EVALUATION METHODS OF EMPLOYEE MENTAL HEALTH STATUS IN EXPRESSWAY INDUSTRY

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Background: In recent years, with the enhancement of service awareness in the expressway industry and the continuous evolution and improvement of the toll situation, in the face of the special nature of expressway construction and toll work, employees in the expressway industry will more or less experience psychological tension, confusion, depression, and depression. And other bad mental states, the resulting problems such as reduced efficiency, increased accidents, and increased costs have gradually emerged. Therefore, how to relieve people 's ideological and psychological pressure, promote people 's mental health, realize people 's physical and mental harmony, and help highway industry workers to correctly face various pressures and do their ideological and political work is worthy of our attention and research. problem. At present, most domestic mental health assessments are done by existing mental health assessment tools. Many psychologists use existing mental health assessment tools to analyze and research people 's mental health. Mental health assessment tools will be updated and improved according to the mental health of people in different periods to make the assessment results more accurate. With the rapid development of the Internet today, big data, cloud computing and other information technologies have been integrated into all aspects of people 's lives. People generate large amounts of data every day, and data has changed from a simple processing object to a basic one. resource. If people want to obtain the knowledge and wisdom contained in the data, they need to dig out the hidden information behind the data, so visual analysis emerges as a new analysis method. Visual analysis provides fast, testable and understandable assessments, and can explore unknown content and detect expected information.

Subjects and methods: This study elaborated the significance of the application of visual analysis technology in the mental health assessment of expressway employees and the related methods used, and used a combination of multiple visualization views to evaluate the mental health of expressway employees. Carry out analysis and propose a new method to evaluate the mental health of expressway employees by means of visual analysis.

Study design: The concept of applying visual analysis technology to the mental health assessment of highway employees. The difficulty of mental health assessment is that people cannot perform self-assessment of their mental health in a timely manner to understand their mental health; the point is to help users understand their mental health in a timely manner and discover potential mental health problems that users have. By studying the application of visual analysis technology in emotional psychology and mental health, this study uses visual analysis technology to analyze the mental health assessment data of highway employees, helping highway employees to understand themselves in the most intuitive way Of mental health, discovering their potential mental health problems.

Methods of statistical analysis: For the evaluation of mental health problems, mental health assessment tools are generally used. At present, the commonly used mental health assessment tools in China are mainly divided into: single symptom questionnaire, comprehensive mental health scale and mental health assessment system. Most of these mental health evaluation tools measure mental health in the form of scales. Through the study and study of the mental health assessment scale, it is finally determined to use the S CL-90 symptom self-rating scale as the mental health assessment of the system. surface.

Results: The results of the SCL-90 symptom self-rating scale are divided into the analysis of the total scores of highway employees, each factor, and individual items with "symptoms". The specific explanations of each result item are shown in the table below. Among them, the average score of each factor of the 10 factors can reflect the mental health of the expressway employee in 10 aspects. The expressway employee can also understand the distribution of their total score through the factor average.

In actual testing, the results of the SCL-90 Symptom Self-Rating Scale are usually compared and analyzed with the norms that scholars have developed. This article uses the standard norms used by the school psychological counseling studio to evaluate the test results. Table 2 is the standard norm used by the system in the evaluation and analysis of the results of the SCL-90 symptom self-rating scale.

Conclusions: This research explores the way of visual analysis to analyze the mental health data of highway employees. Through the storage and analysis of the SCL-90 symptom self-rating scale data, to understand the mental health of highway employees, and according to the highway employees Different feedback suggestions are proposed. Visual analysis of mental health data can help expressway employees to understand their mental health and discover their main and potential mental health problems.

Table 1. Explanation of each evaluation result item of SCL-90 symptom self-rating scale.

Result item	Interpretation of results
Total symptom index	Reflect the overall mental health of highway employees
Number of positive items	Reflect how many items of expressway employees feel "symptomatic"
Number of negative items	Reflect how many items of expressway employees feel "asymptomatic"
Positive symptoms are evenly divided	What is the degree of "symptomatic" items felt by highway employees
All factors are equally divided	Reflect the mental health of highway employees in 10 aspects

Table 2. Reference norm of SCL-90 symptom self-rating scale.

Factor item	Norm	Factor item	Norm
Somatization	1.37±0.48	Fear	1.23±0.41
Obsessive-compulsive symptoms	1.62±0.58	Paranoid	1.43±0.57
Interpersonal sensitivity	1.65±0.51	Neuropathic	1.29±0.42
Depression	1.50±0.59	Total score	129.96±38.76
Anxiety	1.39±0.43	Total average score	1.44±0.43
Hostility	1.48±0.56	Symptoms are evenly divided	2.60±0.59

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APPLICATION OF COGNITIVE PSYCHOLOGY IN ENGLISH TRANSLATION TEACHING

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Background: Cognitive psychology is a subject arising from the activity process of studying human psychological phenomena. However, the development of cognitive psychology has experienced a long process. There are various problems in previous psychology, which is difficult to solve the complex cognitive psychological activities in human mind. However, the research of human cognitive psychology can just solve some problems caused by cognitive activities. Therefore, the development of a new psychology is the general trend. In this situation and demand, cognitive psychology came into being. The main research object of cognitive psychology is the cognitive process of internal psychology, such as perception, memory, language and thinking expansion.

Many scholars combine this psychology with practical teaching application. Its main purpose is to innovate teachers' teaching skills and educational ideas. While teachers obtain the transformation of teaching ideas and the improvement of professional ability, they will also play a vital role in the cultivation of students' English translation ability and the improvement of students' overall quality, The significance of the application of cognitive psychology in English translation teaching will also be fully reflected. His thoughts, viewpoints and theories in the field of education and teaching also have a very important enlightenment to the reform of College English translation teaching.

This paper analyzes the application of cognitive psychology in English translation teaching. To understand the influence of the combination of the two on teaching and the promotion of the teaching concept of cognitive psychology on the teaching mode, teaching methods and means of College English translation, which has guiding significance for the theory and practice of teaching effect evaluation and teaching management.

Subjects and methods: This paper mainly takes the teachers and students of a university as the research object, and analyzes the feedback of teachers and students by combining the method of actual case analysis. Through the reflection and analysis of the case, the results are summarized, and other influencing factors are ignored. It makes the theory of the combination of cognitive psychology and English translation teaching more convincing.

Study design: This paper mainly analyzes the case of freshman teachers and students in Colleges and universities.

(1) Teaching content

This course selects the first section of Freshman English translation "what does the University expect