

monologue. Its flexible use fully shows that the author is good at capturing the impression in the character's mind and does not break the continuity of style.

(3) Direct thinking (DT) and free direct thinking (FDT). Direct thinking, as the name suggests, the author directly quotes the character's thought in the statement to maintain the integrity of the original character's thinking. Direct thinking can fully show the personality characteristics of the characters and enhance the psychological speaking function of the characters in the novel. The use of the first person and the subjective narrative tone makes it easy for readers to distinguish the unique personality characteristics of the characters in the novel. Free direct thinking refers to those sentences that directly quote people's thinking discourse by omitting quotation verbs, quotation marks, or both. In free direct thinking, the characters' thinking clearly expressed in language is directly reported. The narrator can freely inherit the characteristics of the inner independence of the repeater, that is, he can directly state his thoughts in the first person and describe the content of the repeater's thoughts in the form and words of the repeater's inner independence. It is the freest way of telling the inner monologue of the person being told. The flexibility of its formal features makes readers immersed in the subjective world of the characters.

Conclusions: Take a glimpse to see the whole picture. Due to space limitations, only part of the content that is the complete psychological description is selected in the article. But it is not difficult to see that psychological narration is the main narrative mode of the novel "Mrs. Dalloway". Psychological narration makes it break away from the framework of traditional novels. Make emotional and spiritual experience the main body of the novel structure. It plays an important role in the development of the plot of the novel and revealing the character and relationship of the characters. The author does not retreat behind the scenes, but acts as a "bridge", guiding readers to read from beginning to end. This kind of discourse analysis enhances the explanatory power of mental narrative theory for literary text research, and guides readers to understand the theme of the work from a psychological point of view.

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RESEARCH ON THE INTEGRATION OF IDEOLOGICAL AND POLITICAL HISTORY EDUCATION AND PSYCHOLOGICAL EDUCATION IN COLLEGES AND UNIVERSITIES

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Background: Patriotic education is the core content of the four histories and ideological and political education. The integration of the four histories and ideological and political education can enable students to understand the party history, national history and development history, so as to know the history and love the country. In the four histories and ideological and political education, teachers can guide students to visit museums or historical sites, have a deep and comprehensive understanding of the four histories, enrich students' learning experience, make students deeply understand Chinese traditional virtues, guide students to establish correct values, carry forward and inherit traditional culture. The four histories and ideological and political education can enable students to understand the development history of the party and the country, realize that the current peaceful life is hard won, guide students to strengthen their ideals and beliefs, and strive for China's further development and realize the Chinese dream of great rejuvenation.

Objective: In the educational practice of colleges and universities in China, there are still many deficiencies and gaps in college students' mental health education and ideological and political education, which makes it necessary to pay attention to and study the development direction of contemporary college students' mental health education and ideological and political education.

Subjects and methods: 1. Improve the ideological and political curriculum system. At present, the curriculum system of Ideological and political education in colleges and universities mainly focuses on Mao's concept and modern Chinese history, and the teaching content involves the knowledge of the four histories. For example, the construction of the collaborative education system of the four histories and ideological and political education can systematically discuss the embodiment of the four histories in the ideological and political curriculum, expand the ideological and political education resources, make the ideological and political education curriculum more organized, improve the ideological and political curriculum system, make students have a comprehensive understanding of the party history, national history and development history, and more deeply understand the national spirit and the spirit of the times. 2. Strengthen the effectiveness of Ideological and political education. Ideological and political education in colleges and universities can be brought into the field of ideology. The educational goal is to guide students to understand

the relevant theories of the party and arm students' minds with the thought of socialism with Chinese characteristics. After the construction of the collaborative education system of four histories and ideological and political education, teachers can use historical facts to integrate theory and practice, clarify the relationship between history and logic, improve the credibility and persuasion of socialist thought with Chinese characteristics, enhance the appeal of Ideological and political knowledge to students, and strengthen the effectiveness of ideological and political education. 3. Guide to establish cultural self-confidence. Colleges and universities are an important position for cultivating talents in the new era. The construction of the collaborative education system of four histories and ideological and political education can enable students to understand Chinese stories, experience Chinese spirit, guide students to establish correct values, strengthen cultural self-confidence and enhance China's soft power.

Results: (1) Pay attention to integrated teaching. To realize the effective integration of Ideological and political education and mental health education, we should first establish a correct concept, clarify the teaching objectives, and then transform the idea of integrated teaching into teaching practice, so as to effectively improve students' Ideological and moral quality and mental health. Specifically, teachers should give full play to the positive role of psychological education in Ideological and political education. When explaining ideological and political knowledge, introduce mental health education and carry out targeted teaching according to students' psychological status. For the common psychological anxiety or psychological problems among students, teachers can use classroom teaching time and relevant knowledge to dredge students. For example, the mentality of hating the rich will hit students' own life confidence, and it is not conducive to students to establish a correct outlook on money. Teachers can help students correctly understand their own values with the relevant knowledge of the outlook on life, understand that hard work is the way to realize the value of life, and money is not the only standard to measure personal value. In fact, to carry out ideological and political education, we must carry out necessary psychological education for students, so that students can really accept the knowledge they have learned, and try to understand and practice, so as to form a positive psychological state and ideological attitude.

(2) Respect students' subjectivity. Both ideological and political education and mental health education must take students as the main body. Schools and teachers mainly provide services and guidance, rather than forcing students to accept one set of value system after another through cramming education. Only by respecting students' subjectivity can we find out the puzzles and problems that students need to solve most urgently from the perspective of students and according to their actual psychological state. Only starting from the teaching objectives and completely ignoring the students' subjective thoughts for ideological and political education and psychological education, classroom teaching will become dull and boring, with a strong preaching nature, and can't really touch the students' hearts, let alone affect or change the students' hearts and thoughts. Such teaching not only can't achieve the ideal teaching effect, but also may cause students' rebellious psychology. If we respect students' subjectivity, we can arrange teaching according to students' learning interests, and classroom teaching will be more targeted, which can improve students' learning efficiency and classroom participation. The teaching classroom becomes lively and interesting, and can make students have a subtle impact on students' Ideological and psychological state in a relaxed and pleasant atmosphere, and gradually realize the fundamental goal of Ideological and political education and mental health teaching.

(3) Optimize teaching methods. The reform and innovation of teaching methods is one of the problems that should be paid attention to in integrated teaching. Because the choice of teaching methods directly determines the teaching effect. Due to the combination of Ideological and political education and mental health education, the previous classroom teaching model must be changed in order to meet the requirements of teaching. Specifically, teachers can use multimedia technology to optimize teaching resources and collect some teaching materials Integrating Ideological and political knowledge and mental health knowledge for students' analysis and learning. In this way, students can learn two aspects of knowledge at the same time in limited classroom time, and the use of multimedia technology will make the classroom atmosphere more active, which is conducive to the establishment of a student-centered teaching model. In addition, we should also pay attention to urging students to practice these ideological and moral principles in their daily life through practical activities, strictly restrict their words and deeds, and constantly improve their ideological and moral cultivation. When they or others encounter psychological problems, they should know how to use the knowledge learned in time to correctly dredge their emotions. When necessary, they can ask teachers for help to avoid adverse psychology affecting their normal study and life.

(4) Strengthen teacher training. Teachers play a very important role in the integration of Ideological and political education and psychological education in colleges and universities. Teachers' personal ability and comprehensive quality will have a great impact on the effect of the integration of Ideological and political education and psychological education in colleges and universities. In this case, to effectively improve the efficiency of integrated education, teachers should carry out self-learning and supplement in addition to

daily teaching, especially in today's rapid development of science and technology, they should strengthen their own learning. At the same time, colleges and universities should strengthen teachers' training, spread, and explain some advanced teaching methods, and effectively guide teachers' teaching, so that teaching can become more efficient.

Conclusions: For quality education, students' Ideological and political education and psychological education are very important. To effectively integrate the two in teaching and improve students' Ideological and moral quality and psychological quality is a place that every university should pay great attention. Therefore, how to effectively integrate ideological and political education and psychological education has become an important part of college education. After analysis and research, this paper puts forward the above four main strategies, hoping to improve the effectiveness of current college integrated education.

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BUSINESS ENGLISH TRANSLATION STRATEGIES FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: With the deepening of economic globalization, English, as a universal language in the world, plays an increasingly important role in economic and cultural exchanges. Business English translation cannot be completed only by translating business specific words or terms, because it involves all aspects of social production and daily life under different cultural backgrounds. Therefore, cross-cultural knowledge plays an important role in business translation. Therefore, when implementing business English translation activities, we should not only recognize the laws and characteristics of business English, but also understand the cross-cultural factors involved in Business English. Business English translation activities are not only the transformation between two languages, but also need to realize business communication activities according to the context of globalization and the content of different national cultures. Business English translation is always closely related to culture and is always restricted and influenced by cultural factors. This paper analyzes and explores Business English translation from the perspective of cultural psychology, deeply analyzes the cultural view in Business English translation and the influence of cultural psychology on business English translation, and deeply discusses the practical value of business English translation strategies.

Both business English and general English belong to linguistic content, but what needs to be determined is that business influence is more significant than general English. Business English itself belongs to the complex of general English. Business English will be more complex in translation and more difficult in deep understanding. However, at present, the degree of globalization is gradually strengthened, which makes the role of business English in international trade more prominent and has a positive impact. Both international sides can also get more economic benefits in business exchanges. When translating business English, we should pay attention to the following aspects.

When translating business English, it is necessary to always adhere to the characteristics of integrity and authenticity. When translating English, it is necessary to clearly show the deeper contents of the original text, especially the information content contained in the original text and the meaning that the original text wants to express, effectively show the potential internal meaning of the original text. This is because when business English communication activities are carried out, the purpose of business English translation is to promote readers to have a deeper understanding of the information and relevant requirements contained therein. Business English translation needs to fully and faithfully show the specific cultural information contained in the original text.

Objective: To pay attention to the role of business English translation in world economic communication and the special influence of psychology on translation.

Subjects and methods: Guided by psychological theory, this paper discusses the relationship and influence between business English translation and cultural psychology. In international trade exchange activities, translation contains a lot of content, and usually there will be a lot of economic, legal and other information. For business English translators, they should also understand the contents of professional terms involved in different fields and effectively express the information in the original text accurately. Therefore, accurate and corresponding professional terms should be used in translation, its main purpose is to better