

British and American literature course through the research on students' psychological and emotional state. The results show that students' psychological change factors have a direct impact on students' curriculum learning. In this regard, the development of modern education should not only pay attention to humanistic education, but also pay attention to students' mental health education. Through positive mental health guidance, we can improve students' ideological attitude and reform students' learning effect, which is the focus of current educational development.

Acknowledgement: The research is supported by 2020 Shandong Provincial Social Science Program "A study of course value education through British and American literature" (No. 20CWZJ48).

* * * * *

THE INFLUENCE OF ETHNIC DANCE EDUCATION IN COLLEGES AND UNIVERSITIES ON ALLEVIATING COLLEGE STUDENTS' MENTAL ANXIETY

Meng Zhao

Shanxi University, Taiyuan 030001, China

Background: Menstrual anxiety is a common mental disorder. In modern medical research, it is found that patients with mental anxiety generally have problems such as large emotional fluctuation, mental tension, anorexia and inattention, while patients with more serious mental anxiety are prone to more serious mental diseases, such as cognitive impairment and autism. Therefore, problems such as mental anxiety need to be found and treated early, Avoid more serious psychological diseases. With the development of society, more and more college students have mental anxiety problems. According to the current survey of college students, it is found that the mental anxiety problems of college students mainly focus on several points, such as anxiety about learning, anxiety about employment development and anxiety about interpersonal and social relations. At the same time, coupled with the accelerated pace of modern life and the increase of dietary health problems, it is also a major factor leading to the mental anxiety of college students. At present, the main methods to alleviate college students' nervous anxiety are drug treatment, mental health counseling and physical counseling. Physical counseling has a relatively good effect on college students' anxiety. At the same time, it is easy to be accepted by students. At the same time, it also has the training of physical and mental quality, which has a good effect on the improvement of the overall quality of college students.

National dance education in colleges and universities is a kind of physical education, which has both humanistic quality education and specific quality education. National dance education includes the education of national traditional dance culture, history and humanistic emotion, which can not only improve students' national dance knowledge, but also enhance students' cultural literacy, cultivate students' sentiment and alleviate students' spiritual pressure. At the same time, national dance also belongs to the category of physical education. In dance training, college students express their respect and love for national culture through their understanding of national history, culture and emotion to the dance body language. Combined with the current widespread psychological anxiety problems of college students, we can alleviate students' mental tension and anxiety through national dance teaching. For example, students' psychological and emotional anxiety can be adjusted by reading the cognition of national dance culture and dance art aesthetics. At the same time, through the dance physical training and the cognition of dance skills, we can enhance students' understanding and love of national culture. Physical training cannot only improve students' physical quality, but also release various pressures faced by students and regulate students' development. Therefore, in view of the widespread mental anxiety problems in colleges and universities, this paper puts forward that the national dance education in colleges and universities can not only improve students' cultural knowledge and artistic literacy, but also exercise their body and mind, which meets the requirements of the development of modern education.

Objective: To study the current situation of college students' mental anxiety, analyze the main factors of college students' mental anxiety and its impact on their own development, and discuss the therapeutic effect of college students' national dance education on students' mental anxiety.

Subjects and methods: Randomly select 600 students in a university as the research object of mental anxiety experiment, and take college ethnic dance teachers as the secondary research object, count the psychological anxiety of all research objects, and analyze the teachers' basic cognition of mental anxiety treatment. Aiming at the mental anxiety of college students, this paper constructs a treatment mode of ethnic dance education, analyzes the performance of patients before and after treatment, and evaluates whether ethnic dance education in colleges and universities can alleviate the mental anxiety of college

students.

Results: The behavioral application ability and cognitive ability of students with mental anxiety and normal students are shown in Table 1. The patient's ability is graded according to 0-4. 0 indicates poor ability and 4 indicates very good ability. Table 1 shows that the behavioral application ability of students with mental anxiety is gradually improved, and their cognitive ability is gradually close to that of normal students.

Table 1. Comparison table of behavioral ability between students with mental anxiety and normal students

Project		Before teaching	After teaching	P
Application ability	Cognitive impairment	1	2	<0.05
	Normal students	3	4	
Cognitive ability	Cognitive impairment	1	3	<0.05
	Normal students	3	4	

Conclusions: With the continuous expansion of competitive pressure in modern society, many college students have mental anxiety. Facing the current situation of college students' mental anxiety, modern education should pay attention not only to the education of students' cultural quality, but also to the education of students' physical and mental quality. Under the background of higher education reform, educators need to strengthen the psychological guidance of students, increase the exercise of students' physical quality and improve the overall quality of students. As a highly educational discipline, college national dance education not only carries forward and inherits the national culture, but also improves students' cultural literacy and physical quality in the process of education. It has a good effect on improving the anxiety of college spiritual students and promoting the healthier and scientific development of college students.

* * * * *

ANALYSIS OF THE IMPACT OF COMPUTER SOFTWARE DESIGNED WITH BEHAVIORAL PSYCHOLOGY ON USERS WITH COGNITIVE IMPAIRMENT

Xiaoli Zhou¹ & Wei Ma²

¹*Sichuan Top IT Vocational Institute, Chengdu 610000, China*

²*Chengdu Forward Technology Co., Ltd., Chengdu 610000, China*

Background: Cognitive impairment is a serious mental disease. People with cognitive impairment are different from ordinary people in physical, mental and behavioral performance. Generally, people with cognitive impairment have memory decline and their emotions are vulnerable to environmental impact in the early stage. With the aggravation of the disease, patients will decline in their ability to learn, work, socialize and accept new things, especially the skills and knowledge they have mastered before. With the confusion of logical thinking, the decline of comprehensive analysis ability, language repetition and other phenomena, they will appear in the problem of social fault. At present, there are many treatment schemes for cognitive impairment, but they cannot solve the problem. There are several common treatment schemes, such as surgery, medicine, physical therapy and acupuncture. With the continuous development of science and technology, there are more and more treatment strategies for psychological diseases. In addition to several conventional schemes, there are psychological auxiliary therapy and sports rehabilitation training therapy. Among them, psychological auxiliary therapy starts from the patient's psychological activity state and gives psychological comfort and psychological auxiliary guidance according to the patient's illness, so as to awaken the patient's internal emotional consciousness and make the patient feel the warmth of the external crowd. At the same time, the influence of external transmission is positive. Through psychotherapy, patients gradually recover their behavior consciousness and thinking, establish self-awareness and restore self-confidence. At present, psychotherapy has good affinity for patients with psychological diseases, and it is also easier to be recognized by patients.

People with cognitive impairment mainly have cognitive impairment at the behavioral level, which affects one's study, life, work and communication. Therefore, from the perspective of behavioral psychology, a computer-aided software of behavioral psychology can be developed to assist patients with cognitive impairment and serve as the main treatment scheme for patients with cognitive impairment. The computer-aided software of behavioral psychology includes functional modules such as conventional