

the basis of optimizing physical quality and maintain a good physical level. And leisure physical exercise can also improve the function of human digestive system and respiratory system, promote the growth and development of human bones and muscles, and prevent some diseases to a certain extent. In addition to the optimization of body function, leisure physical exercise can also promote the development of mental and spiritual health. Through sports training, it can help individuals eliminate mental fatigue and maintain a positive mental state, so as to improve learning and work efficiency.

**Objective:** The research comprehensively analyzes the function of leisure physical exercise, analyzes the impact of leisure physical exercise on improving teenagers' mental health level, analyzes the therapeutic effect of leisure physical exercise on teenagers' negative emotional pressure, and expects to put forward a new exercise promotion scheme for teenagers' mental health through research and analysis, so as to alleviate teenagers' negative emotional pressure.

**Subjects and methods:** Through the analysis of the mental health level and physical exercise status of teenagers in China, this study understands the mental health level and negative emotional pressure of teenagers, grasps the needs and problems of teenagers' physical exercise, deeply excavates the relationship between teenagers' physical exercise and the quality of mental health, and opens up new development ideas for improving teenagers' mental health level. Using the method of comparative experiment and stratified cluster sampling, 20 middle school students in three grades of a middle school were selected for the experiment. The subjects took 30-60 minutes of physical exercise every day for one month. The psychological stress level of the subjects was evaluated every 5 days, and the changes of the stress level of the subjects during the experiment were counted.

**Results:** The changes of stress level test scores of teenagers before and after the experiment are shown in Table 1. After one month of physical exercise intervention, the physical quality and mental health level of teenagers have been significantly improved.

**Table 1.** Changes of stress level test scores of adolescents before and after the experiment

Factor	Pressure effect	Emotional change	Physical condition
Before experiment	1	2	1
After the experiment	3	3	4

**Conclusions:** As a positive way of physiological assistance, leisure physical exercise can effectively resist individual psychological tension, help alleviate psychological pressure, and establish a self-protection mechanism in appropriate sports. And high-intensity sports training can reduce the level of individual perceived pressure, reduce individual psychological stress response, and enhance individual tolerance to pressure and frustration. Physical exercise can also enhance college teenagers' sense of self-confidence and self-confidence in organized and regular exercise activities, eliminate teenagers' interpersonal sensitivity through interactive physical exercise, help teenagers eliminate bad emotions such as psychological anxiety, and promote teenagers to have positive and optimistic emotions.

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## MITIGATION EFFECT OF HUMAN-COMPUTER INTERACTION ON PEOPLE WITH COGNITIVE IMPAIRMENT IN IMAGE PROCESSING

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**Background:** Cognition refers to the process that the brain processes the acquired information and skills intelligently. In 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 brains intelligent processing process will be limited and abnormal, which will lead to cognitive impairment. Cognitive impairment is a kind of mental disease. In psychiatry, cognitive impairment is identified as ideological cognitive impairment and perceptual deficit disorder. At the same time, from the perspective of psychology, cognitive impairment is a kind of psychological problem, which is obtained after the psychological impact of patients. In clinical medicine, it is considered that the generation of cognitive impairment is the brain injury caused by the stimulation or external environment. The brain is the part that controls human activities. The impairment of brain cognitive function will lead to people's inability to accurately judge the external information they receive. In psychiatric research, the treatment of cognitive impairment mainly depends on the long-term efficacy of drugs. The treatment brought by drugs is limited,

which can only alleviate individual cognitive impairment to a certain extent, and drugs have side effects. Long-term use will bring all kinds of unpredictable consequences. However, some psychiatrists have suggested that cognitive impairment, as an ideological disorder, can effectively cultivate the cognitive ability of patients with cognitive impairment through thinking and cognitive reconstruction. Thinking and cognitive reconstruction is the use of psychological induction to educate and cultivate patients with cognitive impairment, including reshaping the world outlook of patients with cognitive impairment, re-understanding things and events, etc. In the modern society with the continuous development of society, people are more likely to have cognitive impairment under the influence of the external environment. Therefore, how to effectively alleviate and treat patients with cognitive impairment in different fields is of great significance.

With the advent of the intelligent era, a variety of intelligent products are emerging, among which human-computer interaction products, as the representative of intelligent products, have attracted more and more public attention. So far, human-computer interaction is mainly used in the field of education and social services. In the field of education, human-computer interaction can help students consolidate their daily knowledge. At the same time, some studies have shown that human-computer interaction products designed based on image processing technology can also help students alleviate negative psychological and mental diseases to a certain extent. Through in-depth discussion, it is found that the mechanism of human-computer interaction products in alleviating cognitive impairment is to bring human-computer interaction experience to students and improve the frequency of students' daily social communication. Moreover, the human-computer interaction products optimized by image processing technology can change their interactive content according to the psychological feelings of interactive individuals. In the face of people with cognitive impairment, the human-computer interaction products can change the educational content in real time according to the psychological needs of people with cognitive impairment, so as to achieve the purpose of alleviating anxiety in the period. Therefore, exploring the emotional changes of people with cognitive impairment under the influence of human-computer interaction products can effectively provide reference for higher education, and alleviate students' psychological barriers by increasing the interaction between people with cognitive impairment and human-computer interaction products, in order to provide direction for the development of higher education and science and technology in China.

**Objective:** Individual cognitive impairment in social development is the key factor hindering the development of people. Therefore, in order to promote the harmonious development of society, the research proposes to apply human-computer interaction products under image processing technology to the alleviation of cognitive impairment. The research first explores the development status of cognitive impairment in social development, and then analyzes the application effect of human-computer interaction in the mitigation of cognitive impairment.

**Subjects and methods:** Taking 500 residents of a community as the research object, the degree and process of cognitive impairment of all objects were evaluated, and the number of people with cognitive impairment was selected. The human-computer interaction products under image processing technology were applied to the intervention of cognitive impairment mitigation. The intervention time was 5 months. The degree of students' cognitive impairment was measured at 1, 2, 3, 4 and 5 months after the intervention. Finally, the differences of students' cognitive impairment scores before and after the intervention were counted. All data were analyzed by SPSS24.0 software for statistical analysis to evaluate the differences of students' cognitive impairment before and after intervention.

**Results:** The mitigation effect of human-computer interaction behavior of human-computer interaction products under image processing technology on patients with cognitive impairment is shown in Table 1.

**Table 1.** Changes of people with cognitive impairment under the intervention of human-computer interaction products

Group		Before intervention	After intervention	<i>P</i>
Gender	Male	8.74	4.32	<0.05
	Female	8.91	4.67	<0.05
<i>P</i>		>0.05	>0.05	-

**Conclusions:** The cognitive impairment of social people is an important factor hindering individual development. How to alleviate the cognitive impairment of people in social development is a problem closely concerned by all sectors of society. The research applies the human-computer interaction products under image processing to the mitigation of cognitive impairment, and analyzes the impact of human-computer interaction on cognitive impairment. The results show that for people with cognitive impairment of different genders, human-computer interaction products based on image processing

technology can effectively alleviate cognitive impairment in the early stage and play an obvious positive role in individual development.

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## RESEARCH ON THE NECESSITY OF STRICTLY IMPLEMENTING CIVIL AND COMMERCIAL LAW TO ALLEVIATE THE ANXIETY OF INSURANCE CUSTOMERS

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**Background:** With the continuous development of the economic market, property management in the economic market has been paid more and more attention. However, under the background of economic development, the types of business handling in the insurance industry are increasing, which brings about the upsurge of psychological negative emotions of insurance customers, especially the change of anxiety. From the perspective of psychology, anxiety is produced by individuals after being affected by the outside world. Under the influence of the environment, individual psychological tolerance decreases, making them more prone to anxiety. Anxiety has always been one of the important mental health problems concerned by all sectors of society. In psychology, the treatment of anxiety is usually hypnosis or verbal stimulation. In the process of hypnosis, psychologists will urge patients to enter deep sleep by means of hypnosis, so as to alleviate patients' psychological anxiety from the subconscious. In verbal motivation, psychologists will appropriately reduce the trading pressure of patients by communicating with patients, obtain the changes of patients' psychological activities from communication, and take this as a breakthrough to build a conversation system to gradually alleviate patients' anxiety. Many studies have pointed out that in the psychological relief of insurance customers' anxiety, the effect of psychological treatment is gradually reduced. The main reason is that the anxiety of insurance customers is not only psychological trauma, but also continuously affected by the environment. Therefore, it is urgent to find more effective psychological relief strategies.

In the management of economic market, civil and commercial law plays a key role. Civil and commercial law includes civil law and commercial law. Civil law changes according to the changes of commodities in the economic market, and commercial law is a means of protecting interests in market transactions. Generally speaking, in economic market transactions, civil and commercial law can effectively safeguard personal rights and interests. Therefore, civil and commercial law can also play an obvious role in the business handling of insurance industry. In insurance transactions, the anxiety of customers is due to the weak psychological tolerance of individuals on the one hand, and the inability to judge the interests of the insurance industry after the transaction on the other hand. Therefore, the change of economic environment in the transaction process will further aggravate the anxiety of customers. In view of this, the study attempts to analyze the correlation between the civil and commercial law and the anxiety psychology of insurance customers, and analyze the mitigation effect of strict implementation of the civil and commercial law on the anxiety psychology of customers, so as to evaluate the necessity of the implementation of the civil and commercial law, in order to provide a good development direction for the economic market.

**Objective:** To understand the current situation of customer anxiety in insurance transactions, analyze the effect of strict implementation of civil and commercial law on customer anxiety in insurance transactions, and evaluate the importance and necessity of customer anxiety in insurance transactions.

**Subjects and methods:** 570 customers who handled insurance business in a city from August 2021 to December 2021 were randomly selected, and all customers were given anxiety scores to determine their anxiety before and after handling insurance business. 210 of 570 customers were randomly selected for intervention experiment. The intervention means was to explain the relevant contents of civil and commercial law in detail after the customer's insurance business was handled, and point out the interest protection role of civil and commercial law in the transaction. At the same time, by giving examples to illustrate the effect of civil and commercial law, analyze the change of anxiety of 210 customers after the insurance business was handled, and compare the difference of anxiety score between them and customers who did not use the civil and commercial law in detail.

**Results:** The analysis of the psychological anxiety of insurance customers participating in the test is shown in Table 1. Table 1 shows that the average psychological anxiety score of customers after handling in the insurance industry shows an increasing trend, indicating that business handling improves the psychological anxiety of customers. After the intervention of 210 clients, their psychological anxiety scores decreased significantly, which was significantly different from the intervention clients ( $P < 0.05$ ).