

students.

Results: The behavioral application ability and cognitive ability of students with mental anxiety and normal students are shown in Table 1. The patient's ability is graded according to 0-4. 0 indicates poor ability and 4 indicates very good ability. Table 1 shows that the behavioral application ability of students with mental anxiety is gradually improved, and their cognitive ability is gradually close to that of normal students.

Table 1. Comparison table of behavioral ability between students with mental anxiety and normal students

	Project	Before teaching	After teaching	P
Application ability	Cognitive impairment	1	2	<0.05
	Normal students	3	4	
Cognitive ability	Cognitive impairment	1	3	<0.05
	Normal students	3	4	

Conclusions: With the continuous expansion of competitive pressure in modern society, many college students have mental anxiety. Facing the current situation of college students' mental anxiety, modern education should pay attention not only to the education of students' cultural quality, but also to the education of students' physical and mental quality. Under the background of higher education reform, educators need to strengthen the psychological guidance of students, increase the exercise of students' physical quality and improve the overall quality of students. As a highly educational discipline, college national dance education not only carries forward and inherits the national culture, but also improves students' cultural literacy and physical quality in the process of education. It has a good effect on improving the anxiety of college spiritual students and promoting the healthier and scientific development of college students.

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ANALYSIS OF THE IMPACT OF COMPUTER SOFTWARE DESIGNED WITH BEHAVIORAL PSYCHOLOGY ON USERS WITH COGNITIVE IMPAIRMENT

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Background: Cognitive impairment is a serious mental disease. People with cognitive impairment are different from ordinary people in physical, mental and behavioral performance. Generally, people with cognitive impairment have memory decline and their emotions are vulnerable to environmental impact in the early stage. With the aggravation of the disease, patients will decline in their ability to learn, work, socialize and accept new things, especially the skills and knowledge they have mastered before. With the confusion of logical thinking, the decline of comprehensive analysis ability, language repetition and other phenomena, they will appear in the problem of social fault. At present, there are many treatment schemes for cognitive impairment, but they cannot solve the problem. There are several common treatment schemes, such as surgery, medicine, physical therapy and acupuncture. With the continuous development of science and technology, there are more and more treatment strategies for psychological diseases. In addition to several conventional schemes, there are psychological auxiliary therapy and sports rehabilitation training therapy. Among them, psychological auxiliary therapy starts from the patient's psychological activity state and gives psychological comfort and psychological auxiliary guidance according to the patient's illness, so as to awaken the patient's internal emotional consciousness and make the patient feel the warmth of the external crowd. At the same time, the influence of external transmission is positive. Through psychotherapy, patients gradually recover their behavior consciousness and thinking, establish self-awareness and restore self-confidence. At present, psychotherapy has good affinity for patients with psychological diseases, and it is also easier to be recognized by patients.

People with cognitive impairment mainly have cognitive impairment at the behavioral level, which affects one's study, life, work and communication. Therefore, from the perspective of behavioral psychology, a computer-aided software of behavioral psychology can be developed to assist patients with cognitive impairment and serve as the main treatment scheme for patients with cognitive impairment. The computer-aided software of behavioral psychology includes functional modules such as conventional

psychological counseling guidance, expert online medical treatment, behavioral psychology rehabilitation guidance and training, and the audio content of behavioral psychology is included in the software. According to the specific situation of patients, select the rehabilitation training process corresponding to the behavioral psychology rehabilitation software. In the early stage, routine psychological auxiliary treatment will be carried out according to the expert guidance, including diet, psychological and emotional adjustment and routine physical health training. As patients gradually adapt to the treatment plan, they will enter the professional treatment and rehabilitation process, including several stages of learning videos. The training content will focus on the situation of patients with cognitive impairment, and specially customized training tasks, such as diet arrangement, physical training, rehabilitation learning guidance and so on. After several stages of training, check the impact of computer-aided training on patients with cognitive impairment. Therefore, the research proposes a computer software integrating behavioral psychology for the rehabilitation treatment of patients with behavioral cognitive impairment to verify whether the treatment scheme is effective.

Objective: To explore the disease status of people with cognitive impairment, analyze the impact of psychotherapy on people with behavioral cognitive impairment, and design a rehabilitation training assistant software based on behavioral psychology to alleviate the patient's condition.

Subjects and methods: 60 people with behavioral cognitive impairment in a hospital were selected as the research object of rehabilitation training. The research patients were divided into two groups. One group was the control group, using the general rehabilitation treatment scheme, and the other group was the experimental group, which was the combination of the general treatment scheme and the psychological rehabilitation training. The patients were given rehabilitation training for half a year to record whether the proposed treatment scheme had an impact on the patients.

Results: Table 1 is the comparison table of rehabilitation training experiment of two groups of patients with cognitive impairment. In the six-month rehabilitation training, the number of patients with cognitive impairment using the software rehabilitation training scheme showed a downward trend, which was significantly better than the ordinary rehabilitation treatment scheme, and a large number of patients with severe cognitive impairment gradually changed to low cognitive impairment, and the number of patients with low cognitive impairment increased. The proposed scheme can alleviate the disease.

Table 1. Comparison table of rehabilitation training experiment between two groups of patients with cognitive impairment

Project	Experience group	Control group
Severe cognitive impairment	30	30
General cognitive impairment	21	25
Low cognitive impairment	5	15

Conclusions: People with cognitive impairment have certain difficulties in study, life and work. People should give more patience and attention in their daily life. At the same time, people with cognitive impairment have complex causes, there is no targeted treatment, and conventional drugs and rehabilitation training are not suitable for all patients. Therefore, a training and rehabilitation software based on behavioral psychology is developed according to the disease characteristics of patients with cognitive impairment. The comparison of rehabilitation experiments shows that the rehabilitation guidance training of behavioral psychology can effectively alleviate the patient's condition and improve the rehabilitation effect of patients. The new treatment scheme is also more suitable for most patients. It has good affinity for such patients and is worth popularizing.

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INFLUENCE OF EDUCATIONAL REFORM ON TEACHERS' ANXIETY UNDER BIM COLLABORATIVE MANAGEMENT MODE

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Background: With the accelerating pace of modern life, more and more people have psychological problems, such as emotional anxiety, irritability, irritability, etc. there are many reasons for these manifestations, such as work and life pressure, adverse interpersonal communication, physical health