

under the integrated design of BIM civil housing have a lower SCL-90 score, and there is a statistical difference in the mental health status of the residents in the two areas ( $P < 0.05$ ).

**Table 1.** Mental health status of residents in the two regions

Project	Area A (n=250)	Area B (n=250)	P
Somatization	3.15	1.28	<0.05
Obsession	2.17	1.05	<0.05
Sensitive	3.44	1.10	<0.05
Depressed	2.26	1.01	<0.05
Anxious	2.18	1.10	<0.05
Hostile	3.63	1.15	<0.05
Fear	2.59	1.12	<0.05
Paranoid	3.39	1.03	<0.05
Psychotic	2.15	1.04	<0.05
Ad-items	3.17	1.07	<0.05

**Conclusions:** In order to effectively improve residents' mental health problems, this paper studies the impact of BIM civil housing integrated design on residents' psychology. The results show that compared with the residents in area a under the conventional civil housing design, the residents in area B under the integrated design of BIM civil housing have a lower SCL-90 score, and there is a statistical difference in the mental health status of the residents in the two areas ( $P < 0.05$ ). This shows that the integrated design of BIM civil housing can give residents good psychological construction and psychological experience, so as to comprehensively ensure residents' mental health.

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## ANALYSIS ON RISK FACTORS OF SPORTS TOURISM SAFETY ACCIDENTS IN PATIENTS WITH COGNITIVE IMPAIRMENT

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**Background:** As a psychological disease, cognitive impairment develops from the perspective of psychological disease. In essence, cognitive impairment can be attributed to a kind of neurocognitive impairment, which is mainly manifested in many levels of psychological disorders, such as thinking, perception, memory, learning and so on. Cognitive impairment is a disease with cognitive function problems. To clarify its definition, we need to understand and grasp what cognitive function is. Cognitive functions include memory, calculation, space-time location, structural ability, executive ability, language understanding, expression and application. Its behavioral characteristics are concentrated in four aspects: executive ability, attention, language ability and social cognition. For cognitive impairment, for social cognitive ability, it is mainly manifested in anxiety in social communication, weakening of emotional control ability, decline of resonance ability and reduction of recognition of social clues. For attention, it is mainly manifested in the reduction of information processing speed, selectivity and other types of attention changes. For the executive ability, it is mainly manifested in the decline of organization and decision-making ability and the inability to complete complex tasks. For language ability, it is mainly manifested in grammatical errors, disregard of social etiquette, lack of expression in communication with people, and problems in abstract language expression and understanding. Combined with clinical symptoms, cognitive impairment can be divided into three levels: mild, moderate and severe. Mild cognitive impairment is characterized by wandering, anxiety, depression, forgetfulness, memory and attention loss. Moderate cognitive impairment is characterized by further deterioration of cognitive ability. Patients are characterized by large emotional fluctuations, paranoia, anxiety, reduced ability of understanding and language expression, and reduced resolution of objective things such as time. Severe cognitive impairment develops further from moderate cognition. Patients show a decline in overall function and develop dementia, which will lead to delusion, indifference, lack of self-care ability and so on. However, as a mental disease, cognitive impairment does not have more significant external manifestations than the traditional

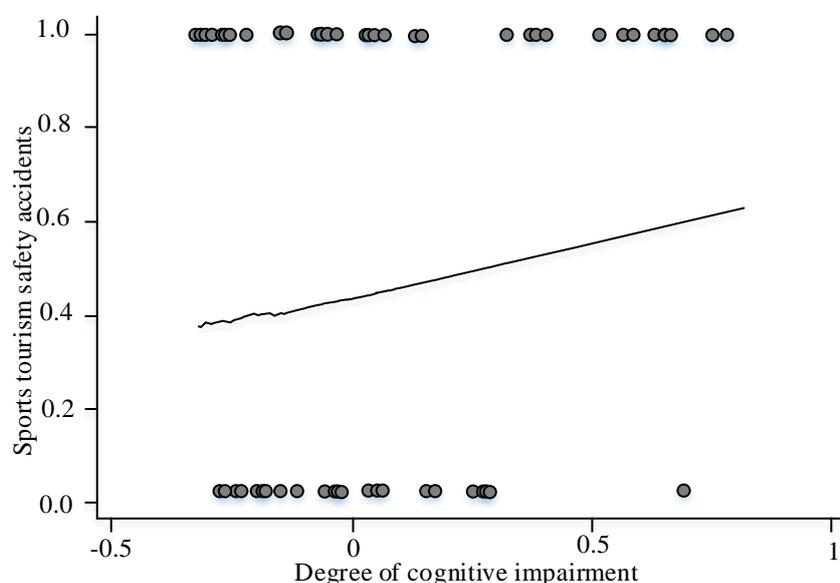
psychological, emotional, behavioral and physical disorders. On the contrary, cognitive impairment is the concept of maladaptation caused by maladaptive cognition, and its clinical manifestations are more recessive. Moreover, because the function of the brain is complex, different types of cognitive impairment are interrelated, that is, cognitive problems in one aspect may lead to cognitive abnormalities in another or more aspects. Therefore, cognitive impairment is one of the most difficult problems in the diagnosis and treatment of brain diseases. In short, there is no unified diagnosis and treatment plan and method for patients with cognitive impairment at this stage. We should actively explore new ideas and directions for the treatment of patients with cognitive impairment.

Sports tourism is a form of tourism with leisure sports as the main activity content. It mainly includes bathing beach swimming, diving, glider, water speedboat, beach car, etc. it is a high-risk sports tourism project closely related to safety. Among them, the influencing factors of sports tourism safety include: natural environment factors, sports object factors and social concept factors. At the level of natural environment, it mainly refers to the personal, property and psychological security problems of tourists under the influence of objective natural environmental factors. At the level of sports objects, although the reform and opening up has made great development in tourism, the software and hardware conditions such as facilities, equipment and management of leisure sports tourism have been continuously improved. However, with the continuous expansion of the development scale of leisure sports tourism and the continuous increase of the number of tourists, the existing capital investment and the construction of various sports facilities appear to be relatively lagging behind, unable to keep up with the needs of the development of the situation, resulting in the lack of leisure sports venues and facilities, outdated equipment, which is difficult to meet the actual safety needs, and objectively form the potential factors inducing accidents. At the level of social concept, it mainly refers to the accident safety problems caused by the lack of attention to some key links in sports by the operators, managers, relevant staff and tourists of scenic spots and leisure sports. Relevant studies have pointed out that compared with the normal population, patients with cognitive impairment are more likely to have safety accidents in sports tourism. In view of this, this paper analyzes the risk factors of sports tourism safety accidents in patients with cognitive impairment.

**Objective:** Aiming at the phenomenon that patients with cognitive impairment are more likely to have safety accidents in sports tourism, this paper analyzes the risk factors of sports tourism safety accidents in patients with cognitive impairment, in order to prevent the occurrence of safety accidents and jointly create a harmonious and safe sports tourism environment.

**Subjects and methods:** Randomly select 1000 tourists from a sports tourist attraction as the research object, screen out the number of sports safety accidents among 1000 tourists, measure the cognitive impairment of tourists in combination with Montreal Cognitive Assessment (MoCA), and measure the degree of cognitive impairment of tourists, so as to evaluate the correlation between the cognitive impairment of tourists and the occurrence of sports tourism safety accidents.

**Methods:** Use Excel software to complete data analysis.



**Figure 1.** Correlation between the degree of cognitive impairment and sports tourism safety accidents

**Results:** Figure 1 shows the correlation between the degree of cognitive impairment and the occurrence of sports tourism safety accidents. It can be seen from Figure 1 that the cognitive impairment of tourists is positively correlated with the occurrence of sports tourism safety accidents, and the higher the degree of cognitive impairment of tourists, the more prone to sports tourism safety accidents.

**Conclusions:** In view of the phenomenon that patients with cognitive impairment are more likely to have safety accidents in sports tourism, this paper analyzes the risk factors of sports tourism safety accidents in patients with cognitive impairment. The results show that the cognitive impairment of tourists is positively correlated with the occurrence of sports tourism safety accidents, and the higher the degree of cognitive impairment of tourists, the more likely it is to have sports tourism safety accidents. Therefore, in sports tourism, we should pay attention to the cognitive impairment of tourists, so as to prevent the occurrence of safety accidents and create a safe sports tourism environment.

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## RESEARCH ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION OF PARTY CONSTRUCTION IN COLLEGES AND UNIVERSITIES ON ALLEVIATING COLLEGE STUDENTS' EMOTIONAL BARRIERS

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**Background:** Emotional disorders mainly occur in children and adolescents. As a psychological disease with anxiety, terror and depression as the main clinical manifestations, as long as there is a little inducement, it will lead to the disease and even irreparable destructive situation and loss. Emotional disorders mainly occur in middle school students around the age of 15. Clinically, it is called childhood neurosis or childhood neurosis. Clinical research shows that the age of patients with emotional disorders is gradually increasing, and the expression of emotional disorders of modern college students is also increasing. Emotional disorders can be divided into three levels: mild, moderate and severe. The emotional response of patients with mild emotional disorder is basically normal, but generally they can only show some primitive simple emotions, only happy and unhappy, and lack of complex and advanced emotions. They often express their emotions in a direct and simple way. They laugh when they are happy and lose their temper when they are dissatisfied. Few people know these high-level emotions, such as compassion, responsibility, morality and obligation. Some patients with moderate mood disorders are prone to mood swings, moody, sometimes angry, and often excited for no reason because of some small things. The emotional response of patients with severe affective disorder is characterized by stupid expression. When stimulated, they will only get angry, shout, and even have abnormal emotions, crying and laughing. Generally speaking, the emotional characteristics of patients with emotional disorders mainly include the following aspects: (1) the occurrence and differentiation of emotions are late: the emotional development of patients is backward and it is difficult to recognize the complex expressions of others. In addition to knowing that smiling represents happiness and losing temper represents anger, patients' emotional and emotional experience is superficial, monotonous and extreme, only happiness and sadness, or satisfaction or dissatisfaction. (2) Emotions are easy to change, unstable and sometimes accompanied by "morbid": some people are very high in mood and happy all day without any pain and trouble, while others are very low in mood, low in mood and indifferent to anything. Others are easy to get angry, and some trivial things may make him angry and roar. (3) Emotion is "uncoordinated", the regulation and control of emotion is very weak, and the transfer is very difficult: due to the lack of flexibility of thinking, they cannot better control and coordinate their emotions and emotions. Most people just act according to their instinctive needs and habits, and can't change their wishes according to objective and actual needs. In short, patients with mood disorders have poor ability to control and regulate emotions, resulting in their inability to communicate normally.

The opinions on further strengthening and improving college students' ideological and political education issued by the CPC Central Committee and the State Council stressed that the guiding ideology for strengthening and improving college students' ideological and political education is to adhere to Marxism Leninism, Mao Zedong thought, Deng Xiaoping Theory and the important thought of "Three Represents", thoroughly implement the spirit of the 16th CPC National Congress and fully implement the party's educational policy. Closely combined with the reality of building a well-off society in an all-round way, with ideal and belief education as the core, patriotism education as the focus, ideological and moral construction as the foundation, and the all-round development of college students as the goal, emancipate the mind, seek truth from facts, keep pace with the times, adhere to people-oriented, close to reality, close to life