

Conclusions: Data encryption technology plays a more and more important role in the development of modern society. In the information transmission of computer network, data encryption technology is used to build the security of data information, which forms an effective security defense against the illegal access of information data, so as to protect the practical interests of computer network users from damage. In the process of computer network information transmission, it ensures the information and data security of the masses, and improves the mental anxiety of Internet users through the innovation of data encryption technology. The results showed that the detection rate of users with anxiety was 14%. In all the survey results, parents' occupation, housing status, learning situation, family harmony and other factors are the factors that affect the mental anxiety of community Internet users.

Acknowledgement: The research is supported by 2019 Shanghai Education Science Research Project, Research on the Curriculum and Operation Mechanism of "the Cohesion Between Secondary Vocational Education and Applied Undergraduate Education" In Computer Application Specialty (No. C19093).

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MATHEMATICS TEACHERS' VIEWS ON MATHEMATICS AND MATHEMATICS EDUCATION BASED ON COGNITIVE IMPAIRMENT

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Background: The incidence of cognitive impairment is very high in schizophrenia. About 85% of patients will have cognitive impairment, such as information processing, selective working memory, short-term memory, learning, executive function and other cognitive defects. Mild Cognitive Impairment (MCI) is a transitional state between healthy aging and Alzheimer's Disease (AD). It is recognized by researchers and clinicians as a "window" for teaching and delaying the development of AD. moreover, the global prevalence of MCI is 9.6%-21.6%, which is considered to be a precursor of AD. therefore, it is particularly important to study cognitive impairment. The research shows that physical exercise teaching has a positive effect on MCI patients' cognitive function, and it is a non pharmacological method to delay the decline of MCI cognitive function. At present, more and more attention has been paid to the mental health problems of secondary vocational school teachers in China. Because teachers are generally under pressure from schools, families, society, employment and other aspects, there are more and more mental health problems, especially cognitive disorders and other mental diseases. At present, some schools have greatly reduced the number of mathematics teaching hours, and even no longer offer secondary vocational mathematics courses. Many mathematics teachers are in a confused situation and do not know how to teach students. Many secondary vocational school students have a negative attitude towards learning mathematics, passively listening to classes and learning without success. Even students with a better foundation cannot form the consciousness of consciously using mathematical tools for various reasons, so learning is useless. The current situation of mathematics teaching in secondary vocational schools is worrying. Therefore, how to effectively improve the current situation of culture basic course teaching in secondary vocational schools requires educators to have a correct understanding and thinking of vocational education. So as a mathematics teacher in secondary vocational school, he must have a correct understanding and thinking about the mathematics curriculum reform in secondary vocational school, whether there is an inevitable connection between the professional learning of students and the sustainable development of students in secondary vocational mathematics, the understanding of mathematics by secondary vocational mathematics teachers in the process of mathematics teaching, why to learn mathematics, what should be taught, and how to teach these mathematical contents, all of which require the secondary vocational mathematics educators to have a reasonable mathematical view. Because there is a close relationship between mathematics view and mathematics education, it directly affects the teaching and learning of mathematics.

Objective: This study is conducive to explore the mathematics view suitable for secondary vocational mathematics teaching and the renewal of the mathematics view of secondary vocational mathematics teachers. It has a guiding role in secondary vocational mathematics teaching and is conducive to the mathematics teaching reform of secondary vocational schools in China. Therefore, this study will analyze mathematics teachers' views on Mathematics and mathematics education based on cognitive impairment.

Subjects and methods: 60 mathematics teachers with cognitive impairment in 9 secondary vocational schools in a certain area were selected as the research objects. The teachers were divided into control group and experimental group, with 30 teachers in each group. The intervention lasted for 3 months. The experimental group used the innovative model of mathematics and mathematics education, and the control

group used routine training. Analyze and compare the remission of cognitive impairment between the two groups before and after training. Mini-mental State Examination (MMSE) was used to evaluate before and after teaching (3 months), including memory, attention, comprehension and time orientation. The total score was 0-30, and the score was proportional to the ability. Relevant data are calculated and counted by Excel software and SPSS20.0 software.

Results: After training, the two groups were compared within the group, and both groups were significantly improved compared with that before training ($P < 0.05$). There was no significant difference between the two groups before training ($P > 0.05$), and the score of the experimental group was significantly higher than that of the control group after training ($P < 0.05$). See Table 1.

Table 1. Comparison of MMSE scores of mathematics teachers before and after training

Scoring method	Teaching time	Control group	Experience group
MMSE	Before teaching	12.6	11.6
	After teaching	20.6	22.8

Conclusions: With the rapid development and wide application of mathematics and the high penetration of mathematics, mathematics education has been paid more and more attention. The Ministry of education has repeatedly stressed the need to vigorously develop secondary vocational schools and their education, including mathematics education. Mathematics education in secondary vocational schools also undertakes the obligation of imparting practical knowledge and skills to students and paying attention to the role of mathematics as a tool, which is also an important goal or value of our education. The results of this study showed that the two groups were significantly improved after training ($P < 0.05$). There was no significant difference between the two groups before training ($P > 0.05$), and the score of the experimental group was significantly higher than that of the control group after training ($P < 0.05$). It shows that our country should pay attention to the improvement of the quality of mathematics teachers in secondary vocational schools. Pay attention to the training of secondary vocational students' interest and self-confidence in mathematics. Pay attention to the reform of mathematics teaching materials in secondary vocational schools.

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EXPLORATION ON THE INFILTRATION PATH OF MENTAL HEALTH EDUCATION IN COLLEGE PHYSICAL EDUCATION

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Background: With the gradual increase of life pressure, people's physical and mental health is increasingly threatened. Strengthening physical education teaching has gradually received active attention from all walks of life, and realizing the development of students' physical and mental health has also become an important subject for the innovation of physical education in colleges and universities. At present, the status and role of mental health education in schools are becoming more and more prominent, but some colleges and universities are limited by human, material, financial and other practical factors, which affect the smooth development of mental health education and teaching. Under the people-oriented concept of modern physical education, the goal of physical education in colleges and universities is gradually changing to carry forward the meaning of human life and value. Colleges and universities are committed to shaping students' ideal personality, following the law of physical and mental development, aiming to establish students' independent consciousness and cultivate students' innovation and creativity, fully tap and make use of the resource advantages of college physical mental health, and organically integrate mental health education and physical education, these measures have very important practical significance. The significance of mental health education in college physical education mainly includes three aspects. The first is to lay a foundation for students' mental health. Physical exercise can not only promote physical function and accelerate blood circulation, but also enable people's body organs to have sufficient nutrients and oxygen. In addition, a good nervous and functional system is both the physiological basis for the development of mental health and the prerequisite for ensuring mental health. Second, it is conducive to adjusting emotions and eliminating inner obstacles. Moderate physical exercise can not only weaken students' psychological barriers, but also vent their negative emotions. At present, many scholars have pointed out that exercise can effectively improve the psychological state and have a good prevention