CONSTRUCTION OF COLLEGE ENGLISH MICRO CURRICULUM RESOURCES BASED ON SOCIAL PSYCHOLOGY

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Background: Social psychology is to explore interpersonal relationships from the level of individuals and social groups. It explores behavioral and psychological changes between individuals and groups. Man is the unity of physiology, psychology and society. People's mental health is affected by family environment and social life factors. Social psychology attaches importance to the analysis of individual psychological factors and emphasizes the interaction between individual and society. The most basic organizational form of social life is the family. The first cradle of personal growth after birth is also the family. Personal mental health problems are closely related to family environment. Parents' socio-economic status, family structure and family relations, family rearing style, childhood life experience and early education are important factors affecting individual mental health. Social life factors include social culture, knowledge, wealth, social competition, interpersonal relationships and so on. When individuals are in mental health, they can actively adapt to social life and natural environment through psychological activities and mental state. Mental health is easy to be affected by social life factors. The influence of social culture on individual mental health mainly has two ways: one is standardized social culture; the other is non standardized social culture. Standardized social culture is the objective compulsion of social culture and the consciousness of individual self-regulation. In the process of social survival, individuals will consciously restrict their behavior according to social norms and make individuals gradually socialized. However, due to the particularity of individuals, in the process of socialization, their social culture will collide with their emotions, resulting in individual mental health problems. Personality is the sum of people's psychological characteristics. Different time and place have different effects on people's thought, emotion and behavior. Personality tendency and psychological characteristics are two main aspects of personality, which have a great impact on people's mental health. Personality tendency is the driving force of personality. Research shows that personality tendency is the most active factor in personality. Personality tendency determines people's attitude towards reality and the tendency and choice of social cognitive objects. In short, mental health problems, also known as psychological imbalance, are a series of problems different from physiological diseases caused by the central nervous system. In recent years, China has paid more and more attention to mental health problems. Relevant scholars and experts continue to analyze the influencing factors of adult mental health problems from all aspects, and put forward corresponding solutions. Among them, personality and social psychology have a great impact on people's mental health. Through the study of it, we can find many ways to improve people's mental health level, so as to improve the mental health level of our people.

The traditional college English teaching model has been difficult to meet the social requirements for college students' English level. How to innovate college English learning mode and enable students to learn English anytime and anywhere is undoubtedly the key to the development of modern college English teaching. With the continuous innovation and development of education and teaching theory in the new era, colleges and universities have made major breakthroughs in teaching methods and means. Among them, colleges and universities can search and produce college English micro courses that meet the characteristics of students, enrich college English teaching resources and improve the informatization level of college teaching. Relevant studies have pointed out that college English micro curriculum learning can not only comprehensively improve college students' English level, but also be of great significance to the construction of modern college students' personality psychology. Therefore, from the perspective of social psychology, finding and making college English curriculum resources with rich psychological education content has important theoretical and practical value for improving college students' English level and positive personality.

Objective: In order to improve college students' positive personality, this paper constructs an intervention model of college English micro curriculum resources based on social psychology, which aims to promote college students' English level and help college students' mental health development.

Research objects and methods: 300 college students were randomly divided into control group and experimental group, with 150 students in each group. The control group implemented the traditional college English micro curriculum resource model, and the experimental group implemented the college English micro curriculum resource intervention model based on social psychology. The intervention cycle was 3 months. Then combined with the positive personality scale, the students' positive personality is measured. The scale has 88 items, including 24 dimensions. The higher the score, the more stable the corresponding positive personality is. Finally, the changes of positive personality of the two groups of students are analyzed and compared.

Methods: All data were statistically processed by SPSS22.0 software.

Results: Table 1 shows the changes of positive personality of college students in the two groups after 3 months of intervention. It can be seen from Table 1 that compared with the control group, the students in the experimental group scored higher in all dimensions of positive personality, with statistical difference ($P < 0.05$).

Table 1. Changes of positive personality of college students in the two groups after 3 months of intervention (n=300)

Dimension	Control group (n=150)	Experience group (n=150)	P
Creativity	3.34±0.76	5.12±0.77	<0.05
Curiosity	3.65±0.81	6.38±0.77	<0.05
Judgment	3.78±0.66	6.51±0.84	<0.05
Studious	3.78±0.69	6.72±0.71	<0.05
Insight	3.15±0.67	6.01±0.62	<0.05
Brave	3.03±0.61	6.59±0.63	<0.05
Insist	3.06±0.79	5.97±0.67	<0.05
Sincere	3.34±0.76	5.12±0.77	<0.05
Enthusiasm	3.65±0.81	6.38±0.77	<0.05
Love	3.78±0.66	6.51±0.84	<0.05
Kindhearted	4.00±0.59	6.72±0.71	<0.05
Intelligence	3.09±0.65	6.01±0.62	<0.05
Team	3.09±3.60	6.59±0.63	<0.05
Fair	3.66±0.74	5.97±0.67	<0.05
Leadership	3.56±0.68	5.12±0.77	<0.05
Tolerant	3.77±0.73	6.38±0.77	<0.05
Modest	3.78±0.69	6.01±0.62	<0.05
Cautious	3.34±0.76	6.59±0.63	<0.05
Autonomy	3.65±0.81	5.97±0.67	<0.05
Appreciate	3.78±0.66	5.12±0.77	<0.05
Gratitude	3.78±0.69	6.38±0.77	<0.05
Hope	3.15±0.67	6.01±0.62	<0.05
Humor	3.03±0.61	6.59±0.63	<0.05
Faith	3.06±0.79	5.97±0.67	<0.05

Conclusions: The intervention model of college English micro curriculum resources based on social psychology can effectively improve college students' positive personality, and then has important value for students' psychological development. It is worth popularizing and applying in the construction of college English micro curriculum resources.

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ANALYSIS ON THE EFFECT OF IDEOLOGICAL AND POLITICAL EDUCATION REFORM IN HIGHER VOCATIONAL COLLEGES ON COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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Background: Anxiety refers to the tension, uneasiness, worry, worry and other unpleasant complex emotional states caused by an individual's imminent and possible danger or threat. In other words, anxiety is people's emotional reflection of the serious deterioration trend of the value characteristics of real or future things. On the contrary, the emotional form is expectation, and immediate expectation is the