

knowledge learning, but also makes it difficult to cultivate students' speculative ability, and even has a great negative impact on students' growth and development in the future. (2) The level of teaching management is uneven. Through the analysis of the actual situation of the development of higher education in China, it can be found that there are great differences in the teaching management level of universities in different regions, which affects the quality of teacher training. (3) There are defects in the English curriculum. At present, the English courses set up by many colleges and universities in China are relatively traditional and single. The number of courses closely related to the cultivation of students' thinking ability is very small, even almost none, and there is a lack of distinctive and innovative courses.

**Results:** (1) Break the barriers of traditional teaching concepts. In this case, college English teachers must keep pace with the times, clearly recognize their important responsibilities and the important impact of speculative ability on students' future development, jump out of the shackles of traditional educational ideas, change teaching ideas, establish correct modern educational ideas. (2) Innovate the English classroom teaching mode. In order to effectively cultivate students' speculative ability in the process of college English teaching, teachers must take students as the main body, carry out teaching model innovation according to the goal of speculative ability training, and carry out classroom knowledge teaching in a more diversified and interesting way, so as to effectively mobilize students' learning desire and better achieve the expected teaching goal. (3) Improve the English curriculum. In order to better meet the requirements of curriculum reform and effectively complete the cultivation of students' speculative ability in English teaching, school teaching managers must fully realize the important value of the cultivation of speculative ability, re-launch the English curriculum, promote its development towards a more perfect direction, and reduce the proportion of traditional teaching courses in the total class hours, improve the proportion of courses that can promote the growth of students' speculative ability. In addition, schools should also reform the evaluation and assessment model.

**Conclusions:** Living in the increasingly updated information age, it is particularly important for college students to have the ability of critical thinking whether they can distinguish the true from the false, eliminate the false and retain the true, selectively absorb valuable knowledge and ideas, and integrate them into their own knowledge framework and ideological system. Cultivating students' critical thinking ability can not only improve students' ability to analyze and solve problems and promote the all-round development of their ability, but also stimulate students' innovative ability. Therefore, the innovation of college English classroom teaching is imperative. The language skill training at the lexical and syntactic levels must turn to cultural analysis to cultivate students' speculative ability. The cultivation of critical thinking ability does not obviously reflect its advantages in the short term, but with the long-term persistence of teachers, students' speculative quality will be developed and reflected.

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## RESEARCH ON LANGUAGE ANXIETY COPING STRATEGIES IN MACHINE TRANSLATION LEARNING

Siyu Zou

*School of Foreign Languages, Nanchang Institute of Technology, Nanchang 330000, China*

**Background:** Foreign language translation has always been a difficult problem for foreign language learners. Traditional translation methods, such as dictionaries, can only refer to words, cannot refer to long short sentences and long sentences, and cannot realize the translation of long paragraphs. The translator needs to reorganize the language according to the word translation results. Therefore, the efficiency is extremely low and cannot meet the needs of real-time translation. With the development of computing information technology, computer technology has played a very important role in various fields. Machine translation (MT) technology also came into being. Machine translation refers to the technology of using computers to translate between different languages. The language that needs to be translated, that is, the language input by the user, is called the source language. The translation language of the source language is called the target language. Machine translation technology realizes the real-time conversion process from source language to target language, and greatly improves the translation efficiency. It is a common natural language processing technology. Machine translation includes statistical machine translation, neural machine translation and so on. Among them, neural machine translation is a machine translation technology using artificial neural network for deep learning, including BP neural network, convolutional neural network and so on.

In the era of economic globalization, the importance of English is becoming more and more prominent. The educational circles also pay more and more attention to the English Curriculum in school learning. After

class or after school, students should study outside class. Many students use machine translation to learn foreign languages. In the process of machine translation learning, due to students' lack of self-confidence, family pressure and academic pressure, students are easy to produce anxiety and form language anxiety. Moderate anxiety can promote students' learning, make students pay more attention and stimulate their potential. However, excessive anxiety will cause damage to students' body and psychology, and make students nervous, uneasy, rapid heartbeat, body shaking and other phenomena, which will greatly affect students' learning efficiency. In recent years, more and more educational experts and linguists begin to pay attention to students' language anxiety, and hope to find an effective way to alleviate students' anxiety.

**Objective:** In the process of machine translation learning, due to various pressures, students are prone to self-confidence and anxiety symptoms. In order to alleviate students' anxiety in the learning process and improve students' mental health level, music therapy is used to carry out psychological intervention on students, and experiments are carried out to verify the intervention effect, hoping to find a method that can effectively alleviate students' anxiety.

**Subjects and methods:** 120 students were randomly selected from three grades of freshman, sophomore and junior in three universities by stratified cluster sampling, including 65 boys and 55 girls. Students come from 6 majors, aged 18 - 24. Self-rating Anxiety Scale (SAS) and self-rating Depression Scale (SDS) were used to evaluate the mental health status of students, and the learning status of students was evaluated by examination.

**Research design:** 120 students were randomly divided into research group and control group by random number method, with 60 students in each group. In the process of learning, the students in the control group took traditional intervention methods, while the students in the research group took music therapy for psychological intervention. Self-rating anxiety scale, self-rating depression scale and test scores were used to evaluate students' mental health and learning status. Compare the psychological and learning status of the two groups of students before and after the intervention, and then evaluate the intervention effect of music therapy.

**Methods:** SPSS 17.0 and excel were used to count and analyze students' mental health and academic performance.

**Results:** After 6 months of intervention, the anxiety of the students in the study group was significantly relieved ( $P < 0.05$ ), while the anxiety degree of the students in the control group had no significant change from that before the intervention ( $P > 0.05$ ), and the SAS score was significantly higher than that of the study group ( $P < 0.05$ ), as shown in Table 1.

**Table 1.** Anxiety of two groups of students

Timing	SAS score		<i>t</i>	<i>P</i>
	Research Group	Control group		
Before intervention	71.9±12.3	72.1±13.1	0.403	0.762
After Intervention	51.2±8.4	71.7±10.4	7.201	0.001
<i>t</i>	8.019	1.142	-	-
<i>P</i>	0.001	0.424	-	-

**Conclusions:** The psychological intervention of music therapy on students with language anxiety in the process of machine learning can effectively alleviate students' anxiety and depression, and then improve students' mental health level and academic achievement.

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## EVALUATION OF THE TRIAL ABILITY OF MENTAL DISORDERS IN JUDICIAL EVIDENCE

Mei Bai