

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

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Background: Under the background of the rapid development of social economy, the pressure of social competition affects people's mental health. In particular, college students, they are at the turning point of life, the psychological development is not perfect, it is easy to be disturbed by environmental factors and psychological problems. Although colleges and universities have attached great importance to the mental health education of students, take various measures to prevent mental health problems, but there are still some problems. This needs to draw the attention of colleges and universities, find out the problems in mental health education and timely take measures to promote the healthy growth of college students. Many colleges and universities do not pay enough attention to the mental health of students, and regard the mental health education as a form to cope with the supervision and inspection of higher authorities. They think the mental health education is not important and cannot solve any substantive problems at all. Therefore, many colleges and universities will only regard the mental health education of students as a form problem, and seldom invest necessary funds and policy support in the mental health education. Another university thinks it is necessary to educate the students' mental health, which can solve all the students' mental problems and solve all the problems that can't be solved by ideological and political education. These two kinds of understanding of mental health education are very extreme, are not conducive to the development of mental health education. At present, there is a great lack of teachers of mental health education in many colleges and universities. Even many colleges and universities do not employ professional teachers because they do not attach importance to mental health education. Most of the teachers of mental health education are concurrently held by teachers of moral education, administrative cadres, medical personnel and other personnel. Due to the lack of professional knowledge and training, the effect of these personnel in mental health education is not very ideal. Even some colleges and universities have professional teachers of mental health education whose consultation skills are not very professional, which may affect students' mental health education, and may even cause secondary harm to students' physical and mental health. Therefore, great attention should be paid to the mental health status of college students, to the mental health education, to provide a good learning environment for college students and to improve their mental health.

Objective: From the psychological point of view, college students are a special group in the development of psychology and physiology, because the campus is different from the primary and secondary schools. In this environment, the main psychological characteristics of college students are emotional behavior and poor psychological quality. The resulting psychological problems easily lead to a series of problems, such as weariness, strange behavior and even suicide. In order to understand the mental health of college students and analyze the main factors affecting their mental health, we can effectively carry out teaching and student management, prevent and control mental diseases.

Subjects and methods: The survey covers students from the first year to the third year. The survey is carried out in the places with high concentration by random sampling. Questionnaire was distributed in the teaching building at random time and collected on site. A total of 400 questionnaires were distributed and 378 were collected. Using SCL-90 symptom self-rating scale, developed by Dero-Gatis, L. R., there were 10 factors and 90 items. Its contents include a wide range of psychiatric symptoms, such as thinking, behavior, emotion, living habits, interpersonal relationships. Each item of the scale adopts a 5-grade scoring system, that is, 0-no, 1-light, 2-medium, 3-quite heavy, 4-serious, the higher the score, the more likely it is to have psychological problems. Using SPSS17.0 software statistical survey results.

Results: Statistical SCL-90 abnormality of college students, get statistical analysis table as shown in Table 1.

Table 1. SCL-90 exception analysis table.

Project	Somatization	Obsessive-compulsive disorder	Sensitivity	Depression	Anxiety	Hostility	Terror	Others (additions)
Number/r/%	13/3.5	55/14.5	68/18.0	70/18.4	37/9.7	59/15.6	50/13.2	26/7.1

Conclusions: Mental health students should be preliminarily diagnosed and classified. Counselors in each class can follow and pay close attention to the students with mental health problems, and guide and intervene them. According to the severity of students' psychological problems, we should have an interview to find out the influencing factors of students' psychological problems and solve them in time. In addition, we should improve the feedback mechanism and evaluation mechanism of mental health to provide the basis for mental health education in colleges and universities. Secondly, we should set up special courses of

mental health education. According to the requirements of relevant departments, colleges should set up compulsory courses and elective courses of mental health education, and carry out some special lectures and training classes on mental health for students of different grades in colleges in a planned way, so as to help students overcome psychological obstacles and promote students to establish correct life values. Finally, we can carry out a variety of mental health education activities to guide students to actively participate in various mental health education activities, so as to guide students to develop in a positive direction. Colleges and universities can carry out mental health education activities through various channels, stimulate students' enthusiasm for participation, and help students set up correct life herding treasures.

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THE PERSPECTIVE OF EXCHANGE THEORY FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: As a major theoretical school in the post-Parsons era, modern social exchange theory came into being and gradually developed from the reflection and criticism of Parsons' structural-functionalism. Based on the basic hypotheses of psychology, economics and anthropology, combined with the classical sociological exchange theory, sociological research paradigm and philosophical speculative logic form, the theory tries to give a more reasonable and more convincing explanation of human behavior, social structure, social order and the relationship between human and society. Although its core concepts and basic hypotheses converge in the course of its development for many years, the focus and direction of its development and the vision of its theoretical research have shown a great division in the process of its continuation by later scholars. Summing up the main ideas of modern social exchange theory, we find that many of its conceptual assumptions and theoretical statements can be traced back to classical sociological theory and other disciplines. To be exact, the modern exchange theory is gradually perfected in the process of revising and subsuming different exchange theories inside and outside the discipline. Behaviorism exchange theory embodies its theoretical proposition by constructing a series of theoretical propositions. It includes successful proposition, stimulating proposition, value proposition, deprivation satisfaction proposition, attacking approval proposition and rational proposition. Looking at these theoretical propositions constructed by Horman, it is easy to find that the premise assumptions of these propositions are rational people. In his world of theory, people repeat paid actions, respond to these rewards related stimuli, and act according to the values they place on things. The criterion of fairness depends on the past experience of the actors and the comparative group that the actors identify with. He explains the origins of power and authority in terms of the minimum interest, holding that power arises when one person's ability to provide remuneration to another is greater than the ability of the other to provide it to him.

Objective: Social exchange theory is different from the structural functionalism theory. Social exchange theory pays attention to the exchange behavior between people. Social exchange theory holds that human behavior is based on reasonable choice, and people hope to maximize the benefits through action, and the cost of expectation is the smallest.

Subjects and methods: From the point of view of psychology, the social exchange theory has some connotative value. Social exchange theory recognizes the hierarchical system of society. Because of the different living environment and social status, each person's social status is different, so the resources that each person has for exchange have been determined by his social status to some extent. Therefore, people's social status is not equal, in the exchange of relations cannot be equally exchanged. Therefore, this article mainly analyzes the exchange theory through the principle of fairness, the principle of openness and the principle of moderation.

Study design: Stratified cluster random sampling method was used to randomly select 600 people of different ages and sexes, a total of 600 questionnaires, 573 valid questionnaires were collected.

Methods: Using Excel statistical analysis of social psychology on the exchange theory.

Results: Social exchange theory is the result of the study of human social behavior. Social exchange theory is the product of the fusion of sociology and psychology and belongs to the research results of social