

significantly unhappy than ordinary people, so it is called affective disorder, also known as mood disorder.

**Objective:** Under the trend of globalization, exchanges and interactions between countries are becoming more and more frequent. English is also an important tool and bridge for national political, economic and cultural exchanges and cooperation. In order to ensure effective communication, English learning is essential. Among them, English translation plays an important role. In order to ensure the accuracy of translation, translation staff must stand in a cross-cultural perspective and master appropriate and feasible translation skills through the effective transformation of perspective. Realize the stable improvement of translation ability and level. Sociolinguistics and psycholinguistics believe that language learning and use is a psychological process. Many scholars believe that affective factors are one of the most important factors affecting the effectiveness of foreign language learning, because people are always closely related to their will quality, self-confidence, motivation and so on. In real life, many people can't learn language well. In fact, it's not intellectual, but emotional.

**Subjects and methods:** 100 students majoring in English translation were randomly selected as subjects, regardless of gender and age. 100 subjects were randomly divided into control group and intervention group, with 50 people in each group. Choose the same English translation teacher with the same teaching content. The students in the intervention group were intervened with special affective disorder factors, while the students in the control group were trained in daily English translation. During the teaching period, the teachers shall not treat the students of both sides differently, and the whole process shall be recorded by monitoring video. After class, the two groups of students were interviewed and analyzed from three aspects: translation flexibility, students' learning enthusiasm and students' learning initiative.

**Methods:** The influence of affective disorder on English translation was analyzed by Excel.

**Results:** According to the survey results, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence and 4 means full influence. The specific statistical table is shown in Table 1.

**Table 1.** Students' influence on English translation under the intervention of affective disorder factors

Factor	Translation flexibility	Learning enthusiasm	Learning initiative
Student	4	4	4

**Conclusions:** Today, with the development of economic integration, the application frequency of English in daily work and life is gradually increasing, and the importance of English translation is also highlighted. English translation is not a simple process of language conversion, but also needs to integrate the emotional application of human language in translation to ensure the accuracy of language conversion. Therefore, the research based on positive affective factors and translation skills in English translation is of great significance to the development of English translation.

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## ON THE ROLE OF MUSIC INTERVENTION IN ALLEVIATING HERDSMEN'S PSYCHOLOGICAL PROBLEMS -- TAKING MONGOLIAN CHINESE BILINGUAL SINGING OF GRASSLAND SONGS AS AN EXAMPLE

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**Background:** Music therapy refers to the establishment of a therapeutic alliance with visitors through music as the medium under the guidance of music therapists, so as to have an impact on individual physiology, psychology and cognition through various targeted music activities, music imagination and music rhythm resonance, so as to achieve the purpose of adjusting mood, alleviating physical and mental symptoms and promoting physical health. It is an effective means of psychological intervention. Benign music can improve the excitability of cerebral cortex, reduce blood pressure, slow down basic metabolism and respiration, secrete dopamine and endorphins, so as to improve people's mood, help to eliminate the unconscionable states such as tension, anxiety and depression caused by psychological and social factors, and there are obvious gender differences when using music to regulate mood. Music therapy is generally

divided into three forms: creative music therapy, impromptu music therapy and receptive music therapy. Generally speaking, re creative music is divided into performance singing method and music skill method. Treatment emphasizes individual participation. Through the participation of some music activities and performance creation, individuals can be assimilated and infected in feeling music, so as to achieve physical and mental harmony. Impromptu music therapy is to find and experience harmonious music through the resonance of rhythm through people’s automatic experience and avoidance of harmonious or disharmonious music. It is divided into headline performance and untitled performance. Receptive music therapy is to let music activate the deep brain response, promote the secretion of neurotransmitters such as dopamine and endorphin, and adjust the individual’s physical and mental state to a good state by listening to music.

China is a multi-ethnic country. Inner Mongolia has been inhabited by Mongolian and Han nationalities for a long time. Mongolian Chinese bilingual education has a history of more than half a century. In recent years, with the rise of grassland culture in Inner Mongolia and the rapid development of politics and economy, bilingual education and national cultural inheritance have become the focus of attention. Developing and inheriting national culture has become an important task and inevitable trend of bilingual education. After the founding of new China, especially since the reform and opening up, China’s ethnic education and scientific research has experienced the trend from scratch, from a single spark to a prairie fire. The ethnic education and scientific research system have been preliminarily formed, and the research field involves all aspects of the reform and development of ethnic education. Vertically, it involves preschool education, basic education, vocational education, higher education, continuing education, etc. Horizontally, it involves the basic theory of ethnic education, policies and regulations, education and teaching management, teacher team construction and ethnic unity education, bilingual education, as well as ethnic culture, ethnic psychology, religion and cross-cultural research. The extensive application of these studies and their achievements has played a very important role in guiding and promoting the development of national education in China. In today’s culturally diverse society, there is a certain sense of crisis and uncertainty in the inheritance of national culture. In such a big social background, it is imperative to protect and inherit the excellent national traditional culture, but there are still some special difficulties and prominent problems that need to be studied and solved urgently in the research of bilingual education and national culture. We advocate using education to inherit culture, and the research on bilingual education and national culture inheritance in Inner Mongolia has its positive social and cultural value.

**Objective:** Language and culture are closely related, and bilingual education and national culture complement each other. Of course, language is also one of the main psychological problems of herdsmen in Inner Mongolia. By understanding the psychology of herdsmen and solving the language problems of herdsmen in Inner Mongolia, we can protect and inherit the excellent national traditional culture. Taking the Mongolian Chinese bilingual singing of grassland songs as an example, we can alleviate the psychological problems of herdsmen from the perspective of music intervention treatment.

**Subjects and methods:** Music therapy takes music as a therapeutic tool, stimulates individual physical response through the resonance of rhythm and melody, makes the human body secrete a bioactive substance, regulates blood flow and neurotransmitter transmission, and achieves the purpose of affecting individual emotion. It is one of the effective means to regulate individual mental and psychological state. This study is conducted in the form of interview, mainly based on the Mongolian Chinese bilingual music intervention of grassland songs, to understand the factors leading to the psychological problems of herdsmen, to observe the emotional and psychological changes of herdsmen under the music intervention, and to summarize the role of music intervention in alleviating the psychological problems of herdsmen.

**Study design:** 100 herdsmen were randomly selected for investigation, and the interview time was limited to 30-45 mins. Before the interview, the source of his psychological problems was understood, and his psychological situation was interviewed again through the intervention of Mongolian Chinese bilingual grassland songs.

**Methods:** The effect of Mongolian Chinese bilingual grassland songs on alleviating herdsmen’s psychological problems was counted by Excel.

**Results:** According to the survey results, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence and 4 means full influence. The specific statistical table is shown in Table 1.

**Table 1.** Effect of Mongolian Chinese bilingual grassland songs on alleviating herdsmen’s psychological problems

Effect	Alleviate psychological problems	Dare to face problems	Promoting bilingual education
Herdsmen	4	4	4

**Conclusions:** Research shows that music intervention therapy plays a positive role in alleviating herdsmen's psychological problems. Mongolian Chinese bilingual grassland songs not only alleviate the language barriers of herdsmen, but also alleviate the psychological emotions of herdsmen, so as to protect and inherit the excellent national traditional culture.

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## RESEARCH ON THE COLLABORATIVE EDUCATION STRATEGY OF IDEOLOGICAL AND POLITICAL EDUCATION FOR LEARNING-ANXIOUS STUDENTS

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**Background:** In the curriculum system of colleges and universities, knowledge, skills, literacy and other levels, but "virtue" has always been at the core position, "Lide Shuren" has been the foundation of colleges and universities. Only by doing ideological and political education work well, can we cultivate excellent talents who meet the needs of the times and can fully play the role of "teaching and educating people". However, ideological and political education is closely related to people's ideological activities and psychological activities, which determines that it can only be a systematic work, which must run through the whole teaching process and curriculum system, so as to gradually show the important role of ideological and political education in cultivating, molding and perfecting talents. As the main carrier of ideological and political education and even the whole education system, the curriculum system of colleges and universities should meet the needs of the growth and development of talents. Only in this way can we really shoulder the important mission of "establishing virtue and building people".

**Objective:** Build college courses with CPPCC education mechanism, is every course, should be around the "education" of the overall goal, at the same time combining the characteristics of the course content and presentation, the overall goal reasonable division of labor and configuration, establish a mutual coordination, mutual linkage mechanism, form force, work together on the ideological and political teaching results.

**Subjects and methods:** Psychology has a positive guiding role in the course of ideological and political teaching reform in college courses and can help students establish correct values and learning views. This paper mainly analyzes the application value of educational psychology from the ideological and political teaching reform measures. By establishing the concept of "student-oriented" education and teaching, strengthening the cultivation of teachers' personal quality and skills, the establishment of the education and teaching information feedback mechanism of ideological and political theory course and pay attention to the ideological and political course education and teaching process, multi-aspects evaluation of students and other four aspects. Three universities were randomly selected as research subjects to issue questionnaires to their students to statistics the results of ideological and political teaching reform of the curriculum.

**Study design:** The 500 students were surveyed using stratified cluster random sampling methods. A total of 500 students were randomly selected for the questionnaire with unlimited age, gender and major. Fifty hundred questionnaires were issued and 466 valid questionnaires were recovered.

**Methods:** Excel is used to count the learning-anxious students of all ages who receive ideological and political education in college courses to analyze the results of ideological and political education reform in the curriculum.

**Results:** In the actual teaching work, we should firmly carry out the teaching idea of taking students as the center, start from the students' psychology, fully stimulate the students' initiative and creativity in learning, so as to realize the resonance with the students' thoughts and consciousness in the process of ideological and political teaching, fully stimulate the students' interest in learning, relieve the students' anxiety and better carry out the ideological and political teaching. Ideological and political course teachers treat ideological and political course teaching as a major course by changing the traditional formal concept of ideological and political course teaching to arouse students' enthusiasm. Through a variety of ways to discuss with students, timely understanding of students' minds and learning activities of the existing problems, the implementation of guidance for students, in the late education to improve. Attach importance to the evaluation of fairness and hardness indicators, give students unqualified evaluation, promote the importance of education and education of students, standardization.