

irrelevance, 2 indicating slight effectiveness, 3 indicating significant effectiveness, and 4 indicating significant effectiveness, in order to reduce the large errors caused by individual subjectivity in the assessment. The evaluation results of 500 college English majors are rounded off according to the mean, and the statistical table is shown in Table 1.

Table 1. Significance of affective strategies in college English teaching from the perspective of humanistic psychology

Factor	Randomness	Maintainability	Persistence
Students (female)	4	3	3
Students (male)	3	4	4

Conclusions: College education is an important part of higher education in our country, and English teaching is also an important part of college education and teaching, which plays a very active role in students' knowledge accumulation, cultural exchange, further study and improvement of humanistic quality. Through the application of humanistic psychology, teachers' pay attention to the students' emotion and use innovative teaching methods to improve the quality of teaching.

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NEW THOUGHTS ON SCHOOL HEALTH EDUCATION IN JAPAN FROM THE PERSPECTIVE OF COGNITIVE PSYCHOLOGY

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Background: Health is the precondition of health. Health not only can promote people's all-round development, but also is the foundation of everyone's growth and happy life. As an important part of school education and public health, school health care is not only related to the healthy growth of children and adolescents, but also has an important impact on the overall health of the people. The school health thought includes the school health and relates the country and the nationality's future development idea. The contents of school health work include infectious disease prevention, physical examination, disease correction, school building health, sports training, health education, etc. According to the Basic Law of Education of Japan, the goal of Japanese education is to cultivate the builders of a peaceful country and society, people who love truth and justice, respect personal values, pay attention to work and responsibility, and are full of independent spirit. As an important subject of school education, with the social background and the influence of American naturalism, the goal of health education in Japan is changing constantly. Moreover, Japan's education system is quite perfect, belongs to one of world centralization national curriculum system representatives. In the process of health education in basic education schools, great importance is attached to students' physical and mental health, and various measures are taken to maintain and promote students' health. In particular, in recent years, Japan around the "physical and mental health to maintain and enhance" the theme of a systematic planning and reform, has formed a relatively sound health education system. It is of great significance to study the development of health education in Japan for reference. Strengthening school health education, cultivating students' public health awareness and health awareness, mastering health knowledge and skills, promoting students to develop health behavior and life style are important components of implementing the strategy of "Healthy Nation".

Cognitive psychology, as a discipline, can be traced back to Plato's philosophical speculations. In a broad sense, cognitive psychology refers to the study of human higher mental processes, such as attention, perception, representation, memory, creativity, problem solving, speech and thinking. It was not until the 1950s that Donald Broadbent established the fundamental theoretical framework of cognitive psychology and began to move towards science. Based on the perspective of cognitive psychology, this paper puts forward some developmental suggestions on the current implementation of health education in Japanese schools, strengthens the legal management of health education, promotes the construction of health education teachers, standardizes the contents of health education and expands the methods of health education.

Objective: Since the 1990s, the proportion of Japanese teenagers' abuse of stimulants and other drugs has increased rapidly and developed at a younger age, causing serious health problems and social problems. To this end, Japan has enriched its content on drug abuse and health by strengthening the legal guidance

on drug use, as well as enhancing the health promotion perspective, raising awareness of the health impact of drug abuse among students and mastering correct attitudes towards behaviors. The school feeding education is regarded as an effective way to cultivate students' "survival ability" and an important part of school health education to promote students' physical and mental health.

Subjects and methods: In the new thinking of learning health education in Japan under the background of cognitive psychology, the importance of school health was put forward. In this paper, the safe and rational use of drugs, school safety education and school nutrition education were investigated and analyzed.

Study design: Stratified cluster random sampling method was used to investigate 300 groups of different ages, different genders and different occupations. Random sampling of students, parents, teachers, 100 people each to carry out a questionnaire survey, a total of 300 questionnaires, 288 recovered, the number of effective copies 279.

Methods of statistical analysis: Using the Excel statistical cognitive psychology to study the health education in Japan.

Results: With the application of cognitive psychology, the implementation of school health fundamentally find an effective way to solve the physical and health problems of adolescents. School hygiene is related to students' health and study, and students are the future of the country and the nation, whose health and study affect the prosperity of the country. Therefore, school health education from the perspective of cognitive psychology is of great significance.

In this survey, the influence values of specific factors of grades 0-4 are used, indicating irrelevant, 1 indicating slight influence, 2 indicating ordinary influence, 3 indicating obvious influence, and 4 indicating sufficient influence, in order to reduce the great error caused by individual subjectivity in the evaluation. The results were determined by rounding the 300 social groups assessed and averaged, with the specific statistical table shown in Table 1.

Table 1. The role of new thinking in Japanese school health education from the perspective of cognitive psychology

Factor	Rational use of drugs	School safety education	School nutrition education
Student group	4	3	3
Parental group	4	4	3
Group of teachers	3	3	4

Conclusions: Health is the foundation of everything. Only hygiene can keep health. The curriculum system of health education in schools shall be further improved by combining it with the management of health care in schools, and the contents of such courses as life education, health education, safety education and nutrition education shall be added so as to urge students to acquire the necessary knowledge about health and safety, at the same time, improve students' thinking and judgment, and cultivate the basis for making them live a healthy and safe life.

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THE INFLUENCE OF "INNOVATION AND ENTREPRENEURSHIP TRAINING PROGRAM" ON COLLEGE STUDENT'S INNOVATION QUALITY FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: In recent years, the cultivation of college students' innovative quality has received more and more attention in undergraduate education, and comprehensive universities have begun to promote college students' scientific research projects. Colleges and universities also fully encouraged students to participate in Innovation and Entrepreneurship Training Program. The program had become an important and basic way to promote college students' participation in scientific research. From the perspective of management psychology, incentives could effectively promote the integration of personal qualities and overall goals. Therefore, Chinese universities fully encouraged students to participate in "Innovation and