

Results: After teaching, the examination results of metallography and heat treatment of the students in the research group were significantly improved ($P < 0.05$). And it was significantly higher than that of the control group ($P < 0.05$). The examination results of the metallurgic and heat treatment courses of the two groups are shown in Table 1.

Table 1. Examination results of metallurgic and heat treatment courses of the two groups of students

Timing	Examination results		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	63.4±10.9	62.5±11.3	0.304	0.653
After teaching	86.7±11.7	73.1±10.9	6.420	0.013
<i>t</i>	6.371	4.421	-	-
<i>P</i>	0.006	0.029	-	-

Conclusions: Metallography and heat treatment course is a compulsory course for mechanical specialty in higher vocational schools, including the basic properties of metal materials, material selection of mechanical equipment, heat treatment and other related knowledge and contents, which can cultivate high-quality talents for relevant industries. This course involves a lot of theoretical knowledge and abstract concepts, and due to the limitations of teaching equipment and teaching environment, most schools lack practical teaching, resulting in poor mastery of this course and unsatisfactory learning effect. Therefore, it is necessary to reform the teaching of metallography and heat treatment based on educational psychology. Based on the theory of educational psychology, the study improved the teaching contents, teaching methods and classroom organization of metallurgic and heat treatment courses. The results showed that after teaching, the examination results of the metallurgic and heat treatment course of the students in the research group were significantly improved ($P < 0.05$). And it was significantly higher than that of the control group ($P < 0.05$). Therefore, the teaching reform of metallography and heat treatment based on educational psychology can improve the teaching effect, increase students' learning initiative, improve students' comprehensive quality, and cultivate high-level professional talents for society.

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PROTECTION AND DEVELOPMENT COUNTERMEASURES OF MINORITY MUSIC CULTURE UNDER COGNITIVE IMPAIRMENT

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Background: In the process of economic and social development, the competition is becoming more and more fierce. Therefore, many people have too much psychological pressure and suffer from social anxiety, which leads to cognitive impairment. Cognition refers to the process that the brain processes the acquired information and skills intelligently. The process of cognition, it will involve a series of complex social behaviors and activities such as learning, memory, emotion, thinking and so on. When the human cerebral cortex is damaged by various factors, the brain's intelligent processing process will be limited and abnormal, which will lead to cognitive impairment. Cognitive impairment is a pathological process involving brain function. Patients with cognitive impairment are often accompanied by learning impairment, memory impairment and aphasia, which seriously affect their daily life and reduce their quality of life. Therefore, we need to find an appropriate way to alleviate social anxiety and treat cognitive impairment. Based on cognitive psychology, this study discusses the therapeutic intervention effect of ethnic minority music culture on patients with cognitive impairment.

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. Cognitive psychology is an important school of contemporary psychological research. It explains how people deal with information in cognitive activities. The basic principles of cognitive psychology mainly include five points: emphasizing the structural and organizational principles in the process of cognition, emphasizing the internal process, that is, the processing of symbol information, emphasizing the driving role of ideas, emphasizing the role of cognitive feedback, emphasizing the individual differences of cognitive style. Based on the analysis of cognitive psychology, we can know that the emotional transmission, cultural identity and emotional relief

function of ethnic minority music culture can have a positive effect on the cognitive function of patients with cognitive impairment, so as to alleviate the negative emotions of patients and treat cognitive impairment. Therefore, the protection and development of minority music culture can not only inherit and carry forward China's traditional intangible cultural heritage, but also be of great significance to the rehabilitation of patients with cognitive impairment. Based on the above contents, the research puts forward strategies to protect and develop the music culture of ethnic minorities, so as to provide new ways and means for the treatment of cognitive impairment.

Objective: To explore the therapeutic intervention effect of ethnic minority music culture on patients with cognitive impairment based on cognitive psychology. The emotional transmission, cultural identity and emotional relief function of ethnic minority music culture can have a positive effect on the cognitive function of patients with cognitive impairment, so as to alleviate the negative emotions of patients and treat cognitive impairment. Therefore, the research puts forward strategies to protect and develop the music culture of ethnic minorities, so as to provide new ways and means for the treatment of cognitive impairment.

Subjects and methods: 60 patients with cognitive impairment were selected as the research object. Self-rating Anxiety Scale (SAS) and Self-rating Depression Scale (SDS) were used to evaluate the emotional state of patients. The cognitive impairment of patients was evaluated by the concise Mini-mental State Examination (MMSE) and the Mental Health (MH) part of the 36-Item Short Form Survey (SF-36).

Study design: The patients were randomly divided into study group and control group, with 30 people in each group. The patients in the study group were intervened with ethnic minority music culture based on cognitive psychology; Patients in the control group received blank intervention. After 3 months, the degree of cognitive impairment and emotional state of the two groups were compared.

Methods: Using Excel software and SPSS22.0 software to process and analyze relevant data.

Results: There was no significant difference in MMSE score between the two groups before treatment ($P > 0.05$). After treatment, the MMSE scores of patients in both groups increased significantly ($P < 0.05$), and the MMSE scores of patients in the study group were significantly higher than those in the control group ($P < 0.05$), as shown in Table 1.

Table 1. MMSE scores of patients in both groups

Timing	MMSE Score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before treatment	15.1±4.9	15.3±5.2	0.157	0.721
After treatment	25.0±2.8	20.3±4.7	6.417	0.028
<i>t</i>	7.263	3.214	-	-
<i>P</i>	0.001	0.035	-	-

Conclusions: Intangible culture is a dynamic culture. Every intangible cultural heritage is the inheritance and evolution of China's traditional culture, which needs everyone to protect, inherit and carry forward consciously. Minority music culture is an important intangible cultural heritage. Each kind of minority music has excellent and unique value, and together constitutes a rich and colorful music system. Based on the analysis of cognitive psychology, we can know that the emotional transmission, cultural identity and emotional relief function of ethnic minority music culture can have a positive effect on the cognitive function of patients with cognitive impairment, so as to alleviate the negative emotions of patients and treat cognitive impairment. The results showed that there was no significant difference in MMSE score between the two groups before treatment ($P > 0.05$). After treatment, the MMSE scores of patients in both groups increased significantly ($P < 0.05$), and the MMSE scores of patients in the study group were significantly higher than those in the control group ($P < 0.05$). Therefore, the research puts forward strategies to protect and develop the music culture of ethnic minorities, so as to provide new ways and means for the treatment of cognitive impairment.

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CONSTRUCTION OF IDEOLOGICAL AND POLITICAL CONTENT AND PRACTICE SYSTEM OF NEWS AND COMMUNICATION PROFESSIONAL COURSES IN THE NEW MEDIA ERA FROM THE PERSPECTIVE OF COMMUNICATION PSYCHOLOGY

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Background: News refers to the information transmitted through newspapers, television, radio and other media. It is a special style that records social changes, disseminates timely information and reflects the characteristics of the times. Its essence is a kind of object unknown news. The journalism and communication undertaking undertakes the important responsibility of monitoring and supervising the situation of all sectors of society, inheriting culture and educating the audience. Journalism and communication major is an important way to cultivate journalism talents, so it has attracted the attention of people from all walks of life. In view of the particularity of journalism and communication, students majoring in journalism and communication must have good cultural literacy, constitutional and legal awareness, moral cultivation, political identity and family and country feelings. Therefore, the construction and practice of curriculum ideological and political education system are very important. Curriculum ideological and political education is an educational concept that takes “building morality and cultivating people” as its own task, constructs an all-round education pattern, and then complements and cooperates with other courses and ideological and political courses, so as to form a synergistic effect.

Communication psychology is a branch of psychology rising in the West in the 1940s. Its main research contents are the law of psychological activities of communicators, the law of psychological activities of information receivers, the psychological role of communication channels on communicators and information receivers, and the effectiveness analysis and selection of communication strategies. With the development of computer technology and Internet technology and the advent of the network era, the development of communication psychology also has a new direction and expansion space. The psychological changes of the audience in the network era have led to certain changes in the structure, methods, and ways of news communication. The theory of communication psychology is also developing and gradually forming an independent discipline. Nowadays, the theory of communication psychology mainly has three characteristics: paying attention to the combination of theory and practice, the development of knowledge structure from single to multiple, and the combination of qualitative and quantitative research. Based on the above contents, this paper studies and puts forward strategies to realize the construction and practice of curriculum ideological and political education system. The syllabus, task and teaching mode of the course of journalism and communication are consistent with the law and logic of the course of ideological and political education in colleges and universities, highlighting the hidden educational value of the course. In the teaching of students' knowledge and skills, we should also integrate relevant ideological and political education content into the teaching, guide students' ideological value, carry out moral education for students, and then form efficient complementarity and interaction with the ideological and political education curriculum in colleges and universities. Based on communication psychology, constructing the ideological and political system of journalism and communication courses can help students shape positive, healthy and upward ideals and beliefs, establish correct outlook on life and values, and improve students' mental health level.

Objective: To construct the ideological and political system of journalism and communication courses based on communication psychology, which can help students shape positive, healthy and upward ideals and beliefs, establish correct outlook on life and values, and improve students' mental health levels.

Research objects and methods: In a university, 100 students majoring in journalism and communication were selected as the research objects. Self-rating Anxiety Scale (SAS) was used to evaluate students' mental health. The teaching effect of the curriculum ideological and political system is evaluated by using the students' professional course scores and ideological and political education course scores.

Research design: Students were randomly divided into research group and control group, with 50 students in each group. The students in the research group used the curriculum ideological and political teaching system for teaching. The students in the control group were taught with the traditional teaching system. Three months later, the mental health level and teaching effect of the two groups were compared.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: After teaching, the SAS score of the students in the research group was higher than that of the control group, and the difference was significant ($P < 0.05$), as shown in Figure 1.