

participation is improved, which has a certain inhibitory effect on students' psychological obstacles.

Research objects and methods: The research objects are college English majors. 330 English majors were randomly selected from three universities to understand their personal information, learning situation, mental health status and other information. These English majors were taught English with the integration of curriculum thought and politics. The experimental time was one semester, during which the relevant experimental data were recorded. The fuzzy evaluation method is used to evaluate the impact of the reformed English teaching model on the psychological disorder of English majors. The quantitative score of relevant influencing factors adopts grade 1-5. 1-3 points respectively indicate no impact, slight impact and general impact, and 4 and 5 points respectively indicate obvious impact and complete impact. Through SPSS21.0 software for relevant experimental data processing and analysis.

Results: In colleges and universities, many college students will have different degrees of psychological obstacles. In order to intervene the psychological obstacles of college students, the concept of "curriculum thinking and politics" is introduced into subject teaching. Applying the course of Ideological and political education in college English teaching, we should reform English teaching from five aspects: teaching design, teaching content, teaching methods and teaching practice. In the evaluation of the impact of the reformed English teaching model on the psychological barriers of English majors, innovative teaching methods can significantly affect the psychological barriers of freshmen. The impact score is 4 points. The results are shown in Table 1.

Table 1. The influence of the reformed English teaching model on the psychological barriers of English majors

Grade	Improve teaching design	Optimize teaching content	Innovative teaching methods	Enrich practical teaching
Freshman	4	4	5	5
Sophomore	4	5	5	5
Junior	5	5	4	5

Conclusions: Through the ideological and political construction of college English curriculum, students can establish correct three views, correctly treat western culture, have a sense of identity with Chinese mother tongue culture, and improve students' political literacy. In a good teaching atmosphere, improve learning enthusiasm and alleviate students' psychological obstacles imperceptibly.

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MULTI FACTOR ANALYSIS OF PSYCHOSOCIAL AND ECONOMIC FACTORS OF MENTAL STRESS OF RETURNED OVERSEAS CHINESE UNDER EPIDEMIC SITUATION

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Background: As the most serious public health emergencies in recent years, COVID-19 has had a great impact on the global economy. Under the influence of COVID-19, despite the rapid response of our country to minimize the impact of the epidemic, we have to admit that the economic losses caused by the epidemic are still hard to gauge. Analyzing the mechanism of COVID-19's impact on macro-economy, the major public health emergencies not only affect the income and risk of the economic environment, but also affect the emotions of the masses, thus causing the masses to have irrational expectations for the economic market. They will overestimate or underestimate the demand for products in the market, and the estimation bias will further hamper the development of the economic market. There are many factors affecting the economic obstruction, especially under the influence of the epidemic, including the reduction of social activities, the imbalance between product supply and demand, and the limited consumption capacity. At the same time, under the influence of the epidemic, great changes have taken place in international relations, a large number of international trades have been cancelled, and international social activities in the economic market have been damaged, resulting in the loss of the domestic economy for a long time.

Under the epidemic situation, the most worrying thing is the safety of overseas Chinese. Compared with the domestic epidemic situation, the overseas epidemic situation is more serious. The safety of overseas Chinese living abroad is also the concern of the national government and all sectors of society. In order to ensure the physical and mental health of overseas Chinese, China has launched a series of special channels to ensure that overseas Chinese can go home safely. However, after the impact of the epidemic, most

overseas Chinese will have obvious mental pressure after returning home. After returning home, the overseas Chinese are facing the influence of social and international public opinion. Most people complain about the returned overseas Chinese in a reprimanding tone, believing that transnational behavior is easy to aggravate the domestic epidemic. At the same time, the overseas Chinese are facing international malicious remarks against China, and they are under great mental pressure after returning home. At the same time, with the continuous improvement of Chinese people's ideology and culture, overseas Chinese face great changes in domestic ideology after returning home, and they can't adapt in time, resulting in serious mental pressure. During this period, the attention of the media from all walks of life to the return of overseas Chinese has increased significantly, and the social pressure brought by the voice of the media will also significantly change the social psychology of overseas Chinese. Moreover, in the severe economic social environment, the social life problems faced by overseas Chinese after returning home will also aggravate their mental pressure. In order to help returned overseas Chinese relieve their mental stress, this paper studies and analyzes the relevant factors of returned overseas Chinese's mental stress, in order to find the path and method of relieving their mental stress.

Objective: To explore the main changing factors in China's economic changes under the epidemic situation, collect the mental stress status of overseas Chinese after returning home, and count the social voice with overseas Chinese returning home as the keyword on social media, so as to determine the social psychology of overseas Chinese, and analyze the correlation between the social psychology and economic factors of overseas Chinese mental stress.

Study design: 20 returned overseas Chinese were investigated in the follow-up mode to evaluate the mental stress status of overseas Chinese after returning home, evaluate the social psychology of overseas Chinese, and determine the economic factors of economic changes under the epidemic through grey correlation analysis. Logistic multiple regression analysis was used to evaluate the correlation between social psychology and social activities, product supply and demand and consumption ability of returned overseas Chinese.

Results: The multi factor analysis between the psychosocial and economic factors of the mental stress of returned overseas Chinese is shown in Table 1. Table 1 shows that social activities, product supply and demand, consumption capacity and economic factors can affect the mental pressure of returned overseas Chinese.

Table 1. A multifactor analysis of the psychosocial and economic factors of the mental stress of returned overseas Chinese

Factor		OR (95%CI)	P
Social activities	Increase	1.00	<0.05
	Reduce	2.17(1.06-4.75)	
Product supply and demand	Balance	1.00	<0.05
	Unbalance	3.61(1.39-5.77)	
Consumption capacity	Strong	1.00	<0.05
	Intensity	3.34(1.73-5.91)	

Conclusions: Economic recovery and development under the epidemic is a macro issue considered by the country, while personal psychological anxiety and stress are micro issues that the country must consider. In the study, the mental stress of returned overseas Chinese was followed up to evaluate their psychological and emotional changes after returning home. Combined with the country's economic development under the epidemic, the impact of relevant economic factors on their mental stress was analyzed. The results show that in the logistic multiple regression analysis, the mental stress of returned overseas Chinese is affected by many economic factors. Therefore, it can be learned that under the epidemic situation, the national strategy of micro personal emotion regulation through economic recovery and development is correct, and under the influence of economic factors, personal emotional pressure will be significantly affected. Maintaining economic growth can effectively alleviate personal mental pressure.

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ANALYSIS ON THE NECESSITY OF CULTIVATING THE MENTAL HEALTH OF STUDENTS MAJORING IN ADMINISTRATION

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