

Figure 1. The degree of communication adaptability disorder between the two groups

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THE STATUS QUO OF INTERNET PLUS EMBEDDED COMMUNITY PENSION IN JIANGSU FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: Population aging has become a worldwide problem. According to previous reports, the population aging of Jiangsu Province ranks third in China. The proportion of people over 60 years old exceeds 22.5% of the total population of Jiangsu Province. The problem of population aging is very serious. At present, the main pension modes in China are home-based pension and institutional pension. However, in the above pension model, due to insufficient economic support, lack of emotional comfort and other reasons, the elderly are easy to feel lonely and lonely, resulting in mental health problems and mental diseases, such as anxiety, depression, cognitive impairment and so on. Many studies show that most of the elderly have a strong sense of loneliness and their mental health is very unsatisfactory, which not only greatly affects the quality of life of the elderly, but also may lead to the decline of cognitive function of the elderly, which will increase the prevalence of cognitive impairment, increase the burden on families and affect the construction of a harmonious society. In this context, some scholars put forward a community-embedded elderly care model that combines the advantages of home-based elderly care and institutional elderly care, and quickly extended it to major cities for pilot. Community embedded pension model can reintegrate the elderly into the social relationship structure and relieve the loneliness and anxiety of the elderly. It is of great significance to improve the mental health level and quality of life of the elderly.

In recent years, Internet technology has developed rapidly, and has been integrated into all walks of life. It also plays an important role. The concept of Internet plus has emerged. Some scholars apply Internet plus to the field of providing for the aged, and realize "intelligent endowment". However, many elderly people have low awareness of the Internet, which is difficult to understand, and the intelligent elderly care industry is immature and fails to form a mature industrial chain. Therefore, the effect of Internet plus embedded pension mode needs further study. Social psychology is a branch of psychology, which mainly studies the occurrence and change law of psychology and behavior of individuals and groups in social interaction, and discusses interpersonal relations at the individual level and social group level, including group communication structure, group norms and so on. In social psychology, it is generally divided into three fields: individual process, interpersonal process and group process. Among them, individual process involves individual attitude, personal perception and self-consciousness, as well as the change law of individual personality development and social development. The interpersonal process is to explore the interpersonal relationship between individuals and the impact of interpersonal relationship on individual psychology. Group process studies individual psychology and behavior law from the perspective of macro environment, including the psychological impact of group and organization on individual and the

psychological impact of the surrounding environment on the individual. The Internet plus Internet plus embedded mode is closely related to the mental health of the elderly in the three fields, namely, individual process, interpersonal process and group process. Therefore, based on social psychology, the social integration, psychological changes and behavior rules of the elderly on the Internet + embedded pension mode are analyzed, and the effect of Internet plus embedded pension mode is analyzed. The research has a certain reference for the construction of China's elderly care service system, and is also of great significance to promote the development of China's elderly care.

Objective: Population aging has become a worldwide problem, among which China's population aging problem is the most serious. Among them, the proportion of people over 60 years old in Jiangsu Province exceeds 22.5% of the total population of Jiangsu Province, far exceeding the national aging social standard. In recent years, Jiangsu has launched an Internet plus embedded pension mode and has been piloted in various places. Based on social psychology, this paper analyzes the social integration, psychological changes and behavior rules of the elderly on the Internet plus embedded pension mode, analyzes the effect of the Internet plus embedded pension mode, and promotes the development of our pension industry.

Research objects and methods: Using a stratified sampling method, 100 elderly people were selected as the research objects. The subjects ranged in age from 62 to 78, including 43 males and 57 females. Self-rating Anxiety Scale (SAS) and Self-rating Depression Scale (SDS) were used to evaluate the mental health status of the elderly, and the Elderly Life Satisfaction Scale (ELSC) was used to evaluate the quality of life of the elderly.

Study design: 100 elderly people were randomly divided into study group and control group, with 50 people in each group. The elderly in the study group were given Internet plus embedded pension mode, while the elderly in the control group were provided by the community embedded pension mode. Three months later, the changes in mental health and quality of life of the two groups were compared.

Methods: The relevant data were processed and analyzed by software SPSS17.0.

Results: After three months of different pension modes, the anxiety level of the elderly in the study group was significantly lower than that in the control group ($P < 0.05$), as shown in Figure 1.

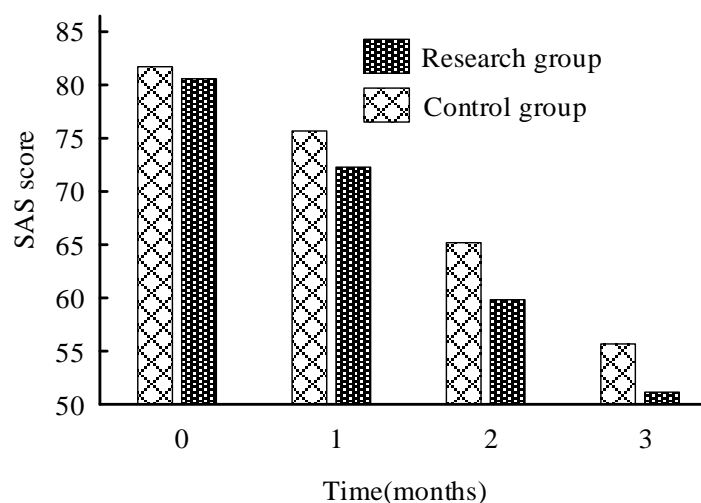


Figure 1. SAS scores of the elderly in the two groups

Conclusions: The traditional community home-based elderly care has the problems of unsatisfactory governance efficiency and low professional level. Institutional pension is limited to the problems of lack of resources and high cost, so it is difficult to promote it on a large scale. In this context, some scholars have proposed a community-embedded pension model that combines the advantages of home-based pension and institutional pension. In recent years, Jiangsu has launched an Internet plus embedded pension mode and has been piloted in various places. Based on social psychology, the paper analyzes the effect of the Internet plus embedded pension mode. The results showed that the anxiety level of the elderly in the study group was significantly lower than that in the control group ($P < 0.05$). The above results show that the Internet plus embedded pension mode can effectively alleviate the loneliness and anxiety of the elderly.

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THE COOPERATIVE EDUCATION MECHANISM BETWEEN IDEOLOGICAL AND POLITICAL EDUCATORS AND PROFESSIONAL COURSE TEACHERS IN COLLEGES AND UNIVERSITIES BASED ON COGNITIVE PSYCHOLOGY

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Background: In the process of the continuous development and progress of China's economy and society, the government and people from all walks of life pay more and more attention to moral education in colleges and universities. In recent years, the Party Central Committee has established moral education as the primary task of higher education. Ideological and political education is an important way to strengthen the ideological construction of students, and it is also the main method to guide college students to cultivate a correct outlook on life and values. It plays an important role in establishing students' self-confidence, cultivating good moral concepts and strengthening college students' ideals and beliefs. It has an important impact on the level of college students' moral quality mental health construction and future development are of great significance. In colleges and universities, professional course teaching and ideological and political education are the two main ways to cultivate high-quality talents. Among them, professional course teaching mainly cultivates college students' professional knowledge and learning ability, so that students have a solid theoretical foundation. Ideological and political education in colleges and universities is to cultivate students' ideological and moral cultivation and professional quality. Nowadays, the education industry is gradually developing in a diversified direction, requiring students to develop in all aspects of morality, intelligence, physique, beauty, labor and so on. Therefore, as a professional course of intellectual education and ideological and political education as moral education, it has a very high position in the curriculum system of colleges and universities and is an important way to achieve the goal of cultivating talents in colleges and universities. The integration of professional courses and ideological and political education in colleges and universities can cultivate professional talents with high ideological and political quality and contribute to the development of society, which requires the mutual cooperation and collaborative education of ideological and political educators and professional course teachers.

At present, the collaborative education between ideological and political educators and professional course teachers in colleges and universities cannot be carried out effectively, and there are many problems, such as teachers' insufficient cognition of collaborative education. There are few talents in collaborative education and the team is incomplete. The practice of collaborative education mode is less and lack of experience. Cognitive psychology is a branch of psychology that began to rise in 1950. It mainly studies human advanced psychological processes, such as attention, perception and so on. The orientation of cognitive psychology focuses on the mode of thinking and reasoning by using cognition. Therefore, based on cognitive psychology, this study analyzes the cognition of professional course teachers and ideological and political educators in the collaborative education model and then puts forward corresponding strategies to improve the collaborative education model of ideological and political educators and professional course teachers. Including clarifying the working objectives of collaborative education and improving the ideological cognition of collaborative education. Cultivate talents of collaborative education, innovate the ways of collaborative education and build a collaborative education system. The research improves the collaborative education model of ideological and political educators and professional teachers based on cognitive psychology, which can improve the ideological and moral level of students, transport professionals with excellent ideological and political literacy for the society, and then promote the development of society and economy.

Objective: In the process of the continuous development and progress of China's economy and society, the government and people from all walks of life pay more and more attention to moral education in colleges and universities. The integration of professional courses and ideological and political education in colleges and universities can cultivate professional talents with high ideological and political quality and contribute to the development of society, which requires the mutual cooperation and collaborative education of ideological and political educators and professional courses teachers. At present, there are many problems in the collaborative education of ideological and political educators and professional course teachers in colleges and universities. Therefore, the research improves the collaborative education model of ideological and political educators and professional course teachers based on cognitive psychology, hoping to improve the ideological and moral level of students and transport professional talents with excellent ideological and political quality for the society, so as to promote social and economic