

own state at the same time. The training time of the whole course is one month.

**Study design:** In the form of questionnaire, the students are required to answer anonymously. The psychological pressure of the students is tested before and after the course. The test content includes two categories, one is personal pressure, the other is social environment pressure. The 5-point rating is adopted. The higher the score on the questionnaire, the greater the psychological pressure they feel.

**Methods:** SPSS20.0 software was used for statistical data analysis.

**Results:** Compare and test the pressure psychological performance of the observation group and the control group before and after the experiment, and the statistical table is shown in Table 1.

**Table 1.** Stress psychological status of college students.

	The observation group ( <i>M ± SD</i> )	The control group ( <i>M ± SD</i> )
Before the experiment	3.57±1.32	3.62±1.43
After the experiment	1.49±0.34	3.16±0.85

It can be seen from Table 1 that after a certain period of curriculum education, the psychological pressure of the students in the observation group has been significantly improved, while that of the control group has hardly changed. It shows that the designed course can improve the students' psychological state to some extent. This shows that the positive psychological curriculum intervention is effective for the college students who are facing the employment evaluation situation, whether in the way of coping with the pressure or in the good shaping of personality characteristics.

**Conclusions:** In the current college life, due to learning, emotion, employment and interpersonal communication, students will have a certain psychological pressure, which is not conducive to their physical and mental health. At the same time, because of the limited professional content, the economic management major has limited employment objects. In view of this situation, we can use positive psychology to guide the students' positive behavior, and through creating positive learning atmosphere and surrounding atmosphere, students can feel positive learning and living conditions, adjust their emotions in time, and achieve the purpose of relieving psychological pressure of choosing jobs.

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## EMPLOYMENT OF THE DISABLED AND ITS INFLUENCING FACTORS FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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**Background:** Social psychology refers to the study of individual and group psychology and behavior in the social interaction and changes. Social psychology discusses interpersonal relationship at individual level and social group level. Employment psychology refers to the general psychological characteristics of the disabled in the process of career preparation and employment. Only with healthy employment psychology can we correctly evaluate ourselves and improve the success rate of employment. But in real life, there are many problems in the employment psychology of the disabled. The disabled have high self-esteem, low self-esteem and over sensitivity. Due to the physical defects and some people's discrimination against the disabled in society, most of the disabled have different degrees of psychological problems, often showing pessimistic and negative emotions; There are also some disabled people who lack a correct understanding of themselves and the current employment situation, resulting in a great contrast between the employment expectation and reality, and the psychology of disappointment, depression and even withdrawal; In the communication and cooperation with the healthy people, most disabled people are afraid to get along with the healthy people, and their inferiority is obvious.

Employment is an important way for the disabled to realize their own value and improve their social status. To solve the problem of the disabled reasonably is an important part of building a harmonious socialist society. As an important prerequisite and foundation for the disabled to participate in and return

to society, employment has become a hot and difficult issue for the government and all sectors of society. When dealing with the disabled in the vulnerable groups, we should not only sympathize with and pay attention to them, but also change their way of life, respect and provide opportunities to support themselves and realize their equal rights and interests.

**Objective:** One of the important reasons for the employment difficulties of the disabled is the lack of Employability Development. At present, there are some problems in the development of the employability of the disabled in China, such as neglecting the psychological guidance of employment, lack of attention to the potential of the disabled, lack of barrier free environment construction, and inadequate matching of assistive devices. Therefore, it is of great practical significance to study the employment of disabled people and its influencing factors in the social psychology.

**Subjects and methods:** This paper analyzes the current employment situation of the disabled by using the sample survey data of the disabled, and finds out the main reasons for the employment of the disabled by using the principal component analysis method. Finally, it puts forward some policy suggestions to promote the employment of the disabled in China.

**Results:** According to the survey and analysis, the employment situation of the disabled with different levels of disability is shown in Table 1.

**Table 1.** Employment situation of disabled people with different levels of disability.

Disability level	Level 1	Level 2	Level 3	Level 4	Unknown
Total	47562	101003	172132	373598	27652

The number of people with disabilities in level 4, which has the least impact on the body, is significantly more than that in other disability levels. It can be seen that the degree of disability has a great impact on the employment of the disabled. Relatively speaking, people with less disability have more employment opportunities and success rate, and vice versa. Generally speaking, on the one hand, because of some types of disability, such as mental disability and intellectual disability, a large part of these people can not engage in productive labor, especially multiple disabilities, almost all of them have lost their ability to work, which has a greater impact on employment. On the other hand, it may be due to the backward training of employment related skills. Common training, such as massage, acupuncture, accounting, repair and so on, are suitable for those with physical disability, visual disability and hearing disability. However, training for intellectual disability and multiple disabilities is rare, which also leads to the imbalance of employment.

The specific reasons why the disabled cannot achieve employment are shown in Table 2.

**Table 2.** Reasons for disabled people's inability to obtain employment.

Reason	Lack of skills	Lack of funds	Incapacity to work	No employment intention	Land lost in rural areas
Number of unemployed	400998	207165	185362	90548	10398

It can be seen from Table 2 that the number of people who are not employed due to lack of skills accounts for about half of the total number of unemployed disabled people. It can be seen that the impact of skills on the employment of disabled people is great. It can be confirmed that vocational skills training for the disabled is very helpful to help them achieve employment.

**Conclusions:** From the perspective of social psychology, only when we understand the employment psychological problems of the disabled can we have targeted counseling. In order to develop the professional ability of the disabled, it is necessary to conduct psychological evaluation on the disabled regularly, establish mental health data, collect the mental health data of the disabled through observation, interview, questionnaire and other ways, and sort out the data to understand the problems existing in the employment psychology of the disabled. The disabled with employment psychological problems are targeted guidance and records shall be made. In the process of guidance, dynamic evaluation should be carried out at any time, and the guidance scheme should be adjusted at any time. Through the psychological evaluation and targeted guidance for the disabled, the disabled can dare to compete with their competitors with their own strength, gain rights and status in the competition, and achieve self-improvement and self-reliance; We should adjust our psychological state in time, avoid pessimism and despair due to temporary employment difficulties and setbacks, learn to sum up experience in setbacks, exercise willpower, and improve self-confidence in employment.

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## INFLUENCE OF PSYCHOLOGICAL FACTORS ON ENGLISH TEACHING FOR COLLEGE STUDENTS

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**Background:** It has been reported that 30%-40% of college students have the tendency of mental disorder, and 10% of them are more serious. It has also been reported that the incidence of psychological disorders among college students is 20.23%. It can be seen that mental health problems have affected the normal study and life of college students. Therefore, it is very urgent to find out the main factors affecting mental health and prevent the occurrence and development of mental diseases in time. For a long time, the traditional teaching pays too much attention to the intelligence factors, such as the enrollment rate and score to measure the teaching quality, and ignores the psychological factors (such as interests and hobbies, emotions and emotions), and other non intelligence factors. In the process of modern education, it is of positive significance to explore the influence of psychology on subject teaching. With the continuous development of teaching ideas, language teaching is not limited to the dissemination of knowledge. In traditional teaching, students' learning activity is a kind of self-discipline learning, which is only around the teacher's classroom behavior. However, in modern society, it is limited to improve learners' group level only by self-discipline, which requires English teachers to re-examine their roles, mobilize students' learning consciousness, and fully stimulate students' spontaneity in teaching activities. This determines the multiple identities of English teachers in teaching activities.

**Objective:** In order to achieve efficient high school English teaching, educational psychology should be well applied, so as to fully grasp the psychological state of students, provide help for teaching activities, facilitate the application of effective teaching strategies, enhance the enthusiasm of students to actively participate in classroom teaching, and cultivate students' creative thinking.

**Subjects and methods:** By means of questionnaire, this paper investigates the psychological factors of college students, finds out the psychological problems of college students, and then makes psychological adjustment to the students, so as to reform the English teaching classroom of contemporary college students, so as to strengthen the teaching effect.

**Study design:** 200 college students were randomly selected and 200 questionnaires were distributed. 21 invalid questionnaires were excluded. The age of college students was  $20.36 \pm 58$  years old. Symptom Checklist-90 (SCL-90) is used to measure the mental health level of college students. The scale includes 90 items and 10 factor subscales, of which factor 10 is not used for this statistic. The higher the self score of each item, the more serious the symptom. The subjects' self-evaluation of each item was equal to or greater than 3 points as the criteria for determining the level of pain of moderate and above.

**Methods:** The questionnaire content was analyzed by SPSS13.0 software. The students were randomly divided into two groups. There was no significant difference between the two groups before the test. The observation group considered the psychological problems of the above students and reformed the teaching situation (1) By enriching curriculum resources, we can fully mobilize students' multiple senses. (2) The classroom atmosphere must be open enough for students' dual interaction. (3) Pay attention to cultivate students' interest and stimulate their learning potential. (4) Use extensive knowledge to impress students. Extensive subject knowledge is not only limited to English teaching itself, but also includes humanistic knowledge, cultural knowledge and natural science knowledge related to English education, which plays an important role in improving the humanistic atmosphere of English teaching and strengthening the effect of English teaching.

**Results:** The statistics of College Students' overall SCL-90 are shown in Table 1. The results show that the unhealthy psychological behaviors of college students are interpersonal sensitivity, hostility, depression, paranoia, anxiety and so on.

After the students were randomly divided into two groups, the observation group and the control group were observed. The specific time was one month. The English learning scores of the two groups were tested. It can be seen that the students' learning achievement in the observation group is higher than that of the control group, which shows that the proposed teaching method is effective. The results are shown in Table 2.