

**Research Methods:** In order to understand the degree of cross-cultural cognitive impairment in English writing, 264 college students' intercultural communicative competence was evaluated by random sampling. With the help of the scale, it verifies whether college students will be affected by cross-cultural consciousness in the process of English writing.

**Results:** It can be seen that college students need to write an excellent English learning composition in all aspects, the whole process of exercise can improve the enterprise's own comprehensive management ability, and can get timely guidance and assistance from teachers to improve. In this way, students' writing thinking is easy to fall into a dead end restricted by vocabulary, as if the success or failure of the composition depends entirely on the proficiency of the use of words and phrases, thus neglecting to pay attention to and think about the cultural differences between English and Chinese.

**Conclusions:** Thinking psychology is the condition and result of language learning. As two different languages, native speakers of English and native speakers of Chinese have different mental states. Because students in domestic universities and colleges have been living in the Chinese teaching environment for a long time, they are always subconsciously affected by the cultural development background of Chinese learning when they use English teachers to express themselves, and the influence of restricting factors brought by the Chinese transfer is far greater than the positive influence. Some scholars believe that the degree of Chinese participation of learners can directly affect the results of English output. In particular, cognitive processing technology, as a high-level management form of Chinese participation, encourages students to first sort out their thinking and logic by using Chinese, and then express them in English.

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## ETHICAL MEMORY OF FOLK SPORTS PROMOTED BY NATIONAL SPIRIT AND CONSTRUCTION OF HUMAN DESTINY COMMUNITY

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**Background:** The building of a community with a shared future for mankind is a choice and inevitable requirement in the new era. The community of human destiny has three meanings. In the most basic survival, it is a natural community; in the spiritual level, it is an ethical community; and in the cooperation, it is a construction community, conveying a harmonious coexistence, mutual benefit and win-win ethical value. Ethnic minorities have various folk sports practices and experiences. For example, wrestling of ethnic minorities is an important link for transmitting culture and memory, carrying spiritual culture, connecting people, people, nature and society, and unifying them together to pursue ethical and moral goals. This paper awakens the memory of minority wrestling at the ethical level and constructs the logic of ethical memory, so as to extend it to the global perspective and further look forward to the community of human destiny. A community with a shared future for mankind is not an ideological unity, but a spiritual connection that embraces different personalities. What is important in a community with a shared future for mankind is ethics. The analysis and study of wrestling can not only explore the connotation of minority culture, but also provide suggestions for the construction of a community with a shared future for mankind, so as to promote the stability and harmony of the state and society, the co-prosperity of culture, and the construction of a good social order and public morality.

**Subjects and methods:** By mean of literature and logical analysis, this paper analyzes and studies the cross-cultural communication of Chinese traditional national sports. It holds that the community with a shared future for mankind is an important historical opportunity for the cross-cultural communication of traditional Chinese sports, but it still faces practical problems such as collective amnesia of traditional culture and cultural differences among different countries. Carry out the multi-lateral interaction strategy of cultural integration, enhance their cultural confidence and actively construct the discourse system of traditional sports culture, from cultural innovation to theoretical consciousness and promote the theoretical exploration of cross-cultural communication.

**Study design:** We must inherit and carry forward the fine traditional Chinese culture, carry forward the traditional Chinese virtues, carry forward the new trends of The Times, and inspire the spirit of the Chinese nation. In the process of inheriting and carrying forward the excellent traditional Chinese culture, we should dig deeper into its national spirit and significance of The Times.

**Results:** Wrestling of minority nationalities occupies an important position in people's life and is the embodiment of national culture. It supports and guides people's education. In reality, wrestling of minority

nationalities restricts and normalizes behaviors, rules and values, which is conducive to young people's cognition of values and their efforts to find and play their social roles. At a time when information technology is lagging and the flow of information is blocked, wrestling stories and the people involved often contribute to an ethical event that draws attention and reflects on ethical values and standards. Wrestling is a cultural symbol with unique national characteristics, which can enhance ethical value and cultural memory through stories and strengthen people's understanding and respect. Ethnic minority people at the beginning of the rational thinking ability and low level of education, but more intuitive in the narrative. Therefore, the evaluation of morality and ethics also plays an important role in restricting immoral and unethical behaviors by establishing corresponding evaluation standards through events and cases.

**Conclusions:** Under the new historical conditions, if the special value and the common value of mankind are one-sided opposition, we will not be able to truly form the ethical consensus of the community of human destiny and bring unfortunate consequences to the development of human civilization. In the face of global risks such as COVID-19, it has become urgent to coordinate the relationship between different values and build consensus on values. If admitted that "human body" as the main form of independent status, that means that each member of the human body due to concerns about common interests and common destiny, should share and follow the common rules of ethics and value consensus, it is only in the ethical rules and standardizes the value consensus, in order to effectively cope with various global risks and ensure the safety of mankind. Spreading and promoting folk sports culture with Chinese temperament and characteristics is the value requirement of The Times to folk sports. China has a vast territory and various forms of folk sports, reflecting the national style, cultural characteristics and public psychology. With the deepening development of cultural globalization and social transformation, the infiltration of foreign culture becomes more and more obvious, and the competition between folk sports culture and foreign excellent sports culture becomes more and more intense. Under the current trend of building a community with a shared future for mankind, countries around the world focus on enhancing cultural soft power and competing for cultural market, it is inevitable for Chinese culture to go out, which is conducive to elucidating the Chinese spirit and meeting the realistic needs of realizing cultural confidence.

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## ANALYSIS ON THE CAUSES OF ENGLISH LEARNING ANXIETY IN COLLEGE STUDENTS AND COUNTERMEASURES

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**Background:** Group English learning has always been a method of teaching effect, a major teaching method, and a major means to measure students' learning effect and knowledge mastery. Group English learning is also the main task of students. Although college students have experienced a variety of classroom learning, group English learning is closely related to evaluation, graduation, job hunting and further study in the future. Group English learning anxiety and other problems still exist. When an individual is facing pressure, the occurrence and size of the anxiety response depends on various factors of the individual, including the individual's emotional state, coping style, physical and health status and so on. Lifestyle refers to the stable forms and behavioral characteristics of all life activities conducted by individuals, groups or all members of the society under certain social and objective conditions and guided by certain values to meet the needs of their own survival and development. As a part of college students' health, mental health is related to whether they can achieve their own development, more related to the future of the country, the hope of the nation. Therefore, the mental health of college students is a problem that university educators and health workers must pay attention. With the development of China's economy and culture, and the progress of education, especially the transition from exam-oriented education to quality-oriented education, students' mental health problems are more and more concerned, valued, studied and discussed by all aspects of education.

**Subjects and methods:** Assessment Tools: a. General information includes gender, grade, major, length of schooling, etc. Self-rating Anxiety Scale (SAS) was developed by Professor Zung (1971), which is used to evaluate the subjective feelings of individuals with Anxiety symptoms, as a basis to measure the severity of Anxiety state and its changes in treatment. The SAS assessment was made within the last week. It consists of 20 items and is graded according to four levels: 1, 2, 3 and 4. The 20 symptoms that SAS's 20 programs hope to elicit are: (1) anxiety; (2) be frightened; (3) be frightened; (4) feeling crazy; (5) presentiment of misfortune; (6) shaking of hands and feet; (7) physical pain; (8) fatigue; (9) Sitting still can't; (10)