**Subjects and methods:** The main research object for the investigation of leisure physical education work in higher education institutions is the students of higher education institutions, and the research is conducted to investigate the mental health of students, so as to obtain an important research basis and create favourable conditions for the development and implementation of leisure physical education. The specific research methods need to be implemented effectively in the following aspects, which will help improve the work of leisure physical education in higher education institutions, enhance the efficiency and improve the level of leisure physical education teaching in higher education institutions.

Enhance the understanding of leisure physical education in higher education institutions. Teachers should have a deep understanding of the work of education in higher education institutions, and need to be clear about the impact on students, and to pay attention and attention. Therefore, teaching staff need to change traditional teaching concepts, actively integrate leisure physical education with mental health education, and closely combine campus culture construction with academic style construction and students' own development. This will help students to establish a healthy and correct outlook on life, the world and values, raise their awareness of recreational physical education and guide them to participate actively, so that they can master the correct learning methods, study skills and lifestyle, and contribute to their overall development.

Leisure sports activities are activities that students participate in outside of class time, but the content and form of leisure sports activities need to be standardised and improved, and not organised arbitrarily or blindly. In addition, it is important to respect the individual ideas and opinions of all students and to take into account their interests and hobbies, so that they can participate actively rather than being forced to do so, thus demonstrating the value and educational significance of recreational sports teaching.

**Result:** The effective development of physical recreation education can lead to active participation, create favourable conditions for students to relax and provide support. Students will also become psychologically relaxed through physical relaxation, which helps to reduce students' academic stress, life stress, etc., thus assisting students to develop a good psychological state. The infusion of recreational physical education into students' out-of-school time, extra-curricular time and family time allows students to have autonomy and to escape from online games etc., enriching their lives outside of school and at home. Through active participation in recreational sports, students develop healthy study and living habits, which not only cultivate good physical fitness but also contribute to their overall development.

The opportunities for communication and the social relationships that students develop with others as a result of their participation in sport and leisure activities are highly applied and social, which enables students to develop better. The competitive nature of sport and leisure activities allows students to develop a sense of competition and sportsmanship, and a sense of participation and success in the process, which in turn leads to physical and mental satisfaction. In this process, students can better understand themselves, explore their own potential, build up good self-confidence in learning and life, and thus improve their psychological quality.

**Conclusion:** In conclusion, leisure physical education in higher education institutions needs to be paid attention to and valued by those involved, and the development and implementation of this educational activity creates favourable conditions and opportunities for students' physical and mental development. In this regard, it is necessary to clearly understand the impact of leisure physical education in higher education institutions on students' psychological health, and on this basis to adopt effective strategies, including raising awareness of leisure physical education in higher education institutions and standardising and improving leisure physical activities, so as to improve the efficiency and quality of leisure physical education in higher education institutions and improve students' comprehensive physical and mental quality level, which will help students learn, live and grow. This will help students learn, live and grow, and assist them to achieve good development.

* * * * *

# A PROBE INTO THE PHILOSOPHICAL CONSCIOUSNESS OF LANGUAGE TURN BASED ON THE DICHOTOMY OF SUBJECT AND OBJECT

### Zhaoqian Xin

*Department of Business and Tourism, Henan College of Transportation, Zhengzhou, 450000, China*

**Background:** The "linguistic turn" in philosophy has had a deepening impact on the current research and development of psychology, and it has gradually become a new dimension of psychology. As a result, the traditional psychological problem of 'language deficit' has also been addressed. The 'linguistic turn' in

psychology also has a relatively deep theoretical background and philosophical origins. On this basis, an important manifestation of the 'linguistic turn' in psychology has become discursive psychology and the linguistic form of psychology. The importance of the "linguistic turn" in psychology lies in the fact that the way of thinking has become the main direction of current psychological research, and that the "linguistic turn" will also become a new direction for psychological research itself.

"The term 'the linguistic turn', also known as the 'linguistic turn', was first coined in the 1960s by the early Viennese researchers. It was first coined in the 1960s by the early Viennese philosopher Gustav Borgmann. The term 'linguistic turn' was first coined in the 1960s by the early Viennese philosopher Gustav Borgman. This argument focuses on the development of the analytical movement in the twentieth century, and the earliest 'linguistic turn' was made in the field of philosophy. It is the current transformation of the philosophical subject of modern Western realism, represented by philosophy. It was also a fundamental shift from ancient Greek ontological philosophy to modern concern-based philosophy. And the changes within the field of philosophy also influence changes in other fields, such as psychology. The development of psychology is deeply connected to current philosophical developments, and as philosophy undergoes each relatively large change, psychology is affected in some way. In general, all major changes in psychology have been made on the basis of changes in philosophy. The philosophical turn from ancient Greek ontology to modern concern theory contributed greatly to the development of modern Western philosophy, and the gradual turn from epistemology to linguistics has been an important opportunity for current reflection on scientistic psychology. Following the "linguistic turn", discourse morphology, linguistic analysis and linguistic structure have gradually become the focus of current research in psychology.

**Objective:** The main objective of the "linguistic turn" in psychology is to address the lack of "language" in traditional psychology. Although language is an important dimension of psychological and emotional expression in the context of psychology, the mainstream of empirical and quantitative psychology has not explored this argument in depth, nor has it made a theoretical breakthrough. The main source of this problem lies in the absence of 'language' in traditional psychology. This is the main purpose of the current 'linguistic turn' in psychology.

First, the early pioneers of psychology were unable to separate psychology from its philosophical context. Although some modern psychologists sought to define their own epistemology and methodology from an 'anti-metaphysical' point of view, they were still not able to break away from the realm of philosophy and its basic logic, which was an important expression of the search for the essential laws of consciousness and the psyche in a dichotomy between subject and object.

Secondly, the main direction of traditional psychology is "psychology" and "behaviour". Before the birth of scientific psychology, the reference point of psychology changed from the "soul" to the "mind", and after 1879, psychology evolved into "consciousness". After 1879, psychology evolved into the science of "consciousness" until the 1960s, when it gradually became the science of "behaviour". After the 1960s, psychology became a 'behavioural and psychological' discipline. In recent years, some modern scholars have argued that the main direction of current psychology should be 'human nature'. The changing theme of psychological research is in fact a reflection of the changing spirit of the times in which philosophers and psychologists live and the changing interests of scholars. The American psychologist Bohan, for example, said that "every psychological interpretation has its own unique philosophical and cultural perspective, and it is impossible to explain without a philosophical perspective, each of which highlights the metaphysical assumptions and cultural significance of the time in which it is made".

It is the philosophical basis of traditional psychology and the reality of the subject matter that has led to the absence and disappearance of 'language' from traditional psychology. However, this does not really mean that language has been neglected in mainstream traditional psychology, so some current psychologists are trying to make up for the 'language deficit' in traditional psychology by taking a 'linguistic turn'.

In this way, psychologists are trying to make up for the 'linguistic deficit' in traditional psychology through a 'linguistic turn'.

**Subjects and methods:** In order to respond to the development and changes in contemporary psychology and philosophy, this paper will be based on the theoretical perspective of psychology, and the research and analysis process will focus on the current audience of psychology. "The study will also examine the psychological behaviour of psychological audiences as a feature of the study, research the development of the 'linguistic turn' in psychology, propose strategies for the development of discourse analysis and discourse psychology, and consider the development of the 'linguistic turn' in psychology in terms of the psychological behaviour of psychological audiences and other needs. This paper uses documentary analysis to examine the development of the "linguistic turn" in psychology, in order to effectively meet the demands of contemporary psychology and its refinement.

This paper uses a documentary analysis method to collect a large number of excellent papers, journals and case studies from home and abroad, using a variety of methods such as the internet and paper books, in order to find the latest research developments.

The "linguistic turn" in modern psychology requires not only a certain philosophical and theoretical background, but also a certain practical basis.

The main focus of the "linguistic turn" in psychology is on the main functions and relationships of language in psychological research. The real meaning of the "linguistic turn" is not a total rejection of traditional psychology, but the direction of the "linguistic turn" is still "behaviour and psychology" in psychology, only "It is just that the linguistic turn has reversed the approach to research. In response to the ambiguity of traditional psychology or the construction of entities, the 'linguistic turn' uses a 'semantic upside down' approach, which means that the subject of the study is suspended and reinterpreted using a unified linguistic vocabulary. The 'semantic upward' approach means that the subject is suspended, expressed and reinterpreted using a unified linguistic vocabulary, and agreed upon in order to minimise theoretical controversy in psychology.

Discourse analysis is an important expression of the current 'linguistic turn' in psychology. According to traditional psychology, language is an important tool for perceiving the world and expressing one's emotions and opinions, helping humans to describe external things accurately. Psychological discourse analysis, on the other hand, focuses on the actual purpose of language use and on the ambiguities and grammatical complexities that result from different emotions. Because language has always been used as a medium for interpreting the world, it has become the main tool for constructing the world, by becoming 'meaning'.

After the "linguistic turn" in psychology, discourse analysis, discourse structure and morphology became the focus of attention and became the direction of psychological research. Discourse analysis, as a position in psychological research, has continued to permeate and develop in the field of psychology and has gradually become a separate form of psychological research. The organic unification of discourse analysis and research methods will provide the necessary preconditions for the birth of a new psychological research approach. The "linguistic turn" in psychology thus led to the formation of a new form of psychology, the aforementioned "discourse psychology".

**Results:** The 'linguistic turn' in psychology will lead to a change in all aspects of psychological theory, the most fundamental of which is a change in the way of thinking. Current psychologists are paying attention to everyday language, which is the dialogue between people in social interaction, and this is leading psychological research to a world of interaction or a world of dialogue, which, unlike the world of production and science, is a world of activity where people are not thematised or specialised and where they can unleash their true nature. The study of people's psychological behaviour and emotions in the world of life is a moment in which values are gradually transformed from control to liberation and freedom. Instead of constructing and controlling people's psyche, psychology stimulates people's interactions and explores their potential values and meanings in life through a variety of cultural and practical activities. The 'linguistic turn' in psychology is beginning to drive the shift from the essential to the existential in psychology, and from a socio-cultural model to a pluralistic cultural model. A breakthrough in the subjective-objective dichotomy is needed in order to effectively realise the 'linguistic turn' in psychology, and it is only through the language of everyday life that a breakthrough in the subjective-objective dichotomy can be made.

**Conclusions:** In conclusion, the current divisions and oppositions in psychology, such as conventional and expert psychology, monologic psychology and dialogic psychology, are to some extent inextricably linked to the current everyday language. The 'linguistic turn' in psychology also provides a 'linguistic' perspective on current psychological research. In the context of the 'linguistic turn', psychology has gradually changed the nature of psychological research, meaning that psychology can be examined in the context of a public discourse. By changing and emphasising language, the intrinsic meaning of psychology is gradually being changed. This shift is an essential rethinking of the discipline and a highlighting of previously neglected dimensions of research, which, following the 'linguistic shift' in psychology, will surely lead to a move towards 'linguistic awareness' and 'linguistic issues'. "After the 'linguistic turn' in psychology, psychology will certainly evolve towards 'linguistic awareness' and 'linguistic problems'.

* * * * *

# A STUDY ON THE EFFECT OF POSITIVE PSYCHOLOGICAL COGNITIVE BEHAVIOURS ON THE EFFECTIVENESS OF COMPUTER TEACHING AND LEARNING

**Feng Xin**

*Intelligent Manufacturing College, Sanmenxia Vocational And Technical College,
Sanmenxia, Henan, 472000, China*

**Background:** Education is an important way for students to improve their abilities. At this stage, however, there are serious gaps in educators' understanding of students, and this lack of understanding can reduce students' understanding of themselves. Self-awareness is the understanding and judgement of one's own situation and can directly affect a student's psychological well-being. And similarly, a good state of mental health will reduce many of the obstacles to future student work. At present, the teaching of the computer industry in China still has many shortcomings and is not even close to meeting the needs of computer teaching.

**Objective:** For the teaching of computing, students will later work in related industries, which are more competitive in society, and therefore need to pay more attention to self-cognition and students' psychological health in the preliminary education work, so as to improve the quality and effect of students' learning, while reducing the impact of adverse psychological factors on students' learning and working life, and thus lay a good foundation for the development of China's computer industry. The foundation for the development of the computer industry in China. The integration of positive psychological cognitive behaviour, a psychological theory developed in the 1980s, into the teaching of computing requires teachers to look at problems with appreciation and encouragement, to explore students' potential strengths, to increase the quality of students' self-awareness, and to further promote the development of computing education.

**Subjects and methods:** Computer teaching is different from that of other subjects, and there are large differences between each teaching subject. At the present stage, many students have serious deficiencies in self-cognition and may even be in a state of confusion. Therefore, in daily education work, students should be continuously helped to improve their self-cognition from the following aspects. Firstly, they should take a correct view of their own situation. Each student has certain characteristics in learning, so teachers need to guide students in the teaching process to digest negative emotions and work positively to build self-confidence and reduce the impact of external factors on themselves. Secondly, for schools and parents, they need to constantly innovate ideas to create a good learning and family atmosphere for students, and pay more attention to students' psychological state in their daily work so that they can better accept their own shortcomings. Thirdly, we need to use the SIGN model in our daily work to help students understand their learning strengths. The "S" refers to the student's belief that he or she can succeed and that he or she can do the task with quality. The "I" refers to self-awareness and the need for students to be motivated to complete computer-based content. The "G" refers to the need for students to have a strong desire to learn and to concentrate on their computer studies. The "N" refers to the desire to be satisfied when completing computer studies. When teaching, teachers need to encourage students to have a better understanding of themselves and to be able to work hard and strive with a 'resilient' and 'hard-working' mindset, for example, when coding in computers. Fourthly, motivate students to feel positive. Positive emotions are the key to a healthy mental state and can be highly effective in improving the quality and efficiency of learning. The stimulation of positive emotions helps to promote students' self-confidence and enables them to learn in a positive way. In concrete terms, teachers should increase their understanding of students and encourage them in the context of their situation so that they can increase their enjoyment of the learning process and enjoy the fun and happiness of computer learning. Fourthly, teachers should actively guide students to set industry role models and help them to plan their careers in the daily teaching process, so that they can motivate students to learn, so that they can clearly position themselves in the computer learning process and increase their desire to succeed, so that they can exercise themselves in competition and cooperation, and lay a good foundation for subsequent computer teaching.

**Result:** In conclusion, teachers need to pay more attention to students' psychology in the process of computer teaching, using the knowledge of positive psychology to motivate students to rise to the challenge of learning confusion and to take positive measures to enhance students' self-confidence, stimulate their subjective initiative and lay a good foundation for their future development.

**Conclusion:** In summary, positive psychological cognition, as a form of psychology, is important for the progress and development of students in the computer industry. Therefore, in order to further enhance the effectiveness and efficiency of teaching, teachers need to improve their own cognitive abilities in the teaching process and actively create a good learning atmosphere in conjunction with parents and other