

to improving the effect of English teaching. Humanistic psychology theory has a good theoretical guiding role for English teachers' teaching practice. As teachers, they should have this knowledge, so as to make English classroom teaching more effective, give full play to students' learning ability and promote students' learning.

Conclusions: Humanistic psychologists advocate the learner centered position. Teachers stimulate students' interest in learning through reasonable teaching methods, help students develop good learning habits, and improve their logical thinking ability, problem discovery, problem analysis and problem-solving ability through continuous analysis, induction and summary. At the same time, students' learning behavior is positive and meaningful, integrate new and old knowledge, and constantly improve learners' knowledge structure. Whether students can learn new knowledge is affected by the interaction of old and new knowledge, which not only obtains significance in the process of learning new knowledge, but also obtains new significance after the repair of old knowledge. This reason is widely used in the current English reading teaching because of its unique advantages. Mastering the rules of article structure plays a very important role in cultivating students' English learning ability.

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THE IDEOLOGICAL IMPACT IN MODERN AND CONTEMPORARY CHINESE LITERATURE FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY-TAKING "ONE MAN'S WAR" AS AN EXAMPLE

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Background: The relationship between literature and psychology has a long history. In the course of history, they have penetrated and developed with each other. As Franklin said: "The history of literature, in its deepest sense, is a kind of psychology, which studies the human soul and is the history of the soul." Because no matter which country's literary works, novels or dramas are depictions of people, they express people's thoughts and feelings, thus revealing the true conditions of people's hearts at a certain historical stage. The influence of psychology on literature is self-evident, which includes both literary works and writers' creation, as well as literary criticism and literary theory. Especially in the 20th century, literature has shown a trend of "innerization", and various literary criticisms and theoretical winds are surging. Since the reform and opening up, the impact of Western culture on our traditional culture has become a reality. Any huge changes in reality will be reflected in people's psychology, and this psychology will in turn affect reality. Social psychology theory is a theory developed after many years of vicissitudes. Its influence is extremely far-reaching both in the West and in China. It is constantly infiltrating and influencing from the field of psychology to other fields, such as philosophy, religion, literature, etc. In the field of literature, the analysis of social psychology mainly exerts influence from two aspects: one is the influence on literary creation, and the other is the influence on literary criticism. Against the above background, this article aims to explain the development status of modern and contemporary Chinese literature from the perspective of social psychology.

Subjects and methods: Although there are many branches of psychology, social psychology is the closest branch to literature. One of the reasons is that social psychology explains its various psychological theories through a large number of literary works. Under this influence, some pure literary critics begin to use some new psychological theories to explain literary works. Therefore, this article takes "One Man's War" as an example to analyze the ideological impact in Chinese modern and contemporary literature from the perspective of social psychology.

Study design: Twenty subjects were selected for literary appreciation of "One Man's War", among them, 10 people were divided into two groups, one was the experimental group, and the other was the control group. The subjects in the experimental group penetrated the content of social psychology in the work appreciation, while the control group did not involve the content of social psychology. By analyzing the appreciative results of the two groups of subjects, the impact of social psychology's thoughts can be obtained.

Methods of statistical analysis: Use MATLAB software to sort and analyze the test results to ensure the validity of the results.

Results: The comparison results between the experimental group and the control group are shown in Table 1.

Table 1. Comparison results of experimental group and control group.

Index	Test group	Control group
Can deeply explore and analyze the deep and secret psychological state of the characters	√	×
Can analyze the influence of original ecological family on the formation of children's psychological character	√	×
Can explore the narcissistic characteristics of women's deep psychological space	√	√
Can explore the characteristics of self-abuse in women's deep psychological space	√	×
Can explore the closed characteristics of women's deep psychological space	√	×

According to the results in Table 1, the experimental group can deeply excavate the deep and secret psychological state of the characters in one's war and the narcissistic, masochistic and closed characteristics of women's deep psychological space, while the control group can only effectively excavate the narcissistic characteristics of women's deep psychological space. Through the above comparison, it can be seen that the experimental group can deeply analyze the psychological characteristics contained in literary works. This is because under the influence of social psychology, readers have the acceptance effect of resonating with the works, purifying their hearts and understanding the true meaning of life due to the emotional induction of the works and their own psychological expectations. As a special spiritual phenomenon, literature contains complex psychological activities in creation and acceptance activities. Under the influence of social psychology, readers can understand the psychological connotation of literary activities and feel the psychological elements contained therein.

Conclusions: As a language art, literature is a product of the mind, which is closely related to psychology. The relationship between literature and psychology originates from the psychological factors in the process of literary creation and the psychological theories used in interpreting the text. Especially since the birth of psychoanalytic psychology, the interactive relationship between literature and psychology is more obvious, which makes the relationship between literature and psychology become a main content of interdisciplinary research of comparative literature. Taking a man's war as an example, this paper uses the theory of social psychology to analyze the excellent works of literary works, which also reflects the profound influence of social psychology on China's literary world from another side.

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NECESSITY AND INNOVATIVE STRATEGY OF PSYCHOLOGICAL PRESSURE RELIEF IN MUSIC CREATION

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Background: Music can continuously inject "nourishment" into the spirit and return a pure land to the soul. It can not only arouse people's surging feelings in the inner world, but also restore calm to the out-of-control inner heart. Music therapy, as its name implies, is to treat music as a "drug" for systematic clinical treatment of the human body. Music therapy is to adjust people's emotion, mentality, spirit, concept, attitude and even behavior through people's experience activities such as listening to and appreciating music, so as to achieve psychological and physiological balance to cure diseases. Foreign primary and secondary education attach great importance to the study of music. Students in the United States, Canada, Poland and other countries introduce the auditory art of music as a way to cultivate students' sentiment, broaden students' vision, treat students' psychological diseases, remove students' psychological garbage and alleviate students' psychological pressure "Good medicine. Chinese researchers should also focus on observing the inner world of young college students in China, understand the sources of their mental stress, study their tolerance to mental stress and how to use music therapy to alleviate and eliminate their mental