

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.

* * * * *

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

Xuan Zhang¹ & Wenyao Peng²

¹*School of Foreign Languages, Wuhan Business University, Wuhan 430056, China*

²*Physical Education Department, Wuhan Huaxia University of Technology, Wuhan 430223, China*

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)

palpitations; (11) dizziness; (12) feeling of fainting; (13) Difficulty breathing; (14) Tingling pain in hands and feet; (15) Stomach pain or dyspepsia; (16) urinary impulse frequency; (17) sweat; (18) Flushing on the face; (19) sleep disorders; (20) nightmare. Investigation organization and quality control Investigation organization Determine the investigated classes before the investigation, and organize the monitor to conduct training. Choose to conduct a questionnaire survey before the exam and one week before the final exam. b. Quality control before questionnaire design, we should have an in-depth understanding of the relevant knowledge of the project, consult a large number of literatures, collect relevant information, and preliminarily draft the project of the questionnaire.

Study design: Through the investigation and analysis of college students' English learning anxiety and final exam learning anxiety, group English learning cognition and college students' life style, this paper explores the influencing factors of group English learning anxiety, and puts forward reasonable measures and alleviating strategies to prevent the harm of anxiety and improve the mental health level of college students.

Methods of statistical analysis: The present situation of group English learning anxiety was investigated by using the SAS anxiety Self-rating Scale (SATS) with 413 college students before college English test and 105 college students before group English learning. The influencing factors of college English are studied and explored by using the questionnaire. Double recording method, Epi-Data 3.1 software was used to input data, and SPSS 20.0 software was used for data analysis. The data with normal distribution were described by mean and standard deviation ($\bar{X} \pm S$). Data that did not conform to normal distribution were described by median (interquartile spacing) [M (P₂₅, P₇₅)], and Kruskal Wallis H rank-sum test was used for multiple texts analysis and pair comparison.

Results: The score of college students' English learning anxiety is higher than that of the final group English test. Students of English major, junior college, grade 2 and grade 3 scored higher in English learning anxiety than in CET-6 and final English learning. The score of English learning anxiety of male students was higher than that of the final group English exam. The score of English learning anxiety in grade one was lower than that in grade two and grade three. Final group English exam. The score of sports anxiety symptom of students was lower than that of English learning group, and the difference was statistically significant ($P < 0.05$).

Conclusions: Group English learning cognition is the main influencing factor of group English learning anxiety score and symptom factors, among which review, self-confidence, learning attitude and group English learning pressure are related factors of learning anxiety.

Acknowledgements: This work was supported by three projects: a teaching research project of Wuhan Education Bureau (Project No.: 2021092), a teaching research project of Wuhan Business University (Project No.: 2021Y014), and a course building project of Wuhan Business University (Course name: English Reading).

* * * * *

OPTIMUM MODELING AND SIMULATION OF MENTAL HEALTH LITERACY FOR COLLEGE STUDENT

Xiaoxi Gao

School of Marxism, Zhongnan University of Economics and Law, Wuhan 430070, China

Background: With the development of global economy and the all-round reform and opening up in our country, ideas, values, lifestyles and cultural needs of people have correspondingly changed. This change has a particularly prominent impact on the behavior of college students. The behavior of college students is largely influenced by their psychology. The existence of various forms of psychology determines the diversity of behavior of college students. It is influenced not only by the subjective factors such as their cognitive level, but also by the changes in the social, school and family environment of the impact factors. Therefore, how to effectively improve the mental health quality of college students has become the main problem to be solved in the current ideological and political education in colleges and universities, and has also become the focus of the relevant experts and scholars in the field of ideological education. It has received widespread attention to propose a method based on the transformation of granularity. We have put forward a method to optimize the mental health quality of college students based on the introduction of characteristic tendencies. In the literature, a method based on kernel clustering is proposed to optimize the mental health quality of college students. The existing methods generally have the problems of low modeling accuracy, more complicated and time-consuming modeling process. In view of the above problems, this paper proposes a method of optimizing mental health quality of college students based on fuzzy clustering.