

## DIETARY COGNITIVE TENDENCY, MENTAL HEALTH ABILITY AND FUNCTIONAL RISK OF THE ELDERLY IN GUANGXI: A CROSS-SECTIONAL STUDY

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**Objective:** To study the effect of dietary changes on cognitive tendency and mental health function of the elderly aged 60 and over in Gongcheng County.

**Method:** A cross-sectional survey was conducted on the health status of the elderly in Gongcheng County, Guangxi. The quantitative food frequency scale was used to obtain the information of eating habits, and the Chinese version of the simple mental state examination scale was used to obtain the score of psychological cognitive function. Three main dietary patterns were obtained by factor analysis, and the significance of main dietary structure and psychological cognitive tendency were analyzed by logistic regression.

**Results:** This study covered 1246 elderly patients, of which 221 (17.7%) had cognitive tendency and mental health disorder. Three dietary patterns were extracted. Grain and potato diet and oil and tea diet had no protective effect on psychological cognitive function ( $P > 0.05$ ), while vegetable and fruit diet had protective effect on psychological cognitive function before and after adjusting for potential confounding factors. This protective effect weakened the decline of psychological cognitive function (before adjusting for confounding factors: odds ratio [or] = 2.05; 95% confidence interval [CI] = 1.34-3.15;  $P < 0.05$ ; after adjusting for confounding factors, or = 2.11, 95% confidence interval [CI] = 1.34-3.33,  $P < 0.05$ ).

**Conclusion:** The traditional diet pattern (grain and potato diet pattern and oily diet pattern) can not alleviate the decline of mental cognitive ability. The current research shows that specific structured diet (a diet based on vegetables and fruits) can prevent the decline of psychological cognitive tendency in the elderly.

**Key words:** Mental Cognitive Ability function - elderly population - oil tea - traditional diet - balanced die

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## MUSEUM PUBLIC EDUCATION BASED ON EMOTIONAL COGNITIVE COMMONNESS - TAKING NINGXIA LOCAL MUSEUM AS AN EXAMPLE

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Today's museums are facing a shift in focus, from "being about things to being about people". With the progress of intelligent technology, museums have made fresh efforts in delivering a multi-sensory experience of things. The perception and transmission of multiple senses including vision, hearing, olfaction, and tactile perception enable the audience to integrate themselves into the information world provided by things. While experiencing sensory presence, the audience can recapture the missing part in their cognition, emotion, memory and other aspects, complete their cognitive mental in such behavioral interaction, and achieve greater self-awareness and self-exploration in an integrated way. Taking Ningxia province Local Museums as the research object, this paper conducts a SWOT analysis to evaluate its public education, in which its Strength, Weakness, Opportunities, Threats are summarized. Meanwhile, based on

the behavioral and mental perspective of the audience, this paper puts forward brand-new methods to deepen the convergence between museum education and cultural tourism, so as to optimize the public educational resources of museums. It further proposes the content and model of intelligent public education services.

**Key words:** museum - Cognitive Mental - public education - emotional experience

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## **ON THE CHOICE OF ADDRESS FORMS FROM THE PERSPECTIVE OF EMOTION SPECIFIC EMPATHY - TAKING OTHER PARTICIPANTS AS AN EXAMPLE**

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As an important issue, address forms have always been concerned in the fields of sociolinguistics and pragmatics. The correct selection of address forms is of great significance to promote verbal communication. In this regard, previous studies mainly focused on the framework of speaker and recipient, while ignoring other participants. In fact, the presence of other participants will also affect the speaker's choice of emotional form of address, which is still lacking. In view of this, this study takes the dialogue between different characters in the anti-corruption TV series in the name of the people as the data to investigate the influence of the third party in the choice of different address forms. Specifically, we first encode various dialogues by considering the differences between topics and scenes. On this basis, we calculate the dialogues about the emergence and disappearance of third parties in the same topic, so as to obtain 13 dialogues. Next, it makes a detailed analysis under the framework of situational context and speech adaptation theory (SAT). The former gives a specific contextual explanation, and the latter provides an emotional specific empathic psychological explanation behind it. The results show that the emergence of a third party will trigger situational factors such as conversation topic, social status and interpersonal relationship. These emotion specific empathic factors will interact to determine the specific form of address. In this process, the weight of the three factors is constantly changing dynamically. In addition, the analysis from the perspective of SAT shows that the choice of address forms is actually the convergence or deviation from the third party. On this basis, we propose a new category of speech regulation - "regulation to the third party", which increases the types of regulation strategies and promotes the application of regulation strategies in a wider range. This study has important theoretical and practical significance. Theoretically, the interactive process of different contextual factors in determining the form of specific address forms improves Halliday's situational context framework by revealing the interactive nature of field and tone. In addition, the discovery of "adapting to the third party" enriches the connotation of the current sat and expands its guiding scope in the practice of verbal communication. In fact, from the perspective of social psychology and situational context, this paper makes an in-depth analysis of the selection process of symmetrical call, and reveals the complexity of address forms, which is of great significance to the correct selection of address forms.

**Key words:** speech adaptation theory - conversation topic - social status - interpersonal relationship - choice of address forms

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