

Note: \* It means  $P < 0.05$  compared with that before the test; # It means that compared with the control group at the same time,  $P < 0.05$ .

**Figure 1.** Choice anxiety of two groups of consumers

**Conclusions:** 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 is very important. This paper studies the construction of the ideological and political system of journalism and communication courses based on communication psychology. The experimental results show that after teaching, the SAS score of students in the research group is higher than that of students in the control group, and the difference is significant ( $P < 0.05$ ). Therefore, the construction of ideological and political system of journalism and communication courses based on communication psychology can help students shape positive, healthy and upward ideals and beliefs, establish correct outlook on life and values, and improve students' mental health level.

**Acknowledgement:** The research is supported by: Provincial quality Project of Higher Education in Anhui Province in 2020, Demonstration Courses for Ideological and Political Education "Soft Article Writing", No. 2020szsfkc0455.

\* \* \* \* \*

## THE CONSTRUCTION OF HIGH-QUALITY TEACHERS IN VOCATIONAL EDUCATION UNDER THE BACKGROUND OF COGNITIVE IMPAIRMENT

Guohong Zhao

*College of Humanities, Zhuhai City of Technology, Zhuhai 519000, China*

**Background:** Vocational education is an important part of China's education. It is also an important way to cultivate diversified talents, inherit technical skills, and promote employment and entrepreneurship. The quality of teachers in some vocational schools is poor, which leads to the unsatisfactory academic performance and practical ability of students. Therefore, some students are worried about the dual pressure of study and future employment. They have too much psychological pressure and a backlog of negative emotions, resulting in psychological diseases such as anxiety and depression. When mental illness cannot be alleviated for a long time, it will lead to the damage of students' cerebral cortex, 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 improve the quality of teachers in vocational schools, so as to improve the teaching quality of vocational education, improve students' performance and practical ability, alleviate students' negative emotions, and avoid students suffering from cognitive impairment.

Educational psychology is a psychological theory put forward for teaching reform. It has important

theoretical and practical significance in deepening the reform of education. Educational psychology theory is more complex, including learning theory, learning motivation, learning strategies, learning styles, learning transfer, network and learning, learning and teachers and so on. The main research content of educational psychology is the change and development law of students' psychological activities under the relief of education, including the psychological law of students' mastering knowledge and skills and the psychological law of students' personality formation. The application of educational psychology in teaching can help teachers analyze students' behavior psychology, help students dredge psychological problems, improve the pertinence and effectiveness of teaching work, optimize teaching ideas, and improve teaching methods and teaching modes. Therefore, the research is based on educational psychology to build a high-quality teaching staff of vocational education, improve the teaching quality of vocational education, improve students' performance and practical ability, alleviate students' negative emotions, and then avoid students suffering from cognitive impairment.

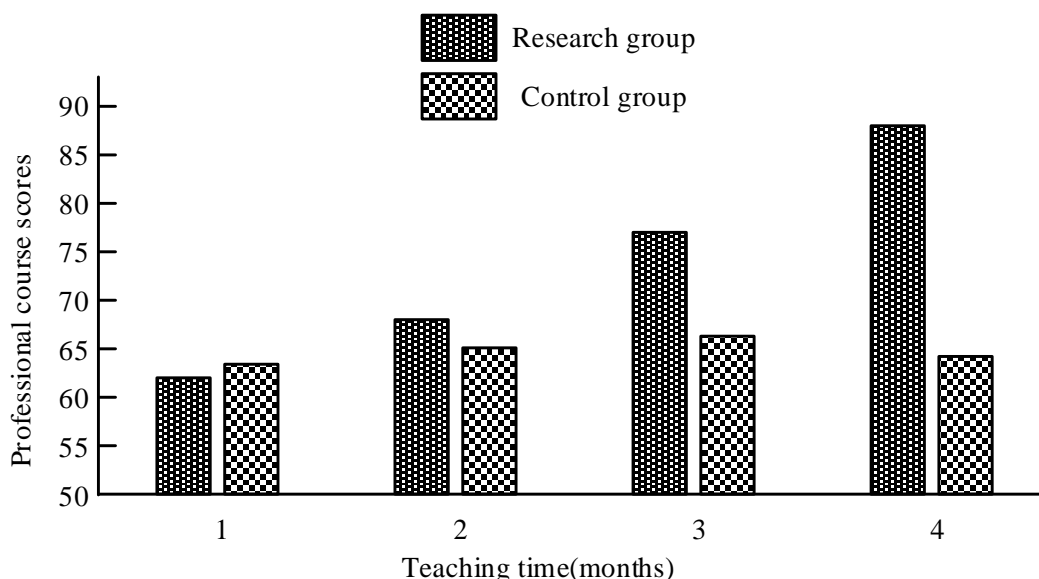
**Objective:** The quality of teachers in some vocational schools is poor. Out of concern about the dual pressure of study and future employment, students have too much psychological pressure and a backlog of negative emotions, resulting in cognitive impairment. The research is based on educational psychology to build a high-quality teaching staff of vocational education, improve the teaching quality of vocational education, improve students' performance and practical ability, alleviate students' negative emotions, and then avoid students suffering from cognitive impairment.

**Research objects and methods:** 200 students were selected from a vocational school. Self-rating Anxiety Scale (SAS) was used to evaluate the mental health status of students. The Mental Health (MH) part of the Quality-of-Life Questionnaire (SF-36) was used to evaluate the degree of cognitive impairment. Using students' professional course results to evaluate the teaching effect.

**Research design:** Using the random number table method, the two groups of students were randomly divided into research group and control group, with 30 people in each group. Among them, the students in the research group use high-quality teachers based on the construction of educational psychology to teach. The students in the control group used the original teaching staff for teaching. After a period of time, the mental health status, cognitive impairment and academic performance of the two groups were compared.

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

**Results:** After teaching, the anxiety and cognitive impairment of the students in the study group were significantly lower than those in the control group ( $P < 0.05$ ). The results were significantly higher than those of the control group ( $P < 0.05$ ). The scores of the two groups of students are shown in Figure 1.



**Figure.1** Results of two groups of students

**Conclusions:** Vocational education is not only an important part of China's education, but also an important way to cultivate diversified talents, inherit technical skills, and promote employment and entrepreneurship. The poor quality of teachers in some vocational schools leads to students' unsatisfactory academic performance and practical ability, and suffering from anxiety and cognitive impairment under excessive psychological pressure. The research is based on educational psychology to build a high-quality teaching staff of vocational education and improve the teaching quality of vocational education. The results showed that after teaching, the anxiety and cognitive impairment of the students in the study group were

significantly lower than those in the control group ( $P < 0.05$ ). The results were significantly higher than those of the control group ( $P < 0.05$ ). Therefore, the construction of high-quality teachers of vocational education based on educational psychology can improve students' performance and practical ability, alleviate students' negative emotions, and then avoid students suffering from cognitive impairment.

\* \* \* \* \*

## ON THE AESTHETIC APPROACH OF SHORT VIDEO FROM THE PERSPECTIVE OF FILM AESTHETICS UNDER THE BACKGROUND OF MASS PSYCHOLOGY

Chang Tian & Zhizhong Yuan

*School of Journalism and Communication, Southwest University, Chongqing 400715, China*

**Background:** in recent years, with the accelerating process of economic globalization, people's pace of life is getting faster and faster, and the competition in society, work and study is becoming more and more intense. Many people have mental health problems, which are more likely to be overwhelmed by pressure and produce negative emotions. The long-term backlog of negative emotions leads to teenagers suffering from mental anxiety disorder. The objective purpose of anxiety is to guide people how to quickly take various measures and urgently mobilize various value resources, so as to effectively prevent the serious deterioration of the value characteristics of real or future things and make them develop in a favorable direction. However, excessive anxiety will form emotional or physiological diseases, which will seriously damage the physical and mental health of patients. Therefore, we need to find an appropriate way to imperceptibly improve the public's mental health level, alleviate the public's negative emotions, and then alleviate the public's mental anxiety disorder.

With the progress of Internet technology, the rise of short video has gradually become the main way of entertainment for the public, which can help the public alleviate their negative emotions. But now many short videos are relatively vulgar, aesthetic value is not high, and the therapeutic effect on anxiety patients is not significant. Design psychology is a kind of popular psychology, which can analyze people's psychological state and psychological needs, and apply the analysis results to art design. In addition, design psychology also studies the psychological changes of designers in the design process and the psychological impact of design works on social groups and social individuals, and applies these to art design, so that art design can more intuitively and appropriately reflect the psychology and emotion of the audience, so as to meet the psychological and aesthetic needs of the audience. Design psychology contains many contents, including visual design, color psychology, consumer psychology, product design, environmental design, personality tendency, hierarchical demand and so on. Based on the theory of design psychology, it can enhance the aesthetic value of short videos from the perspective of film aesthetics, and then deliver more high-quality value output and emotional expression to the public. Finally, it can alleviate the negative emotions of the public, treat psychological diseases such as anxiety and depression, and contribute to the construction of a harmonious society.

**Objective:** People's pace of life is getting faster and faster, and the competition in society, work and study are becoming more and more fierce. Many people have problems with their mental health. The short video has become the main form of entertainment for the public, which can help the public alleviate their negative emotions. But now many short videos are relatively vulgar, aesthetic value is not high, and the therapeutic effect on anxiety patients is not significant. The research is based on the theory of design psychology to improve the aesthetic value of short videos, so as to alleviate the negative emotions of the audience, and to treat psychological diseases such as anxiety and depression.

**Research objects and methods:** 80 students with different degrees of anxiety were randomly selected from a university as the research objects. Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Hospital Anxiety and Depression Scale (HADS) were used to evaluate the mental health status of students.

**Research design:** 80 students were randomly divided into research group and control group with 40 people in each group. Among them, the students in the research group watch short videos based on design psychology to improve aesthetic value for 20 minutes every day, and the students in the control group watch general short videos for 20 minutes every day. After a period of time, the mental health status of the two groups of students was compared.

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

**Results:** After teaching, the SAS score, SDS score and HADS score of children in the study group were lower than those in the control group, and the difference was significant ( $P < 0.05$ ). The SAS scores of the