higher education is changing with each passing day. New technologies and new ideas should be reasonably integrated into the curriculum teaching system, to improve the teaching quality and efficiency and promote the development of students' physical and mental health.

Table 1. The results of psychological well-being evaluation scale were compared between the two groups

Score		Experience group	Control group	P
Affective index	Before teaching	5.2	5.27	>0.05
	After teaching	5.94	5.16	<0.05
Life satisfaction	Before teaching	4.9	5	>0.05
	After teaching	5.86	2.19	<0.05
Total score of happiness index	Before teaching	10.21	10.71	>0.05
	After teaching	12.34	10.73	<0.05

* * * * *

RESEARCH ON THE TEACHING PRACTICE OF COMPUTER COURSES OF E-COMMERCE SPECIALTY FROM THE PERSPECTIVE OF STUDENTS' PSYCHOLOGICAL ANXIETY

Bo Li

Changjiang Polytechnic, Wuhan 430074, China

Background: With the continuous development of society and the increasing competition for talents, self-awareness and values are also changing in people's hearts. At present, college students generally pay more attention to their achievements and honors, and are under increasing pressure from society, school and family, which makes college students have varying degrees of anxiety and depression. In the past computer course teaching, the problem of students' mental health education is easy to be ignored. Some people even think that computer course teaching is not related to mental health problems, so that professional teachers focus on the training of students' computer skills and do not pay attention to the training and cultivation of students' psychological quality. When students have anxiety, although they perform well in the classroom at ordinary times, once they encounter exams or other specific applications, students will have bad psychological emotions, and their psychological state will be seriously unbalanced, resulting in serious anxiety. The main reasons for students' anxiety are as follows: first, their psychological tolerance is poor. Tension and anxiety, as a kind of emotional expression, are caused by fear and stem from the fear of the unknown. Second, the understanding of abstract knowledge is not enough. Due to the lack of students' professional quality, there are still many deficiencies in the understanding of abstract knowledge, so that there will be lack of self-confidence and self doubt in the learning process, which is directly reflected in the tension and anxiety in the learning process. With the continuous development of computer courses for e-commerce majors in colleges and universities in China, e-commerce majors in China have also entered a new stage. Due to the differences of training objectives, the professional courses of e-commerce Specialty in various colleges and universities are not exactly the same. In the training plan of e-commerce major in colleges and universities, it is clearly required to pay attention to the construction of students' solid information technology foundation and highlight the accumulation of e-commerce application knowledge under the network environment. Since the system development of information technology is mainly aimed at the system development of e-commerce, students need to be able to apply the mastered information technology to the specific business process. Therefore, it is necessary to study the characteristics of computer courses for e-commerce specialty, and put forward corresponding reform measures in teaching methods and teaching contents.

Objective: This paper analyzes the system setting and reform of computer courses for e-commerce majors, in order to explore the impact of the teaching practice of computer courses for e-commerce majors on college students' mental anxiety.

Subjects and methods: Taking 120 students in a university as the research object, the Self-rating Anxiety Scale (SAS) was used to evaluate the students' learning anxiety and physical health status before and after teaching. The score limit was 50 points. More than 50 points indicated anxiety status. The lower the score, the healthier the psychology. According to the results of the questionnaire, this paper discusses the influence of the teaching practice of computer courses in e-commerce specialty on college students'

mental anxiety. The research methods mainly include literature, expert interview, conference discussion and questionnaire survey. Among them, the questionnaire survey method mainly refers to the relevant physical education teaching and psychology through journals and monographs. Expert interview is mainly to interview experts related to physical education teaching and psychology. The symposium was mainly to discuss the design of sports psychological scale with experts. A total of 120 questionnaires were distributed and 120 were recovered, with a recovery rate of 100%. The relevant data are in Excel and SPSS20.0 software for calculation and statistics.

Results: SAS scale was used to judge the anxiety status of students before and after teaching. The results are shown in Table 1. After teaching, the anxiety of college students has improved, and the number of students with anxiety has decreased significantly ($P < 0.05$), indicating that college physical education teaching can improve college students' learning anxiety psychology.

Table 1. Compare students' anxiety before and after teaching (*n*)

Intervention time	Without anxiety	Mild anxiety	Moderate anxiety	Severe anxiety
Before teaching	24	60	24	12
After teaching	70	42	8	0
P	<0.05	<0.05	<0.05	<0.05

Conclusions: The teaching of computer courses for e-commerce majors in colleges and universities is under continuous construction and improvement. We must pay attention to students' mental health problems in order to better meet the needs of the job market. Starting from the actual teaching, combined with the students' mental health needs, set up the computer courses of e-commerce specialty combined with psychology, effectively connect the e-commerce discipline with the computer discipline, improve the computer application ability level of higher vocational students, and enable the students of higher vocational colleges to better adapt to the needs of the job market and improve the employment rate. Strive to cultivate high-quality skilled talents with strong computer ability and post adaptability for the society.

* * * * *

IMPROVEMENT MECHANISM OF OPTIMIZATION IN ROAD AND BRIDGE SURVEYING AND MAPPING ALGORITHM TEACHING ON STUDENTS' WILLINGNESS TO USE BEHAVIOR AND COGNITIVE DIFFERENCES

Fujun Tang & Li Song

Sichuan Vocation and Technical College of Communications, Chengdu 611130, China

Background: According to psychological theory, cognitive disorder is a psychological disorder developed from the perspective of cognitive psychological disorder. Psychological cognitive disorder can be called a neurocognitive disorder. Patients mainly have psychological disorders in problem solving, perception, memory, learning and so on. In the field of medicine, psychological cognitive impairment is defined as six cognitive impairments: social cognition, complex attention, language, perceptual motor function, learning and memory, and executive function. Individuals usually have a decline in these cognitive abilities, and in severe cases, they can have a brain decline. At present, the pathogenesis of the disease is still controversial. Mature theories believe that the cognitive neural process of patients with psychological cognitive impairment can analyze the relationship between psychological impairment and behavioral inhibition. These psychological and emotional responses related to stimuli include a variety of cognitive neural processes, such as attention process, working memory, consciousness and so on. Some studies believe that mental problems such as social anxiety, social fear, panic disorder, compulsion and depression are caused by psychological cognitive impairment. Psychological cognitive impairment is a disease that clinical psychologists and psychiatrists must understand. Patients usually need timely and effective psychological intervention, which plays a very important role in their healthy development. In the education of road and Bridge mapping algorithm in colleges and universities, some scholars believe that the optimized teaching strategy can improve students' willingness to use behavior and cognitive impairment.

The problems existing in the algorithm education of road and bridge surveying and mapping in colleges and universities are as follows: first, the curriculum construction is relatively backward, and there is no perfect teaching equipment and corresponding necessary measures. The investment of professional measuring tools and equipment is high, and the training site is occupied more. Therefore, many colleges and