

intelligent household appliances under the promotion of cognitive impairment. The evaluation includes four aspects: paying attention to the dominant position of consumers, simplifying smart appliances, relatively simple design of smart appliances, and ensuring the effective and orderly function of smart appliances. 50 consumers in each market are randomly selected and rated as dissatisfied, satisfied and very satisfied. The corresponding scores are 1-4 points, 5-7 points and 8-10 points. In order to avoid the influence of personal subjective factors on the research results, the lowest score and the highest score are omitted in the experiment, and the average score of other consumers is taken as the result.

**Methods:** SPSS23.0 data statistical analysis software to obtain the application effect of interactive design in intelligent household appliances under the promotion of cognitive impairment.

**Results:** Table 1 refers to the improvement of cognitive impairment. It can be seen from Table 1 that in terms of simple design and normal function, the application effect of interactive design in intelligent household appliances is ideal under the background of cognitive impairment. In the future, this interactive scheme can be applied to other regions to improve the design problems of smart appliances caused by cognitive impairment.

**Table 1.** Management effect of assembly construction project in Q area after fine management under cognitive impairment

Category	Dissatisfied	Satisfied	Very satisfied
Pay attention to consumers	8	24	18
Easy to operate	9	24	18
Simple design	14	21	15
Orthergasia	12	21	17

**Conclusions:** The research on the design and application of this scheme can further improve the cognitive function of home appliances, especially in the normal design and application of this scheme.

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## THE MEDIATING ROLE OF LEARNING ADAPTABILITY IN THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND PSYCHOLOGICAL ANXIETY OF HIGHER VOCATIONAL STUDENTS

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**Background:** Anxiety disorder of college students is a very complex psychological and emotional disorder. Its clinical manifestations are usually motor agitation and sympathetic hyperactivity. The causes of the disease are depression, mental stimulation, personality, congenital heredity, etc., which are manifested in negative emotions such as anxiety, shame, disappointment, anxiety, fear and so on. After entering the university, college students are facing great changes in learning styles. At the same time, with the increase of learning pressure and learning tasks and their poor psychological tolerance, their mental health problems are becoming increasingly prominent. International Health Organization claims that the number of patients with anxiety and depression among college students still shows a growing law of change, and the incidence group shows a younger and younger trend. With the increasingly serious phenomenon of students' anxiety, colleges and universities must take corresponding measures to intervene in students' anxiety. At present, college teachers do not pay attention to students' psychological needs in the teaching process, which leads to a serious phenomenon of students' anxiety. A large number of studies at home and abroad show that there is a great correlation among higher vocational college students' emotional intelligence, psychological anxiety and learning adaptability.

Emotional intelligence of higher vocational college students refers to the ability of individual adaptability to perceive, understand, adjust and make use of their own and others' emotions. Learning adaptability refers to the ability of individuals to adjust their own state to adapt to the changes in the learning environment and the needs of schools. There is a positive correlation between emotional intelligence and mental health. Emotional intelligence is an important psychological resource to promote personal mental health. In the past, a large number of literatures have analyzed that factor such as learning adaptability and emotional governance are affected by mental health factors, and emotional intelligence is affected by learning adaptability. Some scholars clearly pointed out that students with better mental health

levels have good learning adaptability. If students have better learning adaptability. Many medical journals point out that the main factor of students' adaptability in higher vocational schools is emotional intelligence. The higher the level of emotional intelligence, the better the adaptability of students. Students with higher emotional intelligence can better analyze the sudden changes in their learning environment and living environment, which enables them to adapt to the environment by adjusting their state, so that they can maintain stable emotions, help them make correct decisions and decisions, and then better complete their college study. Students with low level of emotional intelligence will have bad emotions such as lack of confidence, irritability and anxiety in the face of a strange environment, which makes them unable to objectively analyze the surrounding environment and make reasonable decisions, making their adaptability very poor, which makes it difficult for them to adapt to university study and life. Therefore, students in higher vocational colleges need to face the heavy pressure of work and study.

**Objective:** This paper analyzes the correlation among higher vocational college students' mental health, learning adaptability and emotional intelligence, in order to provide scientific guarantee for higher vocational college students' physical and mental health.

**Research objects and methods:** 500 students in higher vocational colleges were selected as the research object. The correlation of students in higher vocational colleges was evaluated by emotional intelligence scale, college students' learning adaptability scale and Symptom Checklist90. Pearson correlation analysis was used to analyze the correlation among mental health, learning adaptability and emotional intelligence.

**Methods:** The mental health analysis of students in higher vocational colleges through SPLM software. The measurement data conforming to the normal distribution are expressed by the mean  $\pm$  standard deviation. The *t*-test is used for the comparison between groups, and the bootstrap method with deviation correction is used for the analysis of the intermediary effect.  $P < 0.05$  indicates that the gap has significant statistical difference, and  $P < 0.01$  indicates that the gap has very significant statistical difference.

**Results:** Table 1 refers to the correlation among students' mental health, learning adaptability and emotional intelligence in higher vocational colleges. It can be seen from Table 1 that the correlation between emotional intelligence and learning adaptability is 0.39, and the significance value is lower than 0.01. The correlation between emotional intelligence and mental health was -0.14, and the significance value was lower than 0.01. The correlation between learning adaptability and mental health was -0.36, and the significance value was lower than 0.01.

**Table 1.** Correlation among students' mental health, learning adaptability and emotional intelligence in higher vocational colleges

Category	Relevance	Significance
Emotional intelligence and learning adaptability	0.39	<0.01
Emotional intelligence and mental health	-0.14	<0.01
Learning adaptability and mental health	-0.36	<0.01

**Conclusions:** Emotional intelligence of higher vocational college students is directly related to mental health. Emotional intelligence can predict mental health through learning adaptability. Higher vocational colleges can improve students' emotional intelligence through community activities, psychological lectures, related courses and other forms of activities, which is of great significance to the improvement of their mental health level.

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## A STUDY ON AFFECTIVE DISORDERS IN COLLEGE ENGLISH TEACHING UNDER THE CROSS-CULTURAL BACKGROUND

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**Background:** Affective disorder is a common clinical disease, and depression and anxiety are the most common clinical manifestations. Research has found that with the increasing pace of life and increased working pressure, the incidence rate of affective disorders is increasing. The disease itself will affect the patient's health, but also have a great impact on the patient's family. Affective disorder refers to mental illness caused by emotion or mood change. This type of population is mainly manifested in low behavior or