

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

have anxiety and fear.

Objective: Under the guidance of the concept of Chinese and Western cultural communication, this study studies the English learning anxiety of college students, explores the new model of English translation teaching, the intervention effect on college students' English learning anxiety, and helps teachers clarify students' English learning anxiety in the process of English translation teaching. Starting from the research on the causes of college students' English learning anxiety and the spread of English learning culture, we hope to provide help for college students to improve their English learning anxiety.

Research design: Using the evaluation method of artificial neural network, this paper analyzes the effect of English translation teaching reform under the concept of Chinese and Western cultural communication on alleviating college students' English learning anxiety, constructs an English translation teaching model combined with BP neural network, and uses the deep learning performance of BP neural network. To solve the intervention effect of students' English learning anxiety under different English translation teaching modes, and explore the intervention effect of students' learning anxiety under different English translation teaching modes. BP network is used to analyze the teaching quality and anxiety intervention effect of the new English translation teaching mode under the concept of Chinese and Western cultural communication and the traditional English translation teaching mode. The students' English translation learning index and learning anxiety index vector under the two modes are used as the input data of BP neural network to obtain the students' learning effect and anxiety change of different teaching modes. Combined with the output results, understand the differences between the new English translation teaching model and the traditional teaching model under the concept of Chinese and Western cultural communication, and analyze the intervention effect of the new English teaching model on alleviating college students' English learning anxiety. Based on the evaluation results of neural network, this paper discusses the development and reform direction and strategies of the new English translation teaching model, so as to provide help for alleviating college students' English learning anxiety.

Results: The input vector of college students' English learning anxiety is shown in Table 1. College students' English learning anxiety level is high, and college students generally have English learning anxiety.

Table 1. Input vector of college students' English learning anxiety

Survey object	Freshman	Sophomore	Junior	Senior
Classroom	3	3	4	3
Examinations	4	4	4	4
Communication	4	3	4	3
Negative evaluation	3	3	3	4

Conclusions: The existence of English learning anxiety will affect students' learning effect. Teachers should actively adjust the English translation teaching mode, take the new Chinese and Western cultural communication concept as the guidance, innovate and optimize the teaching concept and teaching mode, and alleviate students' English learning anxiety.

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THE ROLE OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES IN ALLEVIATING COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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Background: Anxiety refers to the tension, anxiety and other emotions caused by an individual's excessive worry about safety, future and destiny. Individual anxiety includes anxiety, tension, panic and other psychological states. Many factors such as society, family and environment may lead to individual anxiety, make individuals fall into a restless psychological state, and reduce the quality of individual mental health. In recent years, with the accelerating speed of social and economic development and the changing social situation, the problem of college students' employment has gradually appeared. In recent years, the proposal of college enrollment expansion policy has also increased the number of college graduates and further increased the employment difficulty of college students. Under this social situation, many college