

the management of Ideological and political education in colleges and universities, so as to alleviate the psychological pressure of college students and avoid students suffering from anxiety and cognitive impairment, which is of positive significance to the long-term development of students. The results showed that the scores of tensions, loss of control and CPSS in the study group were significantly lower than those in the control group ($P < 0.05$).

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RESEARCH ON THE CONSTRUCTION OF SMALL TOWNS AND REGIONAL ECONOMIC DEVELOPMENT IN SHAANXI FROM THE PERSPECTIVE OF SPIRITUAL AND EMOTIONAL ANXIETY OF URBAN RESIDENTS

Feiting Wang

Shanxi Institute of International Trade & Commerce, Xi'an 710000, China

Background: Small towns are the connecting hub between urban and rural areas in China. They are also an important strategic stronghold to coordinate the relationship between urban and rural areas and promote urban and rural economic development. The construction of small towns and regional economic development are important strategic measures to promote China's urbanization, stimulate rural economic development, and expand domestic demand. In recent years, Shaanxi has exposed a series of problems in the construction of small towns and regional economic development, which has hindered the local urban construction and economic development, and the income of urban residents has been reduced. In this context, many urban residents have negative emotions, and then suffer from mental anxiety. Mental anxiety is anxiety disorder, which is a common mental disease. At the psychological level, anxiety belongs to a kind of negative emotion. It is a dangerous state in which individuals are unable to achieve their goals or overcome obstacles, which leads to the frustration of individual self-confidence and self-esteem, increases the sense of frustration and frustration, and then forms a state of tension, anxiety and fear. Usually, anxiety will lead to physiological reactions such as rapid heartbeat, elevated blood pressure, trembling, sweating, dizziness and so on. Excessive anxiety will affect the physical and mental health of urban residents, affect the harmony of patients' families, and also have a negative impact on social stability. Therefore, finding a way to promote the construction of small towns and regional economic development is of great significance to alleviate the mental anxiety of urban residents.

Social psychology is a branch of psychology, which mainly studies the occurrence and change law of psychology and behavior of individuals and groups in social interaction, and discusses interpersonal relations at the individual level and social group level, including group communication structure, group norms and so on. In social psychology, it is generally divided into three fields: individual process, interpersonal process and group process. Among them, individual process involves individual attitude, personal perception and self-consciousness, as well as the change law of individual personality development and social development. Interpersonal process is to explore the interpersonal relationship between individuals and the impact of interpersonal relationship on individual psychology. Group process studies individual psychology and behavior law from the perspective of macro environment, including the psychological impact of group and organization on individual and the psychological impact of surrounding environment on individual. The research puts forward strategies based on social psychology, and puts forward strategies for the urban construction and regional economic development of small towns in Shaanxi, so as to promote the process of urbanization and the progress of regional economic development, so as to improve the income of urban residents and alleviate the mental anxiety of residents.

Objective: In recent years, a series of problems have hindered the local urban construction and economic development, and the income of urban residents has been reduced. The research puts forward strategies based on social psychology, and puts forward strategies for the urban construction and regional economic development of small towns in Shaanxi, so as to promote the process of urbanization and the progress of regional economic development, so as to improve the income of urban residents and alleviate the mental anxiety of residents.

Subjects and methods: A questionnaire on the formulation of urban construction and regional economic development strategies based on social psychology. 600 residents of small towns in Shaanxi were selected as the research object for questionnaire survey. The statistical research object's satisfaction with the development strategy proposed based on social psychology.

Research design: Quantify the satisfaction of the research object with urban construction and regional economic development strategies. The score is 1-4. The higher the score, the more satisfied the research

object is. The questionnaire contains the related questions of the development strategy based on social psychology and the original development strategy at the same time. The scores are the same, and the scores of the two models are counted.

Methods: The relevant data were processed and analyzed by software SPSS23.0. χ^2 test was used for counting data and t -test was used for measurement data. When $P < 0.05$, the results were statistically significant.

Results: After collecting the questionnaire and counting the results, it was found that the subjects had higher recognition of the development strategy based on social psychology, as shown in Figure 1.

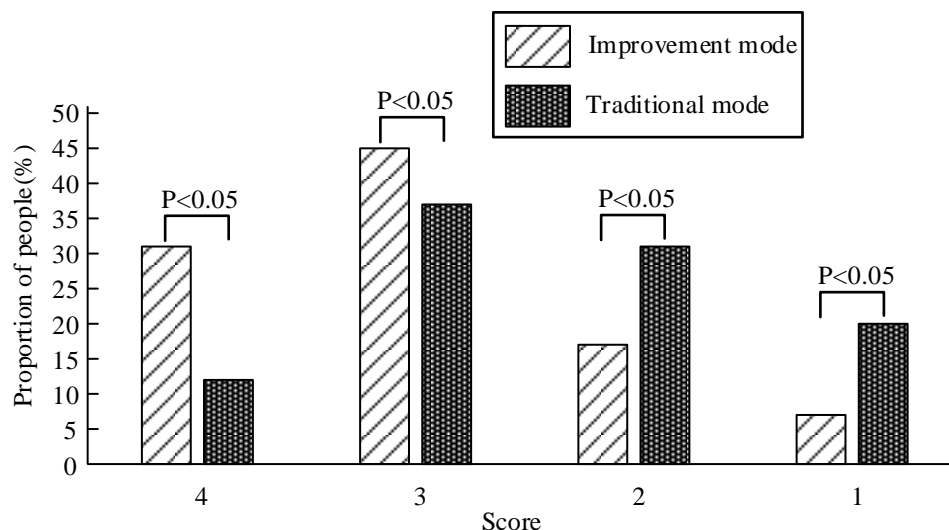


Figure 1. The recognition of the research object to the development strategy based on social psychology

Conclusions: The construction of small towns and regional economic development are important strategic measures to promote China's urbanization, stimulate rural economic development and expand domestic demand. In recent years, a series of problems have hindered the local urban construction and economic development, and the income of urban residents has decreased. The research puts forward strategies based on social psychology, and puts forward strategies for the urban construction and regional economic development of small towns in Shaanxi, so as to promote the process of urbanization and the progress of regional economic development, so as to improve the income of urban residents and alleviate the mental anxiety of residents. After collecting the questionnaire and counting the results, it is found that the research objects have higher recognition of the development strategy based on social psychology.

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AN ANALYSIS OF THE PSYCHOLOGICAL IMPACT OF METAPHOR ON READERS WITH COGNITIVE IMPAIRMENT IN ENGLISH NOVELS

Xin Liu

Yancheng Institute of Technology, Yancheng 224051, China

Background: Metaphorical language often appears in English novels. Metaphorical language can infect readers more and give readers more imagination space than plain narration. Therefore, in English novels and literary works, metaphor is an important means for the author to convey emotion and express the writer's style. However, the reading and translation of English novels often bring great trouble to readers. Because it is difficult to understand and translate metaphors in English novels, many translators of English novels doubt their working ability and reduce their self-confidence, resulting in negative emotions. When these negative emotions are accumulated for a long time, the translator will suffer from mental diseases such as anxiety and depression. When the degree of mental illness is too severe, it will damage the translator's cerebral cortex, leading to cognitive impairment. Cognitive impairment is a pathological