

civilization, the root and soul of the Chinese nation. The culture of the Yellow River, which has a long history, is an important foundation of cultural confidence. The Yellow River Basin is an important ecological barrier and economic zone in China, as well as a relatively concentrated region of poor population. The Yellow River has become the most complex and difficult river in the world because of its less water and more sand, different water and sand sources and fragile ecological environment. Therefore, the fundamental, directional and overall major issues concerning the ecological protection and high-quality development of the Yellow River Basin can be solved through the ecological protection and high quality of humanistic psychology of the Yellow River Basin, the interaction and coordination between academic research and the practice of Yellow River control can be promoted, the wisdom of all parties concerned can be gathered, all forces can be gathered and the policy can be better implemented.

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## THE POSITIVE INFLUENCE OF CHINESE TRADITIONAL CULTURE EDUCATION ON COLLEGE STUDENTS' MENTAL HEALTH

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**Background:** Traditional culture deeply influences Chinese people's thoughts, behaviors and psychology. Engaged in mental health education, we must recognize the impact of culture on people's psychology and behavior, familiar with China's cultural background and the relationship between mental health. Exploring the cultural foundation of college students' mental health education not only helps to understand and deal with the relationship between moral education, physical education and aesthetic education, but also is of great theoretical and practical significance to the establishment of contemporary college students' mental health education system with Chinese characteristics. The core of Chinese civilization is traditional Chinese philosophy, and the exploration of human inner life provided by Chinese traditional philosophy is of great value. It is neither a Western science nor a Western religion, but a kind of knowledge of inner reflection. Although it has no specific psychological part, it has its unique theoretical elaboration and spiritual cultivation, and penetrates the social and psychological customs, and constructs the unique psychological life style of local culture. If we change the angle, we will find that the philosophical exposition of psychology of each school can be regarded as a systematic psychological exploration of understanding, explaining and interfering with people's psychological life. Some contemporary college students are confused in their political beliefs, vague in their ideals and beliefs, weak in their sense of honesty and credibility, lack of sense of social responsibility and poor psychological quality.

**Objective:** For most freshmen, a series of new environments, such as unfamiliar campus, new interpersonal relationship, new learning content and life style, require students to have strong adaptability and endurance. At the same time, both in physiology and psychology, college students are in the process of rapid change. Therefore, one of the core contents of college students' mental health education should be to strengthen their ability to adapt to setbacks and endure setbacks. Traditional culture to resist the setbacks of the spirit of detachment and tolerance can ease the psychological inadaptability. Therefore, exploring the positive influence of Chinese traditional culture education on college students' mental health is helpful to alleviate and improve college students' mental health.

**Subjects and methods:** The survey randomly selected 300 undergraduates (all from full-time colleges and universities), aged 20-23 years, with an average age of 22.3 years. The students were randomly divided into two groups, one as the observation group, no special education, the other as the experimental group, the experimental group, the experimental group, set up an elective course of traditional Chinese culture, all the experimental group students learn 1-2 hours every day. After 60 days, the mental health outcomes of both groups of students were tested before and after education. Using SPSS17.0 and Excel at the same time, this paper analyzes and sorts out the survey data by means of comparison, induction and summary.

**Results:** Before the experiment, there was no significant difference between the two groups, but after

the experiment, the mental health of the experimental group was higher than that before the experiment.

**Table 1.** Statistical results of students' mental health before and after the experiment.

Groups	Before experiment	After the experiment
Experimental group	86.58±3.2	91.87±4.5
Observation group	87.94±2.2	84.64±3.3
<i>t</i>	1.022	9.284
<i>P</i>	>0.05	<0.05

In the process of human social activities in ancient China, the process of ancient people's practice is actually the process of social formation. The history of a society is always formed under a certain cultural background, and under the influence of this background it is reflected among every member of the society. This kind of common compliance between the members of society has become a specific form of cultural value. But this kind of cultural value shape also displays the different social psychology characteristic in the different area.

Chinese traditional culture can provide necessary cultural support for the healthy growth of college students' psychology, which is mainly reflected in the following aspects: First of all, Chinese traditional culture contains rich philosophical principles, which contain rich practical content of ancestors, and can effectively guide college students to make contributions to their own psychology. Secondly, Chinese traditional culture also includes a wealth of good moral education. Chinese traditional culture is extensive and profound, the Four Books and Five Classics, Confucius and Mencius, and other doctrines contain a lot of content to persuade people to good and to virtue. These contents have the extremely vital role and the significance regarding the contemporary university student mental health education.

The whole Chinese nation has created its unique national spirit and will quality in terms of national spirit, value orientation and ethical value. It can be said that a lot of Chinese traditional culture involves people's self-psychological adjustment, which contains a wealth of resources for mental health education, which is more realistic and long-term.

**Conclusions:** In the process of educating and guiding college students' mental health, proper integration of Chinese traditional culture can play a good role in guiding college students and improving their ideological quality and behavioral value consciousness. Finally, the overall quality of higher education should be ensured to improve the mental health of college students.

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## EXPLORING THE EFFECTIVE APPLICATION OF EDUCATIONAL PSYCHOLOGY IN ENGLISH TEACHING

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**Background:** Educational psychology is an interdisciplinary subject between educational science and psychological science. It discusses the process and characteristics of language use and language learning, aiming at improving the actual effect of teaching and learning and serving teachers and all people who study and study. According to the present situation of educational psychology and the specific situation of education, we can understand that educational psychology is a science to study the basic laws of psychology. For a long time, traditional English teachers have been focusing on the study of textbooks, ignoring the great role of this subject in actual teaching. Nowadays, the role of educational psychology in the teaching process has been paid more and more attention. In English teaching, if teachers want to achieve satisfactory teaching results, they should study students' psychological development and learning ability from all aspects, and make a reasonable plan and application according to their own teaching experience. The combination of psychological education and English learning for some teachers and students is still relatively strange, which also requires a long-term practice, it is impossible overnight. Therefore, in the process of daily