

pension resources. At present, the elderly care service is lack of planning, unclear work arrangement and single service content. For this problem, the community elderly care service should formulate a complete service plan, establish an information system for the elderly, timely track and feedback the health and life of the elderly, and provide personnel or economic assistance to the elderly who lack the implementation conditions of elderly care.

Acknowledgement: “Rural Endowment from the perspective of ‘Education’ : Cultural Reflection and Institutional Reconstruction” (2020GF018). Change and continuity of the Postgraduate Fieldwork Fund project of Xiamen University: a study on the intergenerational relationship of rural families (2021GF017). Guangxi Philosophy and Social Science planning research project “Guangxi To build the Domestic first-class livable health resort strategy research” (20FJY037). Shandong Province Social science planning research project: Under the healthy China strategy community disabled people’s psychological rehabilitation precise intervention Effect pathway Study (No. 19CGLJ0).

* * * * *

ANXIETY STATUS AND MITIGATION STRATEGY OF POWER MONITORING SYSTEM STAFF

Yinxi Liang

Department of Power & Electronics Engineering, Hubei Water Resources Technical College, Wuhan 430070, China

Background: Anxiety refers to mental health problems. Mental sub-health state is an existing state characterized by frequent emotional agitation, low interest, inattention, excessive sensitivity or decreased behavioral ability, anxiety and depression. In recent years, the incidence rate of insomnia in occupation population is significantly higher, and the rate of insomnia with anxiety and depression is higher. Although the relationship between insomnia and emotional disorders has not been determined yet, most of them tend to lead to insomnia due to the changes of people’s emotions. Of course, insomnia can further aggravate emotional disorders. Insomnia may be the result of internal and external psychological conflicts. These unresolved internal and external psychological conflicts lead to emotional arousal and strengthen physiological activities during sleep, Insomnia occurs with chronic emotional arousal and enhanced physiological activities. Occupational stress refers to the physiological, psychological and behavioral performance caused by the lack of complete coordination between the body and environmental pressure under occupational conditions. Individuals in a strong tension environment can produce acute tension reactions. For example, the long-term persistence of tension factors can lead to obvious and permanent effects, including cardiovascular and cerebrovascular diseases, impairment of immune function and endocrine system, peptic ulcer, anxiety, depression and other negative emotions. Cardiovascular disease complicated with psychological problems such as anxiety and depression is very common in clinic. China Health Education Center conducted a survey on the mental health status of more than 13000 professional people in 6 provinces and cities in China. The results show that more than half of the workers are in a state of depression. Experts believe that building a good interpersonal support network, learning to actively seek help and live a relaxed life, and developing interests and hobbies are feasible ways to avoid mental health problems among professional people.

Objective: For a long time, Chinese enterprises have been paying attention to employees’ physical health, but ignoring their mental health. Due to the reform and reorganization of the enterprise, the positions and work contents of employees have changed, and employees have increased pressure, anxiety and depression. In order to explore the related factors affecting the anxiety and depression of staff in power monitoring system and effective intervention methods, and to provide theoretical basis for staff mental health management.

Subjects and methods: This study adopts the method of random stratified cluster sampling. Two regions are randomly selected from five power companies in North China, three power supply companies are selected from the selected regions, and then one of the power supply companies is selected from the above three companies. At the street lamp office, substation operation A total of 100 qualified personnel from the substation maintenance and power supply company for transmission operation and transmission maintenance were investigated. (1) Inclusion criteria: employees who have worked in power supply enterprises for at least 3 years. (2) Exclusion criteria: early retirees, sick retirees and retired employees are not included in the survey. Foreign personnel employed are not included in the survey. All participants in the investigation signed informed consent. Epidemiological follow-up method was used to conduct baseline

questionnaire survey. Epidemiological follow-up method was used to conduct baseline questionnaire survey. The general information questionnaire includes gender, age, nationality, type of work, education, marriage, smoking, drinking, sleep, housing, diet, smoking, drinking, emotion, stress, friends, communication, future and mental health. Psychological questionnaire includes anxiety and depression scale. The subjects filled in the questionnaire themselves, and psychological professionals scored the questionnaire. 1000 workers were divided into intervention group and control group. The intervention group used lectures on mental health, happiness knowledge, methods to reduce anxiety and depression, enterprises provided social support intervention, established psychological assistance stations for individuals, organized group psychological guidance, group discussion, etc. General population: conduct mental health counseling lectures twice a month and group discussions twice a month for 6 months. Key groups: mainly psychological counselors, supplemented by mental health counseling lectures and group discussions, twice a month. The control group did not take any psychological intervention measures, and its natural changes were observed.

Methods: Epidata3.1 software was used to establish the database, and SPSS13.0 software package was used for statistical processing. Statistics are based on the anxiety and satisfaction of power monitoring system staff under psychological intervention.

Results: The satisfaction results of the two groups of staff are shown in Table 1. Among the staff of the intervention group, they were satisfied or average with this method, and none were dissatisfied. In the control group, about one third of the staff are not satisfied with the results of the traditional model, and only one quarter of the staff are satisfied.

Table 1. Satisfaction results of two groups of students

	Dissatisfied	Commonly	Satisfied
Experience group	0	26	74
Control group	29	46	25

Conclusions: Living conditions, friends and communication styles are all related to anxiety and depression. The anxiety and depression standards of self-owned housing, many friends and power supply professionals who are good at communication are low. Therefore, functional community units should actively care about the mental health of professional people, hold various recreational and sports activities, and promote the communication and exchange of employees. Conditional units can also set up decompression rooms, equip psychological counselors, and regularly hold mental health lectures to alleviate individual psychological pressure and eliminate psychological obstacles. The results of this study show that after the establishment of psychological assistance stations in functional communities, through the psychological intervention of doctors and psychological counselors, the scores of anxieties and depression of professional people in the intervention group are significantly lower than those before the intervention and the control group. Psychological intervention is effective. It can identify the anxiety and depression of professional people, alleviate individual psychological pressure and eliminate individual psychological obstacles. It has an important impact on reducing the harm of depression to the physical and mental health of professional people and improving mental health.

* * * * *

A STUDY OF AFFECTIVE DISORDER FACTORS IN ENGLISH TRANSLATION

Xin Ma¹, Jing Ma² & Jing Sun³

¹*School of Foreign Languages, Zhengzhou Normal University, Zhengzhou 450044, China*

²*Continuing Education School, Zhengzhou Normal University, Zhengzhou 450044, China*

³*School of Physics and Electrical Engineering, Zhengzhou Normal University, Zhengzhou 450044, China*

Background: English and Chinese have certain differences in expression forms. Therefore, in the process of translation, we must focus on cultural differences, understand the negative effects brought by cultural atmosphere and social background, and pay attention to the important emotions and scenes in the process of language communication. Only in this way can we ensure the effect of translation. For most non-English majors, affective factors cause many obstacles to students' translation. If teachers and students can understand these affective factors, they can guide college English translation and improve the translation effect. The "affective obstacles" of English translation seriously restrict the effect of students' English translation, which has attracted the attention of psycholinguistics and English teaching. The factors affecting affective disorder are: value cognition deviation, power, translator's temperament and personality,