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SELF-REGULATION OF PHYSICAL EXERCISE ON MENTAL STATUS OF PATIENTS WITH DEPRESSION

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Background: According to the survey, more than 40 million people in China have suffered from depression. The traditional treatment of depression mainly includes drug therapy and psychotherapy. With the progress of science and technology, there are various physical therapy methods such as improved electroconvulsive therapy and repeated transcranial magnetic stimulation. Because the above treatment methods are usually expensive, time-consuming and laborious, many people do not get timely and effective treatment. In addition, because people often regard depression as a manifestation of mental abnormality, most patients with depression refuse to admit that they are patients with mental illness and refuse to see a doctor. The high treatment cost of psychological, physical therapy and some drug treatment often makes the middle and low-class patients with depression afraid, and the various side effects or sequelae of cheap drug treatment make them hard to say, resulting in some patients receiving treatment with unsatisfactory effect or giving up treatment directly. Therefore, it is of great value to explore a treatment that can be applied to the vast majority of patients with depression. Physical exercise to alleviate depressive symptoms is an important part of the psychological benefits of exercise. However, previous studies have adopted inconsistent methods, and the exercise intervention items, time and intensity are also different.

Subjects and methods: The object of this study is the psychological path that sports promote the development of teenagers' mental health quality. The subjects are young students.

Study design: By means of data investigation, this paper constructs a psychological path for sports to promote the development of teenagers' mental health quality.

Methods of statistical analysis: Using the methods of literature and logical analysis, this paper explores the relationship between physical exercise and depression. As a direct means to promote health, physical exercise is an effective way to prevent, slow down and treat depression.

Results: 120 college students with moderate and mild depression were randomly divided into experimental group and control group. The experimental group was divided into antagonistic sports group and non-antagonistic sports group, with 40 people in each group; The depression level and exercise volume of 40 people in the control group were measured before the experiment and 3 months after the experiment. 120 questionnaires were distributed before and after the experiment, and 104 valid questionnaires were obtained after 3 months (39 in the control group, 34 in the antagonistic sports group and 31 in the non-antagonistic Sports Group), with an effective rate of 86%. Due to the loss of subjects, major changes and other reasons, 16 questionnaires were invalid. The composition of the subjects is shown in Table 1.

Table 1. Background information of subjects in this study (person).

Grade freshman	Gender		Place of origin		Major			Only child		Total
	Male	Female	Town	Countryside	Literature and history	Science and Engineering	Pharmacy	Yes	No	
Sophomore	11	19	10	20	4	6	20	6	24	30
Junior	12	30	16	26	2	20	20	8	34	42
Senior	4	24	8	20	2	15	11	7	21	28
Total	1	3	3	1	0	0	4	3	1	4
Grade	28	78	37	76	8	41	55	24	80	104

The results of intervention effect of physical exercise on depressed college students are shown in Table 2. The one-way ANOVA showed that there was no significant difference in the depression level of the three groups before the experiment. The depression level of the subjects belonged to mild and moderate levels (the total SDS score of the control group was 50.71 ± 5.68 , the total SDS score of the experimental group was

52.09±9.31, and the total 2sds score of the experimental group was 50.35±7.72), and the depression level was in the same state before the experiment.

After 12 weeks of physical exercise, the results of repeated measurement analysis of variance showed that the intra group time course factors had a significant effect on the changes of SDS total score, psychoaffective disorder, somatic disorder, psychomotor disorder and depression ($P < 0.05$); The interaction between sports intervention means and time course factors was significant ($P < 0.05$); At the same time, the results of analysis of variance of inter group effects showed that sports intervention had significant differences in the changes of SDS total score, psychoaffective state, somatic disorder, psychomotor disorder and psychological disorder of depression among the three groups ($P < 0.05$). Further through post hoc comparison, it was found that the total score of SDS, psycho affective state, somatic disorder Compared with the control group, psychomotor disorder and depression decreased significantly ($P < 0.05$), and the degree of decrease in experimental group 1 was more obvious than that in experimental group 2 ($P < 0.05$).

Table 2. Analysis of variance of repeated measurement of depression level in different groups before and after the experiment $\bar{X} \pm SD$.

	Control group		Experimental group 1		Experimental group 2		P
	Before experiment	After test	Before experiment	After test	Before experiment	After test	
SDS	50.71 ± 5.68	49.01 ± 2.91	52.09 ± 9.31	30.25 ± 5.16	50.35 ± 7.72	34.21 ± 4.46	<0.05
A	4.66 ± 1.26	4.92 ± 1.26	4.29 ± 1.46	2.22 ± 0.49	4.55 ± 1.13	2.88 ± 1.01	<0.05
B	19.02 ± 2.76	18.10 ± 2.07	19.41 ± 5.42	11.87 ± 2.22	18.71 ± 4.81	13.29 ± 2.50	<0.05
C	5.58 ± 0.88	5.30 ± 1.19	5.51 ± 1.41	3.01 ± 1.36	5.20 ± 1.12	3.58 ± 1.37	<0.05
D	21.43 ± 3.06	17.79 ± 2.36	22.87 ± 3.93	11.48 ± 2.71	21.88 ± 3.37	12.73 ± 2.8	<0.05

Conclusions: The danger of depression has quietly approached each of us, and its harm is obvious to all. Based on the literature at home and abroad, it is found that physical exercise can prevent, slow down and treat depression. Therefore, it can be said that actively participating in physical exercise can not only promote physical health, but also protect human mental health. People with depression or who have developed depression should choose their favorite physical exercise items and keep physical exercise 3-5 times a week for 40 - 90min each time. Future research should explore the interaction between physical exercise and other health resources (such as psychological resilience, self-esteem, subjective well-being, social support, etc.) to inhibit depression, so as to make physical exercise play a better effect.

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INNOVATION OF CHINESE-ENGLISH TRANSLATION TEACHING MODEL FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: When carrying out the Chinese-English translation teaching model from the perspective of psychology, we need to focus on students' psychological and learning needs to improve students' interest in English. Facts have proved that the environment has a great impact on students' learning behavior. Creating a positive learning environment and teaching atmosphere will help to improve students' desire for active exploration of English. In recent years, with the vigorous development of education in China, although the teaching of Chinese-English translation has been deepened, there are still many problems, such as poor students' overall English foundation, unclear English learning objectives and lack of confidence in English learning; The Chinese English translation curriculum system is imperfect, the teaching mode and teaching method are single, the teaching content is monotonous, the teaching task is heavy, the teaching resources are short, and the teachers' self-efficacy is low. The research from the perspective of psychology sublimates a new theoretical basis through the combination of marginal disciplines, which is expected to become a breakthrough in the study of Chinese-English translation, form a new translation theoretical system, and raise the specific translation skills to the height of theory. Based on students' development, cultivate