

Through the intervention of college students' mental health, college moral education can improve college students' self-emotional experience and enhance their sense of self-worth, which can effectively alleviate college students' psychological anxiety and improve their mental health level and quality of daily life.

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VALUE OF CULTIVATING COLLEGE STUDENTS' SPORTS PSYCHOLOGICAL QUALITY FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: Social psychology organically combines the contents of sociology and psychology, analyzes the behavior and psychological activities of individuals and groups in the social environment, studies the interaction between social groups and individuals, and discusses the law of their psychological changes. In recent years, interdisciplinary has gradually sprung up. Many researchers have found that the integration of discipline theories in different fields can further give play to the strengths and advantages of their respective fields and effectively deepen discipline research. Therefore, the research extends the theory of social psychology to the field of education, analyzes and studies the obedience, persuasion and cognitive imbalance in the process of students, and interprets the interaction between educational subjects in the teaching process by using the theoretical methods of social psychology.

College students are the future main force of China's social and economic construction. The level of college students' comprehensive quality and ability is directly related to the future development speed of the country and society. Therefore, we should pay attention to the balanced development of college students' quality and ability in all aspects and promote the improvement of contemporary college students' comprehensive quality. Sports psychological quality education is an important part of college students' quality education in China. The cultivation of sports psychological quality is of great value to improve the mental health level of contemporary college students. Maintaining good physical quality and sports psychological quality can effectively help college students realize the all-round development of physical function, reduce the possibility of mental health problems, and realize the common development of college students' body and mind. Therefore, it is necessary to analyze the actual value of cultivating college Students' sports psychological quality, excavate the training strategies of college students' sports psychological quality, and promote the overall improvement of contemporary college students' comprehensive quality based on the theory of social psychology.

Objective: The research integrates the content of psychological theory with higher education, applies the knowledge of social psychology to the curriculum reform of higher education, and explores the practical value of cultivating college students' sports psychological quality from the perspective of social psychology, hoping to provide suggestions and references for the curriculum reform of colleges and universities.

Research design: The research obtains the relevant information of college sports psychological quality education from the comprehensive evaluation report of college teaching in a city in 2021, and collects the evaluation result data of college sports education and college students' psychological education in the evaluation report. And use SPSS23.0 makes statistical analysis on the evaluation data, analyzes the current situation of college students' sports psychological quality education from the college teaching evaluation data, and understands the problems existing in college students' sports psychological quality education from the perspective of college students. The logistic regression model is used to analyze the impact of the improvement of college students' sports psychological quality on the comprehensive quality and development of college students. From the perspective of social psychology, this paper discusses the impact of cultivating college students' sports psychological quality on college students' physical quality, learning ability, pressure resistance ability and interpersonal communication ability. This paper analyzes the practical value and significance of cultivating college students' sports psychological quality. Combined with the results of regression analysis, this paper deeply excavates the causes of the problems existing in contemporary college students' sports psychological quality education, and puts forward corresponding improvement measures on this basis, so as to provide suggestions and references for the realization of college curriculum reform in sports.

Results: The evaluation and statistical results of college students on the teaching quality of college

sports psychological quality education are shown in Table 1. At present, colleges and universities pay less attention to students' physical education courses and sports psychological health quality education courses, the setting of relevant physical education courses is unreasonable, and there are few relevant courses. And in the process of physical education teaching, teachers pay more attention to technical guidance and ignore the cultivation of students' physical mental health quality. On the other hand, the allocation of resources related to physical education curriculum and mental health quality education curriculum is not in place, and there is a lack of arrangement of venues and basic materials.

Table 1. Statistical results of college students' evaluation of college sports psychological quality education

Survey object	Freshman	Sophomore	Junior	Senior
Attention	2	2	1	2
Curriculum	2	1	2	1
Teacher qualification	1	2	1	1
Resource allocation	2	1	1	2

Conclusions: Contemporary college students are the main force in building a well-off society in an all-round way. Their comprehensive quality and ability are directly related to the development level of social economy. The government and colleges and universities are required to pay attention to the development of college students' comprehensive quality and ability in skills and psychology, so as to make college students' various ability levels in a balanced development state. Sports psychological quality education can effectively improve students' mental health problems and enhance students' pressure resistance in the face of difficulties. It is of great significance to improve the psychological quality of contemporary college students. Sports psychological quality education can also cultivate students to establish correct concepts of self-evaluation and self-consciousness, and cultivate students' spirit of mutual assistance and struggle through cooperative and competitive sports collective activities.

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INTERVENTION EFFECT OF ENGLISH TRANSLATION TEACHING REFORM BASED ON THE CONCEPT OF CHINESE AND WESTERN CULTURAL COMMUNICATION ON COLLEGE STUDENTS' ANXIETY PROCESS

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Background: With the advancement of social process, the speed of social development is accelerating day by day, and the social competition is fierce. As the main force of social construction, college students are under strong psychological pressure. Among them, learning is one of the important sources of college students' psychological pressure. Many college students are difficult to adapt to different learning modes, have poor learning autonomy and enthusiasm, and have low adaptability to the university campus learning environment, which makes some college students bear strong learning competitive pressure. English learning is an important part of learning and life. College students' English skill level will also affect their subsequent employment development. Therefore, many college students pay more attention to English learning, pay more attention to English learning achievement, and always maintain an anxious emotional state for their own English learning.

In the process of English learning, college students may have anxiety and fear about classroom language learning, have low self-confidence in self perception, belief and behavior in the process of English learning, and worry too much about the effectiveness of English learning, which leads to college students' learning anxiety and affects their daily learning life. Learning anxiety mainly refers to students' fear of classroom, examination, communication and negative evaluation in the process of English learning. Students have low self-confidence in their English communication ability, fear of being asked by teachers in English classroom, and have strong fear of English test scores. This state of English learning anxiety will also affect the English learning effect of college students, thus forming a vicious circle, leading to the continuous decline of students' English learning performance. English translation teaching is an important factor in English learning. English translation requires students to master strong basic English knowledge and application ability, and higher requirements for students' bilingual language application ability. Therefore, some college students have a strong fear of English translation. When facing English translation and practice, they often