

## APPLICATION OF COMPUTERIZED COGNITIVE BEHAVIORAL THERAPY IN DEPRESSION

Qiong Pu

*Shandong Agriculture and Engineering University, Jinan, Shandong, 250000, China*

Computerized cognitive behavioral therapy (CCBT) refers to computer interaction interface. It expresses the basic principles and methods of cognitive behavioral therapy with clear operation steps and highly structured multi-media interaction (such as web pages, comics, animation, video, sound, etc.). CCBT of depression has emerged in the West in recent years. Previous studies have paid less attention to the internal mechanism of treatment effectiveness, great differences in treatment effects, simplified risk assessment and subject selection bias. Based on the six core intervention technologies of act, this study designed a computerized treatment program for depression. The intervention procedure is divided into several parts: depression is not terrible, see the truth of depression; Refuse to escape, accept what you can't change; Recognize to integrate, improve and control your life; Self awareness and becoming one's own psychological observer; Live in the present moment and practice mindfulness; Live with your own values and commit to action. The results show that the computerized treatment of depression based on act has a certain effect and can be used as the primary self-help intervention of trapezoidal treatment. However, its high abscission rate and its effective mechanism need to be further studied.

**Key words:** cognitive behavioral therapy - depression - ccbt - act intervention technology

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## AN EMPIRICAL STUDY ON THE CAUSES OF ENGLISH LISTENING ANXIETY AND COPING STRATEGIES

Wei Shang

*Shandong Agriculture and Engineering University, Jinan, Shandong, 250000, China*

English listening is becoming more and more important in English learning, but many students have anxiety due to various reasons. As a unique emotional experience, anxiety is an important emotional variable in the process of second language learning. For students, the negative impact of anxiety on listening comprehension can not be ignored. This paper analyzes the listening anxiety of students in listening class. Anxiety is the behavior of individuals who fail to achieve goals or overcome obstacles for a long time, which frustrates their self-esteem and self-confidence, or increases their sense of failure and guilt. Foreign language learning with fear is considered to be a separate and special phenomenon. This emotional behavior is a complex psychological phenomenon unique to language learners, which is different from other anxiety. This paper points out that listening is one of the most anxious language skills for foreign language learners. The purpose of this paper is to objectively understand the influence of anxiety on English learning, so as to find the source of anxiety, help learners effectively eliminate or reduce their anxiety in English learning, and then achieve the purpose of improving the quality of English teaching.

**Key words:** English listening - anxiety - affective factors - language learning

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## THE MECHANISM OF PHYSICAL EXERCISE RELEASING PSYCHOLOGICAL PRESSURE

Qunying Zhou

*Luzhou Vocational and Technical College, Sichuan, China*

At present, universities and society are in a period of rapid transformation. With the progress of the times, the change of culture and the intensification of social competition, the psychological pressure level of students has reached an unprecedented level. Therefore, it is particularly important to study and analyze the psychological pressure level of students under the current situation and find ways to adjust students' psychological pressure. This study takes students as the survey object, through the investigation

of students' physical exercise participation and psychological pressure. The investigation deeply explored the role and influence of physical exercise on students' psychological stress level. This provides a scientific reference for improving the physical and mental health level of students. The main results are as follows: students have great psychological pressure, 60% are in the state of health risk pressure (i.e. excessive pressure), and 18% have psychological obstacles. Boys' psychological stress and mental health are significantly better than girls. Appropriate physical exercise can better alleviate the psychological pressure of students, and regular exercise 3-4 times a week has the best effect. The frequency and purpose of physical exercise have the greatest impact on students' psychological pressure. Through comparative analysis, it can be seen that the degree of psychological stress of students who often participate in sports is significantly lower than that of infrequent participants. The research shows that scientific exercise is helpful to improve the physical and mental health of students.

**Key words:** physical exercise - students' sports - mental health - level survey

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## **MENTAL HEALTH PROBLEMS AND COUNTERMEASURES OF STUDENTS UNDER THE BACKGROUND OF EPIDEMIC PREVENTION AND CONTROL**

**Rongxiang Zhang**

*Hebei Institute of International Business and Economics, Qinhuangdao, Hebei, 066311, China*

The novel coronavirus pneumonia epidemic prevention and control are divided into 2 stages: emergency state and normalization stage. It is necessary to investigate the mental health status and gradual change of students at different stages. A cluster stratified random sampling method was used to investigate the mental health status of students in a region during the epidemic prevention and control period. In addition, an online survey was conducted on the situation of network teaching and learning effect. This paper analyzes the main reasons affecting students' mental health. The survey shows that 68% and 61.4% of students in the two stages of epidemic prevention and control said they were calm and moved. The proportion of positive emotions such as happiness increased, while the proportion of negative emotions such as fear, sadness, anger, anxiety, self blame and boredom decreased. Under the normalization of epidemic prevention and control, it is necessary to better guide students to objectively understand the situation of epidemic prevention and control. Help epidemic prevention areas to carry out differentiated psychological counseling services for students, implement effective mental health education for students, regularly live and rest, and experience positive emotions. Strengthen the connection with the outside world, especially deal with the close family relationship, so as to better improve the level of mental health.

**Key words:** novel coronavirus pneumonia - epidemic prevention and control - psychological counseling - emotional health

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## **AN ANALYSIS OF THE INFLUENCE OF E-COMMERCE ON CONSUMERS' PURCHASING PSYCHOLOGY AND BEHAVIOR**

**Haiyue Liu**

*Eurasia International School of Henan University, Henan University, Henan, 475004, China*

With the rapid development of network and communication technology, the use of e-commerce to carry out marketing has gradually become the main means of enterprise operation and development. Consumers are the soul factor in e-commerce activities. If enterprises want to win the first place in e-