

Secondly, ideological and political teachers should pay attention to the development status of students' ideals and beliefs and improve the efficiency of students' values construction. In the process of consolidating students' ideals and beliefs, they can gradually form positive learning psychological quality.

Finally, make positive attribution, guide students to take a positive view of the problems in English learning, regard unpleasant experiences or difficulties as the only way to grow, regard the pain and training as the cornerstone of self-improvement, guide students to learn to regard past successes or failures as the result of their own efforts, form an upward character and enhance their ability to resist setbacks.

Results: The students' satisfaction with the positive psychology training course is shown in Figure 1. The figure shows that students of different grades have high satisfaction with the new curriculum.

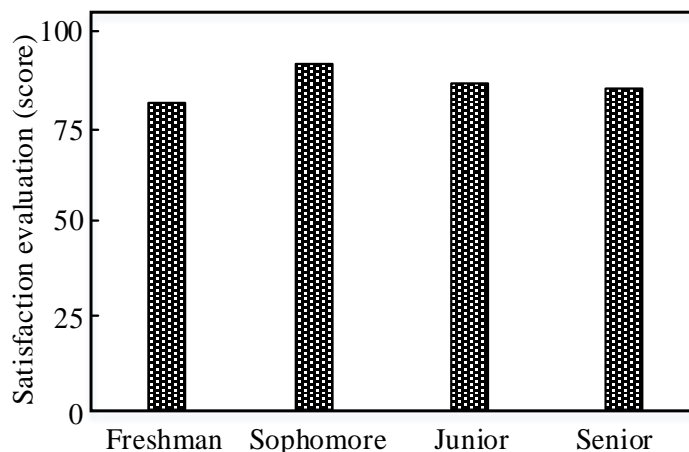


Figure 1. Satisfaction evaluation

Conclusions: College students have good positive psychological quality, which is the basis of college ideological and political education and the construction of ideals and beliefs and the embodiment of teaching effect. Therefore, in the process of the construction of young college students' ideals and beliefs, teachers should cultivate students' positive psychological quality, promote students' mental health, and finally grow into all-round development talents with social needs.

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RESEARCH ON THE CULTIVATION OF STUDENTS' PSYCHOLOGICAL ADJUSTMENT ABILITY IN VIOLIN TEACHING

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Background: With the rapid development of economy, people's pursuit of art is becoming stronger and stronger. Among them, violin teaching has become the choice of some families. In the violin professional training, the focus is on the students' professional knowledge and skills. Under this kind of teaching and training, the students' Violin ability level can be quickly and greatly improved. However, most people ignore an important information. The purpose of violin teaching is to cultivate violinists who play alone, and it is also necessary to plan the career development of students in professional training. Therefore, under the urging of this learning purpose, a large number of professional violin training began to focus on the psychological adjustment of students' performance. In the process of students' psychological adjustment, teachers need to cultivate students' psychology and cultivate students' good psychology in the process of playing violin, which can play a great role in the subsequent development of players. From most studies, we can know that if students do not have good psychological quality in the on-the-spot performance, they will have stage fright in the follow-up performance, which will not only affect the performance desire of students in the follow-up research career, but also affect the order of the performance scene. Therefore, how to cultivate students' psychological adjustment ability in daily violin teaching and ensure that students can maintain a normal psychological state before, during and after the performance is very important.

Objective: In order to reduce the tension of violin learners after going on stage and cultivate the self-confidence of violin players, the research starts with the cultivation of students' psychological adjustment ability to improve the cultivation means in violin teaching.

Subjects and methods: Through the analysis of the current situation of the cultivation of students' performance psychological adjustment ability in violin teaching, this paper discusses the problems existing in the cultivation of students' performance psychological adjustment ability in violin teaching, so as to formulate the cultivation scheme of students' performance psychological adjustment ability in violin teaching. After that, it makes an empirical analysis on students to verify the effectiveness and rationality of the scheme. Fifty violin students were randomly divided into experimental group and control group. The experimental group used the new scheme for 4 months, and the control group used the conventional scheme for 4 months. Finally, the overall violin skill level of students is counted by Excel, and the differences between the two groups are compared by SPSS 20.0.

Research design: The training plan of students' psychological adjustment ability in violin teaching is divided into three contents: the first is the psychological adjustment in daily training, the second is the psychological adjustment before going on stage, and the last is the on-the-spot psychological adjustment during rehearsal. Among them, the daily psychological performance of students is restrained in daily training, and the corresponding psychological control skills are temporarily taught in the psychological adjustment before going on stage. The psychological adjustment of rehearsal includes being familiar with the performance hall and the characteristics of speakers.

Results: Record the changes in the enthusiasm of the two groups of students in violin learning, as shown in Figure 1. Figure 1 shows that the students in the experimental group have significantly improved their enthusiasm for violin learning in the training of performance psychological adjustment ability for up to 4 months. In contrast, the students in the control group have only increased their learning enthusiasm from 1.5 h per day to 2.1 h per day in the training of performance psychological adjustment ability for up to 4 months, which is far lower than the growth rate of the students in the experimental group. There was significant difference in the enthusiasm and change rate between the two groups ($P < 0.05$).

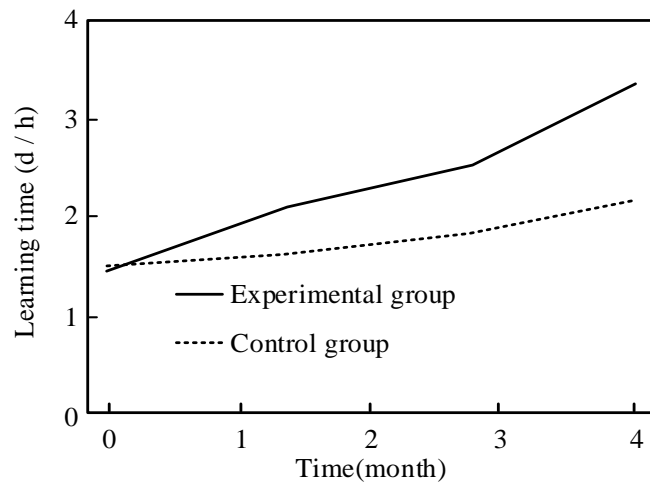


Figure 1. Comparison of violin learning enthusiasm between two groups of students

Conclusions: As a deductive art, violin needs professional playing skills and strong clinical psychological quality. Therefore, in professional teaching, in addition to imparting professional knowledge to students, teachers cannot fall behind in the cultivation of students' performance psychological adjustment ability. This paper analyzes the problems existing in the teaching of violin specialty, and puts forward the training scheme of performance psychological adjustment ability, which has obvious effect in practical application. In order to cultivate students' psychological quality, it is of great significance to students' future development.

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RESEARCH ON THE DEVELOPMENT OF CROSS-BORDER E-COMMERCE LOGISTICS FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: With the rapid development of the information age and the gradual realization of economic globalization, global e-commerce has developed vigorously. Under this background, cross-border