

important factors affecting the efficiency of foreign language learning. And these emotional factors affect and correlate with each other. With the development of the times and social progress, economic and cultural exchanges around the world are becoming more and more frequent, and foreign language learning has become more and more popular among college students. The position of Japanese in modern teaching has become more and more important, and more and more students choose Japanese major. Therefore, understanding the anxiety problems encountered by Japanese majors in the learning process and finding corresponding solutions in time are of great significance for Japanese majors to improve their Japanese learning efficiency and professional skills. This paper analyzes and discusses the anxiety of college students in Japanese learning, and puts forward relevant self-regulation strategies.

Key words: japanese major - college student - learning anxiety - self regulation

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THE CURRENT SITUATION AND RELATIONSHIP OF COLLEGE STUDENTS' ENGLISH LEARNING ANXIETY, LEARNING BURNOUT AND SELF-EFFICACY

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Social psychological factors are important factors affecting the effectiveness of English learning. In the process of College Students' actual learning, there are often anxiety problems in English learning, which affect their learning effect. Learning burnout refers to students' mental exhaustion, indifference and reduced self-efficacy caused by long-term academic pressure in the process of learning. Learning burnout will have a negative impact on students' learning and physical and mental health. Researchers at home and abroad have found that high school students have learning burnout due to academic pressure and other factors. Learning burnout has a significant impact on the development of high school students and social development, so it is particularly important to study students' learning burnout. This study attempts to explore the related English Learning Burnout of college students and the factors leading to their English learning anxiety and learning burnout. This paper aims to put forward some feasible countermeasures and suggestions to reduce students' English learning anxiety and burnout.

Key words: college students - english learning - learning anxiety - learning burnout - self efficacy

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MEDIATING EFFECT OF COLLEGE STUDENTS' FOREIGN LANGUAGE WRITING SELF-EFFICACY ON THE IMPACT OF WRITING ANXIETY ON WRITING ACHIEVEMENT

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Foreign language writing is a complex psychological cognitive process, which is affected by learners' writing anxiety, writing self-concept and self-efficacy. In recent years, self-efficacy and anxiety have become hot research issues in the field of foreign language learning. In foreign language writing, writing self-efficacy, that is, "the author's confidence in his ability to complete a specific writing task", plays an important role in writing achievement. Writing anxiety - the anxiety behavior of learners in the process of foreign language writing output is also considered to be the main factor affecting writing achievement. Under the guidance of social cognitive theory, this paper aims to take Chinese non-English majors as the research object. At the level of writing skills, this paper analyzes the mediating effect of writing self-efficacy and writing anxiety on writing achievement. It is hoped that corresponding measures can be put forward to improve college students' English writing self-efficacy and reduce writing anxiety, so as to improve their English writing performance and comprehensive level.

Key words: foreign language writing - college student - self efficacy - writing anxiety - writing achievement

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THE RELATIONSHIP BETWEEN JOB STRESSORS AND JOB BURNOUT OF EMPLOYEES IN LOGISTICS ENTERPRISES

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The problem of work pressure has a long history. In today's era, the professional environment has become a common phenomenon. Job stress is not only related to employees' physical and mental health, but also has an important relationship with the organization's management concept and system. In recent years, with the vigorous development of the logistics industry, the demand for logistics practitioners has increased. A large number of logistics enterprises came into being. Under the condition of fierce market competition, employees are facing increasing work pressure, and job burnout is spreading among professional groups in the express industry. This is not only detrimental to the psychological and physical health of employees in express enterprises, but also has a great negative impact on the quality of work and life of employees in express enterprises. The sustained and healthy development of express enterprises and express industry is also closely related to this. In this case, alleviating employees' work pressure, improving employees' job satisfaction and reducing employees' job burnout have become the problems that many logistics enterprises must face and solve. This paper analyzes the relationship between job stress and job burnout, and puts forward relevant solutions.

Key words: working pressure source - logistics enterprises - job burnout - occupational stress

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FOREIGN LANGUAGE ANXIETY OF COLLEGE ENGLISH TEACHERS AND ITS COUNTERMEASURES

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In recent years, English teaching has attracted more and more attention in China, especially college English teaching is the focus of linguists and teachers' research. With the continuous reform of higher English education system, College English teachers' anxiety is increasing. Anxiety is a part of teachers' emotional experience in their daily work. It is normal to produce anxiety, but the degree of anxiety needs to be effectively controlled. Excessive anxiety will not only damage the physical and mental health of College English teachers, but also affect the full play of their talents. Therefore, we must effectively resolve the anxiety of College English teachers and ensure the smooth progress of College English teaching. Foreign language anxiety is the biggest obstacle in College English learning and teaching, which determines the effect of College English learning and teaching. Previous studies on foreign language anxiety focused on students' learning anxiety in listening, speaking, reading and writing, while ignoring teachers' teaching anxiety in the teaching process. Teachers play an important role in guiding and organizing the classroom, and effectively reducing teachers' foreign language teaching anxiety is of great significance to improve students' comprehensive quality.

Key words: college english - foreign language anxiety - english teachers - countermeasures

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