools pay more and more attention to students' physical and mental health. Mental health is a very broad concept, which shows a very good state of internal and external regulation at the macro level. It involves not only the stability of the internal environment, but also the dynamic adaptability of the external environment. For people with different life cycles, mental health standards have certain heterogeneity, but this difference is quite different. University stage is not only an important period for the gradual improvement of mental health and the cultivation of physical health, but also an important stage for them to determine their correct outlook on life and positive attitude towards life. Individuals with basic living ability, healthy living habits and good physical quality can promote the healthy growth of body and mind. On the premise of the continuous improvement of material living standards, students in higher vocational colleges usually show problems such as over nutrition, nutritional imbalance, obesity, malnutrition and so on. Due to the heavy pressure of academic pressure, employment pressure, social communication pressure, social adaptation pressure and other aspects, it is easy to cause a sharp decline in their physical and mental health level. It is worth noting that the proportion of psychological problems among college students in higher vocational colleges is also gradually increasing, which seriously affects their study and life. This phenomenon requires schools, teachers and parents to take relevant measures to intervene.

Under the background of increasingly severe physical and mental health problems in higher vocational colleges, ideological and political education plays an irreplaceable role. The reform of ideological and political education is as follows. First, strengthen the important role of ideological and political education and guide students to form their own correct outlook on life, world outlook and values. The specific manifestations are as follows: build harmonious interpersonal relations, form a complete and unified personality and establish an accurate understanding of themselves. Second, strengthen the construction of safe campus culture and enhance their ability to bear setbacks and difficulties. The specific performance is as follows: First, pay attention to the educational function of campus culture to alleviate and defend students' psychological problems. As a potential educational force, campus culture can directly affect the cultivation of students' ideological and moral quality and guide students' psychology to develop in a better direction. Colleges and universities need to seriously implement the concept of quality education, carry out

college teaching activities on the premise of analyzing the psychology of college students, provide more exercise opportunities for college students to integrate into the society, and then promote them to form a healthy psychology. Then, actively prepare for social practice activities and enhance mental health education. Third, through caring work, help students solve psychological problems and dredge students' bad emotions in a timely and targeted manner.

Objective: This paper analyzes the impact of the ideological and political reform to improve the mental and physical health of higher vocational college students, in order to provide a new research direction for cultivating high-quality talents.

Subjects and methods: 200 higher vocational college students from four regions are selected as the research object. Through particle swarm optimization algorithm, the impact of ideological and political reform combined with improving physical and mental health psychology on higher vocational college students' physical and mental health psychology is analyzed. The whole experimental cycle lasts for 3 months. The physical and mental health of students in higher vocational colleges is measured by Symptom Checklist 90 (SCL-90), which includes 90 items and 10 sub scales, of which sub scale 10 is not used for these statistics. The nine factor subscales were somatization, obsessive-compulsive disorder, interpersonal sensitivity, depression, anxiety, hostility, phobia, paranoia and psychosis. The highest score of each item in each sub scale is 4. The higher the score, the more serious the symptoms are. The standard of moderate or above is that the self-evaluation of each project by students in higher vocational colleges is equal to or greater than 3 points. In order to avoid the influence of subjective factors on the research results, the average value of all subjects was taken for analysis.

Methods: Through EPINFO data statistical analysis software, this paper analyzes the impact of the ideological and political reform combined with the heart to improve the physical and mental health psychology on the physical and mental health psychology of higher vocational college students.

Results: Table 1 refers to the impact of ideological and political reform combined with improving physical and mental health psychology on the physical and mental health psychology of students in higher vocational colleges. It can be seen from table 1 that after the application of the ideological and political reform plan to improve physical and mental health, the mental health problems of higher vocational college students have been significantly alleviated, which are embodied in 9 aspects: somatization, obsessive-compulsive disorder, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia and psychosis.

Table 1. Influence of ideological and political reform combined with improving physical and mental health psychology on physical and mental health psychology of students in higher vocational colleges

Mental health indicators	After 1 month	After 2 months	After 3 months
Somatization	3	2	1
Obsession	3	3	2
Interpersonal sensitivity	3	2	1
Depressed	3	2	2
Anxious	3	2	2
Hostile	3	3	2
Terror	2	2	1
Paranoid	3	2	1
Psychotic	3	2	1

Conclusions: The ideological and political reform plan proposed by the Institute can improve the mental health level of higher vocational college students, which is embodied in the nine dimensions of health problems such as somatization, obsessive-compulsive disorder and interpersonal sensitivity. Therefore, the scheme can be applied to the improvement of students' psychological problems in higher vocational colleges.

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RESEARCH ON COUNTERMEASURES OF RESIDENTS’ COMMUNICATION AND ADAPTATION BARRIERS IN INTELLIGENT URBAN COMMUNITY MANAGEMENT

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Background: Communication disorder is a common psychological problem, which can lead to people’s mental tension, anxiety and other bad emotions. In the field of psychology, the counselor’s financial ability, language expression ability and communication ability can usually be tested through social function. According to different types of communication barriers, communication barriers can be divided into physical barriers, psychological barriers, language barriers, cultural barriers, environmental barriers, status barriers and number barriers. Physical disorder refers to that the information transmitted by the body information expresses the wrong point of view. Most people will have different degrees of physical obstacles, which can pass the Thematic Apperception Test. Psychological disorder is an obstacle in the process of communication caused by poor expression. This kind of communication disorder can be divided into two types: long-term persistent psychological disorder and stress psychological disorder. Language barrier refers to the communication barrier caused by local language, which needs continuous adaptation and learning to overcome. Cultural barriers refer to the customs and cultural differences arising from different regions and countries, which exist and cannot be eliminated. Environmental barriers refer to the fixed habits and behaviors caused by different environments, and then the communication barriers. Status barriers are communication problems caused by the influence of authority and professionals. The number barrier refers to the different states produced in different occasions. As the main place for people to live and live in the city, community is also a bridge connecting the city and residents. Efficient communication needs continuous learning and efforts, which is of great significance in intelligent urban community management.

Intelligent urban community intelligent management should pay attention to the following aspects: modern security facilities to ensure community safety, the digital era of construction industry and intelligent property management of intelligent community. Modern security facilities ensure community safety, focus on the advancement of service, work and police force, and spend a lot of time building community police rooms. The establishment of police rooms is to build a harmonious relationship between the police and the people, serve the people and promote the standardized construction of police rooms. The digital era includes integration, humanization, intellectualization, networking, etc., so that residents can really feel the convenience brought by the intelligent system to residents’ life, and improve the hardware level, management level and service water equality of community intellectualization through the high-tech intelligent system as a whole. The intelligent property management of intelligent community needs the intelligent property management system to realize. Only through property management can the intellectualization of residential community be realized. At the same time, only through the management, operation and application of intelligent equipment and facilities by the managers of property companies, can residents really feel the intelligence of residential quarters.

Objective: Explore and put forward the role of an intelligent urban community management measure on residents’ communication and adaptation barriers, in order to improve residents’ communication and adaptation barriers.

Subjects and methods: 100 residents with communication adaptation barriers in five regions were selected as the research object. The impact of intelligent urban community management measures on residents’ communication adaptation barriers was analyzed through balanced iterative reducing and clustering using hierarchies (Birch). The evaluation content included five aspects: communication fear, language, emotion, information overload and selective intuition. The results were evaluated through the degree of improvement. The improvement degree is obtained through the calculation formula of consensus improvement degree. Any number whose membership degree is $[0,1]$. The closer the value is to 1, the