

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

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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,

from active learning, knowing the law to abiding by the law. Thus, it can be seen that college students can enrich their life connotations through legal knowledge, so as to obtain a happy life. This article mainly studies legal knowledge university student's outlook on life, the world outlook, the values three aspects influence. Through the distribution of questionnaires, statistical analysis of the impact of law on its three perspectives.

Study design: Questionnaires were distributed to 600 college students. Among them, 300 college students who had received legal knowledge study and 300 college students who had not received legal knowledge study were required to complete the questionnaires at one time. Each student took about 10 to 15 minutes to complete the questionnaires. A total of 600 issued, 579 recovered, the number of effective copies of 564.

Methods: The influence of learning statistical legal knowledge with excel on college students' three views.

Results: Through the study of legal knowledge can indirectly affect college students' outlook on life, world outlook, values, for the future of life to make a correct decision. But the university student who has not experienced law study, needs to set up three views depending on own consciousness, in the formation process, has the possibility to form the deviation.

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, taking 300 students evaluation value and average respectively, obtained results determine rounded way, the specific statistical table is shown in Table 1.

Table 1. Influence of Legal Knowledge Learning on College Students' Three Views.

Factor	Life Outlook	World Outlook	Value Outlook
Learned about law	4	3	4
Unlearned knowledge of law	1	2	2

Conclusions: College students are in their youth, which is a period of individual independence and maturity, and also a period of rapid changes in physical and mental development. At the same time, colleges and universities should improve the teaching methods and content of the basic courses, and create a good legal environment on campus. With the cooperation of a good social and legal environment, college students' legal consciousness can be effectively enhanced, crime can be prevented and mental health can be promoted.

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APPLICATION OF POSITIVE PSYCHOLOGY IN CULTURAL COMMUNICATION IN THE NEW MEDIA ERA

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Background: With the rapid development of information technology, people's work, study, life, communication and other ways have undergone profound changes which have greatly changed people's lives and communication behavior. In the era of new media, the application of positive psychology has brought different degrees of change to various groups in the whole society. The ways of information exchange in the era of new media can meet the needs of different groups in society. While the new media has the advantage of convenient and fast information transmission, it has also produced has a series of negative effects, hindering social progress. In recent years, a large number of negative and decadent lifestyles have been spread, the spread of extravagance and comparison, and the prevalence of Internet flaunt wealth, has caused a bad negative impact on people's thoughts and behavior. These factors will cause different degrees of psychological damage to people.

Objective: In the era of new media, all kinds of resources and information are mixed, which the absorption of negative information will have a bad impact on people's thoughts and behavior. Therefore, strengthening the application of positive psychology in the context of new media is crucial to the development of today's society. In the process of social development and progress, it is necessary to increase the promotion and derivation of positive psychology with the help of new media communication methods, so that all groups in society can embrace life and work with a positive mental outlook.