




Therefore, making full use of color psychological effect in photographic creation can highlight the artistic value of photographic works.

**Table 1.** Color sentiment analysis table of photographic works.

Color psychology	Enthusiasm	Excitement	Peace	Tension	Pure	Deep	Mysterious
	0	2	0	0	3	0	2
	3	2	0	0	0	0	0
	0	0	0	3	0	2	1

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## INFLUENCE OF POSITIVE PSYCHOLOGY ON ALLEVIATING LEARNING ANXIETY OF STUDENTS WITH ENGLISH LEARNING DIFFICULTIES

Jingni Zuo

*Foreign Language Department, Gansu Normal College for Nationalities, Hezuo 747000, China*

**Background:** Positive psychology is a new research trend in western psychology circles at the end of the 20th century. The essential characteristic of Positive psychology is “the science devoted to the study of ordinary people’s vitality and virtue”. It advocates “interest, love, satisfaction, happiness” and other positive emotions to cope with learning and life, by stimulating everyone’s own inherent or potential positive quality and strength, to help people knock on the door of happiness. Positive psychology advocates that human beings should interpret many psychological phenomena with a positive state of mind so as to strengthen the constructive power of human beings.

Positive psychology holds that students have a lot of potentials in subject learning, which are not brought into full play. Teachers can fully use positive psychological suggestion, positive emotional experience, positive habits, positive personality and positive cognitive style to arouse students’ potentials for learning English, so as to achieve better learning results.

**Objective:** Positive psychology holds that people in a state of pleasure, often thinking agile, imagination, memory enhancement. Therefore, in the process of English teaching, teachers should not only impart knowledge and skills to students, but also pay attention to emotional communication between teachers and students. Through the active guidance of teachers, students can deeply realize that learning English is not just to learn by rote or to cope with certain exams, but to integrate all resources and constantly improve themselves through systematic learning in a planned, purposeful and step-by-step manner. Thus, it can be seen that as a non-intellectual factor, positive emotion plays a vital role in students’ English learning.

**Subjects and methods:** Positive psychology can effectively relieve students’ anxiety about learning English and help them to establish a correct view of learning. This paper investigates and analyzes the influence of positive psychological counseling on students’ sense of pleasure, participation and sense of meaning in learning English. Based on the questionnaire, this paper analyzes the influence of positive psychology on students’ English learning anxiety.

**Study design:** Using stratified cluster random sampling method, 600 college students in our city were

investigated. One class from each grade was randomly selected from each primary school, junior middle school and senior high school in our city. A total of 600 copies were distributed to students in 12 classes, 561 copies were recovered, and the number of valid copies was 547.

**Methods:** The influence of positive psychology on alleviating learning anxiety of English learners with learning difficulties by using Excel statistics.

**Results:** Positive psychological counseling plays an important role in alleviating students' English learning anxiety. After positive psychological counseling, students' English learning anxiety has a significant downward trend, and they can learn English voluntarily.

The survey results, use a scale of 0-4 quantitative value of the influence of specific factors, 0 said irrelevant, 1 said slightly, 2 said influence, 3 said obvious effect, 4 said full effect, in order to reduce the subjective causes bigger error during evaluation, evaluation value and take 500 college students take average, calculated results determine rounded way, the specific statistical table is shown in Table 1.

**Table 1.** Influence of positive psychology on alleviating learning anxiety of students with difficulty in English learning.

Factor	Pleasure	Engaged	Sense of meaning
Primary school	4	3	3
Junior high school	4	3	4
High school	3	4	4

**Conclusions:** The purpose of English teaching is to mobilize the enthusiasm of students into English learning to the maximum extent, and finally improve the ability of students to use English comprehensively. The theory of positive psychology has a strong guiding significance in this respect, which can help students effectively improve their sense of pleasure and participation in learning English, make them more clearly realize their great potential in learning English, promote their better development, and comprehensively improve their English literacy. Positive and optimistic learning emotions can also stimulate students' learning interests and motivation, give full play to their autonomy, so as to improve learning effectiveness and promote their overall development.

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## A PROBE INTO THE LEGAL PROBLEMS IN THE MENTAL HEALTH EDUCATION OF COLLEGE STUDENTS

Baochao Xie

*Law School, Shanghai University of International Business and Economics, Shanghai 201620, China*

**Background:** In real life, there are many people who cannot distinguish between right and wrong and choose the wrong path, so that they regret it. In particular, this group of college students, they just left the family, into contact with society. If they do not know the law, often go astray, into the abyss of crime. Nowadays, the proportion of juvenile delinquency is on the rise. Among the adults who have been punished for crimes, the number of people who have reached the age of 16 but not the age of 19 is on the rise.

Nowadays, colleges and universities attach great importance to the mental health education of college students. College students' mental health is the most important factor for their development. In order to improve the mental health education of college students under the restrictions of law, a person must have a healthy psychology to complete the basic requirements of various work. The university needs to carry on the related law intervention to university students psychology, optimize the university student mental health education under the legal restraint, enhances the university student mental quality.

**Objective:** The strategic decision of "ruling the country by law" has been widely accepted. Laws and regulations are the code of conduct to regulate people's studies, life and work, covering all walks of life, so we must strengthen the legal awareness of contemporary college students. It is far from enough for a person to have only scientific and cultural knowledge, but also must have comprehensive legal knowledge and moral qualities, in order to be based in society. If a person lacks legal and moral awareness, he will be vulnerable to the influence of adverse factors in society, and will commit illegal, criminal and immoral acts, or even go on the road of illegal and criminal acts. Therefore, law study has a vital role in university student mental health education.

**Subjects and methods:** Law learning can effectively improve the mental health level of college students,