

the world, but also further deepen our understanding of the history and culture of our motherland, so as to make us feel more deeply that it was through constant exchanges and collisions between Eastern and Western civilizations that today's splendor and prosperity came into being.

Objective: World history is a school of historiography that emerged in the United States in the second half of the 20th century. It is now exerting an increasing influence in the West and the world at large. The trend of globalization, the development of post-modernism and the increasingly close academic exchanges between the East and the West are the international environment and academic background of world history. World history takes the development of human society as the narrative object, surpasses the narrative tradition of Western historiography, subverts the "Euro-centrism" from the perspective of academic genetics, opens up a new perspective to study the world history and establishes a new framework for compiling the world general history, which has distinctive characteristics of the times and theoretical enlightenment. By understanding the world history, we can effectively alleviate the symptoms of communication and adaptation barriers.

Subjects and methods: History calls for the emergence of new social forces, it is in this context, the study of world history is of great significance. This article mainly carries on the investigation analysis from the world history to the people thought production absolute spirit, the production labor and the rational ponder these three aspects.

Stratified cluster random sampling method was used to investigate 400 patients with communication disorders of different ages, sexes and occupations. 400 questionnaires were distributed, 387 were retrieved and 374 effective copies were obtained.

Methods: Excel was used to measure the impact of world history on patients with communication adaptation disorders.

The basic content of the thought of world history is that human history is dominated by inevitability, and there is internal relation among all levels. Because of this internal relation, human history has totality. The thought of world history is mainly embodied in absolute spirit, productive labor and rational thinking. History is a law, it is precisely because of this law, the history of mankind has internal links, forming a whole. Only by grasping this internal relationship, that is, the law, can we truly grasp the history of mankind. The rational process is also a process in line with the goal. Reason has its own goal, which is to plan the running track of human history. Every link and every aspect of history development is just the development of reason in practice.

The results of this survey use 1 to 5 grades to quantify the influence values of specific factors, 1 indicating irrelevance, 2 indicating slight influence, 3 indicating general influence, 4 indicating obvious influence, and 5 indicating full influence. The specific statistical table obtained is shown in Table 1.

Table 1. Effect of world history on patients with communication adaptation disorders

Factor	Absolute mind	Production labor	Rational thinking
Patients with communication disorders	5	5	5

Conclusions: China's current achievements in modernization are the inevitable result of many years of historical development, and precisely because of repeated hardships China's modernization as soon as it entered the formal mustang rapid development. In the whole world history, China occupies an important position since ancient times. The development of Chinese history has great uniqueness. It needs to be re-examined from the perspective of world history. It can effectively relieve the introverted mood of people with communication disorders and promote them to better integrate into society.

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ANALYSIS AND RESEARCH ON THE SYMPTOMS OF STUDENTS WITH COGNITIVE IMPAIRMENT IN ART DESIGN TEACHING

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Background: Cognitive impairment refers to different degrees of impairment in memory, calculation, time and spatial orientation, structure, execution, language understanding, expression and application. It includes intellectual impairment, brain injury, psychosis and some strokes. At present, with the rapid development of science, technology and economic construction in China, the role of art design in promoting

the continuous progress of modern society is becoming more and more prominent. Students' practical operation ability and innovation ability will directly affect their career development prospects. In the teaching of art design course, the symptoms of students with cognitive impairment are obvious, mainly including the following points: First, learning and memory are a complex dynamic process. The understanding of the basic mechanism of learning and memory benefits from the study of the simple nervous system of a low invertebrate *Aplysia*. Memory is the ability to process, store and recall information, which is related to learning and perception. The memory process includes sensory input rarr, sensory memory rarr, short term memory rarr, long term memory rarr, memory of stored information. Short term memory involves the balance of phosphorylation and dephosphorylation of specific proteins, while long-term memory involves not only the phosphorylation of specific proteins, but also the synthesis of new proteins. When different parts of cerebral cortex are damaged, it can cause different types of memory impairment. For example, the damage of temporal lobe and hippocampus mainly causes spatial memory impairment, and the damage of locus coeruleus and amygdala mainly causes emotional memory impairment. Second, because art design is not a public course, there are few opportunities for communication, and aphasia symptoms also occur frequently. Aphasia is a disorder of language communication ability caused by brain damage. On the premise of clear consciousness, no mental disorder and serious intellectual disorder, the patient has no visual and auditory impairment, no muscle paralysis of vocal organs such as mouth, pharynx and throat and ataxia, but he can't understand others and his own speech, can't say what he wants to express, can't understand or write words and sentences he can read and write before he gets sick. The traditional view is that aphasia can only be caused by the damage of language areas in the cerebral cortex. After the advent of CT, it was confirmed that the lesions of subcortical structures on the dominant side (such as thalamus and basal ganglia) can also cause aphasia. Third, agnosia refers to that when the patient has no visual, auditory, tactile, intelligent and conscious impairment, he cannot recognize previously familiar objects through a certain feeling, but can recognize through other sensory channels. Fourth, in the teaching of art design course, patients often show abnormal changes in mental and neural activities such as nagging, changeable emotions, anxiety, depression, agitation and euphoria.

Objective: Cognition is a process in which the human brain receives external information, processes it and converts it into internal psychological activities, so as to obtain knowledge or apply knowledge. It includes memory, language, visual space, execution, calculation, understanding and judgment. Cognitive impairment refers to the impairment of one or more of the above cognitive functions and affects the individual's daily or social ability, which can be diagnosed as dementia. Dementia is the most serious manifestation of cognitive impairment. It is an acquired and persistent intelligence disorder syndrome caused by chronic brain dysfunction. Intellectual impairment includes different degrees of memory, language, visuospatial dysfunction, personality abnormalities and the reduction of other cognitive (generalization, calculation, judgment, synthesis and problem-solving) abilities. Patients are often accompanied by behavioral and emotional abnormalities. These dysfunctions led to the obvious decline of patients' daily life, social communication and work ability.

Subjects and methods: Students with cognitive impairment have a variety of symptoms. Based on the teaching of art design course, this study analyzes the symptoms of students with cognitive impairment. Twenty students with cognitive impairment and 20 normal students were randomly selected as the research objects. Before the study, the 20 student patients were told about the purpose and general methods of the study, obtained their consent and voluntarily cooperated with the investigation and research. The form of this study is to select a teacher majoring in art design, concentrate 20 patient students and 20 ordinary students to teach at the same time, and monitor the whole teaching process. The lecturer treated the 40 students equally and could not give special treatment. After class, the symptoms of students with cognitive impairment in art design teaching were observed and analyzed by video, and statistics were made.

Methods: Excel was used to analyze the obvious degree of symptoms of students with cognitive impairment in art design teaching.

Results: According to the survey results, the influence values of specific factors are quantified in five grades of 0-4. 0 means no symptoms, 1 means slight symptoms, 2 means general symptoms, 3 means obvious symptoms and 4 means intense reaction. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation values of 20 students with cognitive impairment are taken and averaged, the specific statistical table is shown in Table 1.

Conclusions: College students' self-cognitive impairment is an important issue concerned by college students' mental health education. Psychological cognitive impairment mainly includes inferiority complex, pride and vanity. The main causes of college students' self-cognitive impairment are college students' self-positioning errors, the negative effects of family members and the negative effects of social external environment. With the increasing pressure of contemporary college students, cognitive impairment is common in college students. Through investigation and analysis, the symptoms of students with cognitive impairment in art design teaching are more obvious.

Table 1. The obvious degree of symptoms of students with cognitive impairment in art design teaching

Factor	Amnesia	Aphasia	Disowned	Emotional instability
Students with cognitive impairment	2	3	2	4

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THE THERAPEUTIC EFFECT OF REGULAR PHYSICAL TRAINING ON COGNITIVE IMPAIRMENT

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Background: Cognition is an intelligent processing process for the body to recognize and acquire knowledge, which involves a series of random, psychological and social behaviors such as learning, memory, language, thinking, spirit and emotion. Cognitive impairment refers to the pathological process of abnormal brain advanced intelligent processing related to the above learning, memory and thinking judgment, resulting in serious learning and memory impairment, accompanied by aphasia or apraxia, or agnosia or disability. The basis of cognition is the normal function of cerebral cortex. Any factor causing abnormal function and structure of cerebral cortex can lead to cognitive impairment. Because the brain function is complex and different types of cognitive impairment are interrelated, that is, cognitive problems in one aspect can cause cognitive abnormalities in another or more aspects (for example, if a patient has defects in attention and memory, there will be obstacles to solving problems). The causes of the above cognitive impairment are diverse, except for the causes of organic diseases, most of them are caused by mental disorders. Such as neurasthenia, hysteria, hypochondriasis, climacteric syndrome, depression, obsessive-compulsive disorder, Alzheimer’s disease, schizophrenia, reactive psychosis, paranoid psychosis, mania, manic depression and so on. In today’s society, patients with psychological diseases are often excluded, which is very unfavorable to the treatment of patients, and will further develop their psychological diseases and avoid medical treatment. Serious mental illness will also lead to patients’ retaliatory paranoia, which has brought unsafe factors to the society. This is also a painful blow to China’s mental health cause. Therefore, cognitive impairment is one of the most difficult problems in the diagnosis and treatment of brain diseases. Moderate physical exercise can not only improve physical and psychological quality, but also the best way to resist and control physical and psychological diseases.

Objective: Formulate a sports training plan suitable for the research object, and persevere in the implementation of the plan. The corresponding results can be obtained from this study. According to the psychological problems of some people in contemporary society, the scientific sports training intervention applied in this study can provide an effective sports rehabilitation program, and is expected to be popularized in the population, so as to improve the national mental health level. For the research object, help the patients with mental diseases improve their bad emotions, alleviate mental pressure and psychological pressure, which is conducive to their psychological intervention treatment and help them move towards a clearer future. For today’s society, the future scientific research achievements of this project can not only lay the foundation for the clinical practice of psychology, but also provide a new direction for the treatment of mental diseases. At the same time, it provides a new idea for the future research trend in this field, and plays a certain role in promoting social stability, so as to create a good psychological environment and improve the national mental health level.

Subjects and methods: 100 patients were randomly selected, and the purpose, method and expected effect of this study were explained to the patients. With the consent of 50 patients, they were randomly divided into two groups, 50 cases in each group, control group and experimental group. The patients in the experimental group were intervened with regular physical exercise, and the patients in the control group were treated with MCI routine treatment. There was no significant difference in the data and condition between the two groups, which was comparable. The patients in the control group were treated with MCI