

THE ROLE OF PEOPLE'S DEMOCRATIC MODEL IN THE PROCESS OF SINICIZATION OF MARXISM FROM THE PERSPECTIVE OF COGNITIVE PSYCHOLOGY

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Background: The core idea of cognitive psychology is the discussion of cognitive ability. From the relevant theories of psychologist J. fodo, we can know that the cognitive psychological mechanism in cognitive psychology is modular, and there is functional correlation and similarity between cognitive perception and cognitive language. However, in the research of other psychologists, the modularization of cognitive psychology is judged as the limitation of cognitive psychological understanding. Under this modularization thought, cognitive psychological research will form pessimism. Cognitive psychology is an ecological rational thought, which emphasizes that human cognitive psychology has limitations, and this limitation has adaptability at the same time. Cognitive adaptability can help individuals make correct decisions when facing multiple choices. In many cases, people's cognitive psychology can help us choose the answers we want in the world full of information. The two theories of cognitive memory structure, process psychology and problem-solving psychology in cognitive psychology are important factors to help us establish a shortcut for decision-making. In short, cognitive psychology makes cognitive judgments and choices based on people's psychological ecology. In the research of cognitive psychology, it is believed that people's cognitive function and cognitive psychology can determine the general direction of events. With the development of society, the research and discussion of cognitive psychology become more and more in-depth, and some studies gradually put forward new ideas. From the research progress of cognitive psychology, cognitive psychology is gradually applied to many fields. What is more obvious is its application in China's social development. From the perspective of cognitive psychology, the Sinicization of Marxism has been significantly promoted, which has greatly promoted China's development.

In the process of Sinicization of Marxism, the people's democratic model reflects Marx's unique principle of freedom. From the perspective of cognitive psychology, the people's psychological cognition of socialism tends to control liberation and class disappearance. The people's democratic model plays an obvious role in the process of Sinicization of Marxism. The theoretical premise of the socialist democratic model is that the state cannot represent the interests of the general public, but can only be used to represent the basic interests of some special classes. In the socialist democratic model, from the perspective of cognitive psychology, Marxism advocates social relations of production, in which the state organ is an organ serving the people. In China's social development, state organs always focus on the interests of the people, which is based on the Marxist democratic model. Therefore, in order to deeply explore the people's democratic model and promote the process of Sinicization of Marxism, cognitive psychology is proposed as the starting point, analyze in detail the promotion mechanism and role of the democratic model under the action of people's cognitive psychology in the process of Sinicization of Marxism, in order to provide theoretical support for national social development.

Objective: Explore the application of cognitive psychology in the people's democratic model, and analyze the effect of the democratic model on the process of Sinicization of Marxism from the perspective of cognitive psychology, so as to provide reference and suggestions for China's social development.

Subjects and methods: The literature method is used to collect the research status of Marxist idealistic democratic model, which is characterized by the Sinicization of Marxism. The principal component analysis is used to extract the main factors that promote the process of Sinicization of Marxism, and analyze the changes of people's cognitive psychology in the process of Sinicization of Marxist democratic model.

Results: Collect the information of 100 volunteers participating in the survey, and investigate the cognitive and psychological changes of each volunteer. All volunteers come from different industries. The influence values of specific factors in the survey are quantified as 0-4 levels. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence and 4 means complete influence. The cognitive and psychological changes of all participants in the process of Sinicization of Marxist democratic model are shown in Table 1. It can be seen from Table 1 that the suitability, rationality and legitimacy of the Marxist democratic model in the process of Sinicization have a great impact on people's cognitive memory structure, process theory and problem-solving psychology.

Table 1. The influence of the Sinicization of Marxism on cognitive psychology

Index	Suitability	Rationality	Legitimacy
Cognitive memory structure and process	4	3	4
Problem solving	4	4	4

Conclusions: Cognitive psychology is psychological research that studies individual cognitive perception and behavior. The specific application of cognitive psychology can be seen in many fields. In the research, aiming at the Sinicization process of Marxist democratic model, this paper puts forward a research method based on cognitive psychology to deeply explore the role of democratic model in promoting the Sinicization of Marxism. The results show that in the process of the Sinicization of Marxism, the suitability, rationality and legitimacy of the democratic model can fully affect the national cognitive psychology, that is, the national cognitive psychology can also determine the development of the Sinicization process of the Marxist democratic model. Therefore, in China's social development, we should fully consider the serious psychological changes of the people, so as to promote the process of Sinicization of Marxism and improve the beauty of our national life.

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ANALYSIS ON THE INFLUENCE OF COLLEGE STUDENTS' PSYCHOLOGICAL OBSTACLES IN PHYSICAL EDUCATION REFORM

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Background: In recent years, college students' mental health problems caused by various psychological contradictions have gradually increased. Some studies have pointed out that about 15% of college students have various degrees of mental health problems. The main symptoms are compulsion, interpersonal sensitivity, depression and hostility. Some scholars also pointed out that about 20% of college students show varying degrees of psychological maladjustment, and the incidence of psychological disorders is increasing year by year. It is reported that in a statistical survey in China, a sample survey was conducted among 126000 college students. The results show that the common psychological problems among college students are compulsion, interpersonal sensitivity and emotional depression. 10% of college students with psychological disorders have symptoms above the medium level. A study found that about 13% of students in a university have serious psychological problems such as suicide, depression, aggression, interpersonal disorder and so on. At present, the psychological problems of college students should be highly valued by college educators. A large number of studies show that physical exercise has a good effect on students' mental health.

Negative emotions refer to some unpleasant emotions, such as depression, anxiety and inferiority, which will do harm to people's body. The clinical characteristics of depression are pessimism, sadness, loss of help, low self-esteem and despair. Slight fatigue, irritability, indecision, social avoidance and world weariness. The antidepressant effect of sports is very obvious. Sports are mainly activities characterized by excitement and vitality, while depression is an emotional state dominated by depression. Therefore, sports can improve the psychological disorder of college students to a certain extent. Research shows that patients with psychological disorders should take physical activities as a treatment to eliminate psychological disorders. Therefore, the reform of physical education curriculum is imperative. Its purpose should be to improve students' physical and mental health, and the curriculum should meet the needs of students' "happiness". Through the pleasant emotional experience of physical exercise, form the habit of physical exercise and develop "lifelong sports", so as to continuously improve the level of students' mental health, so as to meet the current social challenges.

Objective: According to the mental health status of college students, in the exploration and practice of physical education reform, we actively expand the function of physical education, optimize the physical education teaching mode in colleges and universities, integrate physical education teaching resources, give full play to their subjective initiative according to students' interests and hobbies, make physical education develop in a multi-functional and diversified direction, achieve remarkable results in cultivating students' technical skills, and effectively train students to adapt to the environment, dare to face difficulties. The will and quality of overcoming self, overcoming difficulties, hard work, unity and cooperation make college physical education achieve the purpose of physical and mental education, and adjust and treat college students' psychological confusion and psychological obstacles.

Subjects and methods: In this paper, 500 college students in a university were randomly divided into experimental group and control group, with 250 people in each group. The experimental group was given college physical education reform mode teaching, and the control group was given routine teaching. After teaching, the students were investigated and analyzed by Symptom Checklist 90 (SCL-90). Among them, SCL-90 has a total of 90 self-assessment items, and the test factors include somatization,