

## THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES TO IMPROVE COLLEGE STUDENTS' INNOVATION AND ENTREPRENEURSHIP ON PSYCHOLOGICAL COGNITIVE IMPAIRMENT

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**Background:** University is an important turning stage for students. During the university period, students began to initially contact the society, accept all kinds of ideological impact in the society, and their mentality began to change rapidly. The thoughts of college students are not completely perfect, so they are vulnerable to the influence of external thoughts, distorted value orientation and lack of firm belief, so their mental health level is low. Under many pressures, such as academic pressure, employment pressure, interpersonal pressure and so on, college students are prone to negative emotions. When negative emotions are overstocked for a long time and cannot be alleviated and released, it will affect the hormone secretion of students' body, resulting in damage to students' cerebral cortex and cognitive impairment. Cognition refers to the process that the brain processes the acquired information and skills intelligently. In the process of cognition, it will involve a series of complex social behaviors and activities such as learning, memory, emotion, thinking and so on. When the human cerebral cortex is damaged by various factors, the brains intelligent processing process will be limited and abnormal, which will lead to cognitive impairment. Cognitive impairment is a pathological process involving brain function. Students with cognitive impairment are often accompanied by learning impairment, memory impairment, aphasia and so on, which seriously affects students' daily life and reduces students' quality of life.

In colleges and universities, ideological and political education is the main way to improve students' mental health and alleviate students' anxiety and depression. However, the current teaching mode of Ideological and political education in colleges and universities is relatively single and traditional, which cannot arouse students' interest in learning. School psychology is a kind of applied psychology and the application of psychology in school education practice. The main research content of school psychology is to scientifically and reasonably evaluate the students' mental health level and the school's psychological education level, improve the teaching mode according to the evaluation results, and carry out psychological intervention on students. School psychology plays a good role in correcting and alleviating students' emotional disorders, personality disorders and other mental diseases. Based on the theory of school psychology, the research integrates innovation and entrepreneurship education into Ideological and political courses, so as to improve its teaching mode, improve teaching quality, stimulate students' interest in learning, and then effectively alleviate students' negative emotions and cognitive impairment.

**Objective:** When negative emotions are overstocked for a long time and cannot be alleviated and released, it will affect the hormone secretion of students' body, resulting in damage to students' cerebral cortex and cognitive impairment. Ideological and political education is the main way to improve students' mental health and alleviate students' anxiety and depression. However, the current teaching mode of Ideological and political education in colleges and universities is relatively single and traditional, which cannot arouse students' interest in learning. Based on the theory of school psychology, the research integrates innovation and entrepreneurship education into the ideological and Political Curriculum in order to improve its teaching mode, so as to effectively alleviate students' negative emotions and avoid cognitive obstacles.

**Subjects and methods:** 60 students with cognitive impairment were selected as the research objects in a university. Self-rating Anxiety Scale (SAS) and Self-rating Depression Scale (SDS) were used to evaluate students' emotional state. The Mental Health (MH) part of the Mini-Mental State Examination scale (MMSE) and Short Form 36 Questionnaire (SF-36) were used to evaluate the degree of cognitive impairment of students.

**Study design:** 60 students were randomly divided into study group and control group, with 30 students in each group. Among them, the students in the research group used the ideological and political education model based on school psychology and innovation and entrepreneurship education. The students in the control group used the traditional ideological and political education model for teaching. After three months of teaching, the degree of cognitive impairment and emotional state of the two groups of students were compared.

**Methods:** The relevant data were processed and statistically analyzed by SPSS21.0 software. The measurement data are expressed by means  $\pm$  standard deviation, and the inspection method of measurement data is *t*-test. Chi-square test is used for the inspection of counting data.  $P < 0.05$  indicates that the difference is significant.

**Results:** There was no significant difference in MMSE scores between the two groups before treatment

( $P > 0.05$ ). After treatment, the MMSE scores of students in both groups increased significantly ( $P < 0.05$ ), and the MMSE scores of students in the study group were significantly higher than those in the control group ( $P < 0.05$ ). The changes of MMSE scores of the two groups are shown in Table 1.

**Conclusions:** Under many pressures, such as academic pressure, employment pressure and interpersonal pressure, college students are prone to negative emotions. When negative emotions are overstocked for a long time and cannot be alleviated and released, it will affect the hormone secretion of students' body, resulting in damage to students' cerebral cortex and cognitive impairment. Ideological and political education is the main way to improve students' mental health and alleviate students' anxiety and depression. However, the current teaching mode of Ideological and political education in colleges and universities is relatively single and traditional, which cannot arouse students' interest in learning. Based on the theory of school psychology, the research integrates innovation and entrepreneurship education into Ideological and political courses, so as to improve its teaching mode, improve teaching quality, stimulate students' interest in learning, and then effectively alleviate students' negative emotions and cognitive impairment. The results showed that there was no significant difference in MMSE scores between the two groups before treatment ( $P > 0.05$ ). After treatment, the MMSE scores of students in both groups increased significantly ( $P < 0.05$ ), and the MMSE scores of students in the study group were significantly higher than those in the control group ( $P < 0.05$ ).

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**Table 1.** MMSE scores of students in both groups

Timing	MMSE Score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	15.1±4.9	15.3±5.2	0.157	0.721
After teaching	25.0±2.8	20.3±4.7	6.417	0.028
<i>t</i>	7.263	3.214	-	-
<i>P</i>	0.001	0.035	-	-

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## THE INFLUENCE OF COLLEGE IDEOLOGICAL AND POLITICAL EDUCATION MANAGEMENT BASED ON PSYCHOLOGICAL ANALYSIS ON COLLEGE STUDENTS' COGNITIVE IMPAIRMENT

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**Background:** In the process of economic and social development, the competition is becoming more and fiercer. Therefore, many college students have too much psychological pressure and suffer from anxiety disorder. When the anxiety time is too long and the degree is too deep, the students' body hormone secretion and organ function will be abnormal, which will damage the students' brain and lead to cognitive impairment. Cognition refers to the process that the brain processes the acquired information and skills intelligently. In the process of cognition, it will involve a series of complex social behaviors and activities such as learning, memory, emotion, thinking and so on. When the human cerebral cortex is damaged by various factors, the brains intelligent processing process will be limited and abnormal, which will lead to cognitive impairment. Cognitive impairment is a pathological process involving brain function. Patients with cognitive impairment are often accompanied by learning impairment, memory impairment and aphasia, which seriously affect their daily life and reduce their quality of life. Therefore, we need to find an appropriate way to alleviate students' psychological pressure and anxiety and treat students' cognitive impairment.

Ideological and political education in colleges and universities is the main way to improve students' mental health and alleviate students' anxiety and depression. However, the current teaching mode of Ideological and political education in colleges and universities is relatively single and traditional, which cannot arouse students' interest in learning. Psychoanalysis is analytical psychology. Analytical psychology emerged at the beginning of last century. It mainly studies the in-depth psychology of the original image of