

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

teaching activities, teachers should grasp students' psychological characteristics and have a clear understanding of students' actual needs, so as to make students change their views on English learning from the perspective of mentality, make students actively explore and analyze the knowledge they have learned, and make the classroom efficiency further improved. In order to meet the requirements of English practicality in modern society, it is necessary to study deeply educational psychology and study the combination of psychology and English teaching.

Objective: In traditional English teaching, teachers often focus on textbook analysis and classroom teaching. In this process, teachers tend to neglect students' psychological development. With the development of the new form of modernization, people have realized more and more deeply that the influence of educational psychology on teaching is of great importance. For English learning, psychological education can play a great role in inspiring. Paying close attention to the psychological education of students and improving the teaching efficiency of English class fundamentally is also the direction that English teachers should consider. This study will probe into its influence and application in English teaching from the perspective of educational psychology.

Subjects and methods: Take 200 students in a certain school as the research object, randomly divide them into experimental group and control group. There is no significant difference between the two groups. Using the same teacher, teaching the content of the same English lesson, using two different teaching models, the experimental group teachers applied the knowledge of educational psychology; In the control group, only ordinary teaching was carried out, and two classes were videotaped. In the experimental group, the students should be divided into three levels according to their different learning ability, learning level and psychology, and different teaching methods should be adopted to meet different requirements. In the classroom teaching let the result good student do has the certain difficulty the practice, achieves the enhancement the goal; Make sure the middle school students do some exercises to protect their study enthusiasm, and let the poor students do some easy exercises to increase their self-esteem and confidence. Thus, every student has the chance to practice the foreign language. For the students above the middle level, we should do some exercises after class and encourage them to read more English books in order to expand their knowledge. For some students with poor learning ability, poor grades and asked them to master the most basic words, phrases, sentence patterns, in short, on the upper, middle and lower levels of students were taken to different teaching. Students should be treated equally in class regardless of whether their grades are good or bad. In teaching, teachers should give priority to praise and encouragement, and should not damage students' self-esteem in public. Some poor students, after class, the lack of knowledge and skills, respectively, to take different measures, enthusiastically give timely help and counseling. Test the results of two groups of students.

Results: The average scores of the two groups before and after the experiment are shown in Table 1.

Table 1. Statistical form of academic performance.

Groups	Before experiment	After the experiment
Experimental group	80.35	92.17
Control group	79.95	82.15

The results of Table 1 show that the students in the experimental group have improved significantly after a certain period of time, which shows that the use of educational psychology in English teaching can effectively improve students' learning performance.

Conclusions: Educational psychology plays a very important role in English teaching. An excellent English teacher should have a comprehensive understanding and in-depth study of it so as to fully grasp the psychological laws of students so as to educate students correctly and effectively. The application of educational psychology in English teaching has become a trend and an important factor in improving students' English ability and classroom teaching quality. Teachers should control the rhythm more effectively, enrich the teaching content, attach importance to the influence and application of educational psychology on teaching, and let students actively participate in English learning in various effective ways, so as to improve students' comprehensive language application ability.

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PROBLEMS AND COUNTERMEASURES OF PSYCHOLOGICAL HEALTH EDUCATION MANAGEMENT FOR COLLEGE STUDENTS