

education in undergraduate colleges, so as to improve the teaching quality, improve students' physical quality, establish students' confidence, help students alleviate negative emotions and avoid psychological diseases.

Objective: College students are in a special moment of life, facing academic pressure, work pressure and social pressure, so they are very easy to suffer from mental diseases, such as anxiety, depression and so on. Physical education can strengthen students' physique, enhance students' self-confidence, and then cultivate students' psychological quality. Based on educational psychology, the research innovates and improves physical education in undergraduate colleges, so as to improve the teaching quality, improve students' physical quality, establish students' confidence, help students alleviate negative emotions and avoid mental diseases.

Research objects and methods: 80 students with anxiety disorder were selected as the research objects in a university. Self-rating Anxiety Scale (SAS) and Self-Rating Depression Scale (SDS) were used to evaluate students' mental health, and the examination results of physical education courses were used to evaluate the teaching effect.

Design: 40 students in each group were randomly divided into study group and control group. Among them, the students in the research group used the improved college physical education teaching model based on educational psychology to teach. The students in the control group used the traditional teaching mode of college physical education. After a period of time, the anxiety and test scores of the two groups were compared.

Methods: The relevant data were processed and analyzed by software SPSS18.0 and Excel.

Results: After two months of teaching, the SAS and SDS scores of the students in the study group decreased significantly ($P < 0.05$), and were significantly lower than those in the control group ($P < 0.05$). The academic performance of the study group was significantly higher than that of the control group ($P < 0.05$). The changes in the degree of depression of the two groups are shown in Table 1.

Table 1. Changes in the degree of depression of the two groups of students

Timing	SDS Score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	75.3±12.2	76.1±11.8	0.147	0.852
After teaching	46.7±6.4	65.7±14.9	8.051	0.009
<i>t</i>	9.475	4.352	-	-
<i>P</i>	0.000	0.043	-	-

Conclusions: College students are in a special moment of life, facing academic pressure, work pressure and social pressure, so they are very easy to suffer from mental diseases, such as anxiety, depression and so on. Based on educational psychology, the research innovates and improves physical education in undergraduate colleges, so as to improve the teaching quality, improve students' physical quality, establish students' confidence, help students alleviate negative emotions and avoid mental diseases. The results showed that after two months of teaching, the SAS and SDS scores of the students in the study group decreased significantly ($P < 0.05$), and were significantly lower than those in the control group ($P < 0.05$). The academic performance of the study group was significantly higher than that of the control group ($P < 0.05$).

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A COMPARATIVE ANALYSIS OF THE IMAGES OF “SUPERFLUOUS PEOPLE” IN RUSSIAN LITERATURE FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: Psychology is a science that studies human behavior and psychological laws. Modern psychology believes that psychological perspectives include six aspects: biological perspective, cognitive perspective, behaviorism perspective, whole person perspective, development perspective and social and cultural perspective. Its theoretical content involves connection theory, behaviorism theory and humanistic theory. Psychology focuses on people's cognitive activities, psychological activities, individual spiritual core and influencing factors, and guides people's behavior mechanism and psychological changes from the perspective of long-term development. Connectionist theory holds that the essence of learning is the

process of “trial and error”, that is, to deepen learners’ understanding and mastery of learning content through the reciprocating process of “try error try again”. Behaviorism theory emphasizes the key role of reinforcement in individual behavior conditions. Humanistic theory emphasizes the values within the individual and advocates respecting and caring for students. Apply psychology to the field of education, that is, in a specific educational situation, with the help of psychological theory, carry out conscious intervention and guidance according to the psychological laws and change characteristics of both teaching subjects and objects, and then carry out design improvement in curriculum design, teaching method improvement and teaching motivation guidance, so as to help students solve psychological problems in the learning process and enlighten their negative emotions. A comparative analysis of the images of “superfluous people” in Russian literature from the perspective of psychology can deepen students’ appreciation and interpretation of Russian literary works and reduce their negative emotions and psychological problems caused by the study of literary content. The image of “superfluous people” in Russian literature refers to those dissatisfied with reality, ambitious but lack practical action in Russian literature in the first half of the 19th century, and finally become superfluous and useless people to the society. Nowadays, when appreciating the image of “superfluous people” in Russian works, college students majoring in literature are very prone to negative learning emotions and psychological problems due to the limitations of ability differences and classroom teaching methods.

Objective: To further grasp the laws of the teaching process and students’ psychological characteristics from the perspective of psychology, improve students’ cognitive ability of literary works with the help of the comparative analysis of the image of “superfluous people” in Russian literature, and enrich and innovate the teaching contents, teaching schemes and teaching means by using multimedia and other teaching tools, so as to alleviate students’ negative emotions and psychological problems in the teaching process.

Research objects and methods: The research takes the students with learning disabilities and psychological problems in the literature major of a university as the research object, and then optimizes and improves the Russian literature appreciation classroom according to their learning status and psychological status, in order to improve the students’ mental health level.

Method design: First, the students’ learning disabilities and classroom learning were evaluated, and then the influencing factors of students’ cognitive differences and mental health were analyzed with the help of meta-analysis and principal component analysis. Then the teaching mode is innovated and applied in practice. The experimental time is 2 months. After the experiment, the statistical analysis tools are used to deal with the changes of students.

Methods: The factors affecting the teaching effect were extracted and analyzed by principal component analysis, and the innovative teaching model was used to improve the psychological problems of students in the image comparison of “redundant people” in Russian literature.

Results: The psychological perspective can effectively guide teachers to grasp the characteristics of the teaching process and the psychological law of students, so as to improve the classroom teaching effect of Russian literature and improve students’ cognitive analysis of the image of “redundant people” and their mental health. Table 1 shows the score statistics of students’ psychological status under different classroom teaching modes.

Table 1. Score statistics of students’ psychological status under different classroom teaching modes

Psychological barrier dimension	New teaching mode	Old teaching mode
Obsessive compulsive symptoms	19.7±2.6	25.2±2.4
Interpersonal sensitivity	14.1±2.5	31.2±2.9
Depressed	7.4±3.8	27.4±2.1
Anxious	13.9±2.1	22.9±2.2
Hostile	5.7±2.7	29.1±1.3
Paranoid	14.3±1.2	31.7±1.3

Conclusions: The image of “superfluous person” in Russian literature is an important literary image. This literary image integrates the contradiction between individual and society, and the contradiction between thought and action. Learning this image and comparing it with other literary images will help us better understand the special era background carried by Russian literature and the author’s emotional value. At the same time, bringing the psychological perspective into teaching practice can effectively help teachers better improve and innovate the teaching process of appreciation of Russian literary works on the basis of grasping students’ psychological laws and learning characteristics, so as to improve students’ understanding and learning initiative of literary works, improve learning obstacles and improve teaching quality.

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INVESTIGATION AND RESEARCH ON THE CURRENT SITUATION OF OPEN EXPERIMENTAL TEACHING MANAGEMENT FROM THE PERSPECTIVE OF APPLIED PSYCHOLOGY

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Background: The basic premise of applied psychology is to use the principles and theories of psychology to overcome the problems in other fields, such as management, engineering, law and clinical medicine, and evolve the concepts of organizational psychology, educational psychology, sports psychology and community consciousness. Practicality and applicability are the main characteristics of applied psychology. The key to psychology is to find the relationship between it and other fields with the help of psychological theory or perspective, and then explore the psychological relationship between people and people and between people dealing with things. People majoring in applied psychology are required to have basic knowledge and theoretical system, better practical operation ability and psychological perception ability, that is, they can effectively connect, integrate and innovate with other theories, so as to guide social practice and social activities. Psychology is a science that studies human behavior and psychological laws. Modern psychology mainly includes biological perspective, cognitive perspective, behaviorism perspective, whole-person perspective, development perspective and social and cultural perspective. The cognitive perspective emphasizes cognitive activities or psychological activities, the behaviorism perspective focuses on the degree and quality of the impact of the environment on individuals, and the whole person perspective focuses on people's spiritual core, believing that people have the internal demand for growth and goodness. The combination of psychology and education is mainly embodied in educational psychology, that is, in a specific educational situation, carry out conscious and phased practical application according to the psychological laws and change characteristics of both teaching subjects and objects. Educational psychology can be applied to curriculum design, teaching method improvement and teaching motivation guidance to help students deal with difficulties and challenges in life and learning. Open experimental teaching management refers to resource management and effective integration according to the characteristics of open laboratories. At present, there are unclear ownership, lack of professionals and insufficient attention in the teaching management, which makes the management and application effect of open laboratories in colleges and universities poor, and further affects the integration of resources and the improvement of teaching efficiency. Effective intervention according to the current open laboratory management is the content that should be paid attention to in the work of colleges and universities. Analyzing the problems existing in the open teaching management of the laboratory with the help of applied psychology and intervening effectively can improve the efficiency of teaching resource management and reduce the negative psychological emotions of teaching managers.

Objective: To analyze and reconstruct the problems existing in the current open experimental teaching management from the perspective of applied psychology, and actively and effectively intervene the teaching managers according to the problems existing in the current situation of the laboratory, so as to improve their professional management ability and their mental health.

Research objects and methods: The research takes the managers and teaching personnel of an open laboratory in a university as the research object, and actively intervenes their existing psychological problems and the current management situation, such as psychological counseling, so as to effectively promote the level and quality of laboratory teaching management and realize the psychological intervention to managers.

Method design: With the help of principal component analysis, the factors affecting laboratory teaching management were extracted and analyzed, and then the management mode was improved to carry out targeted psychological counseling and intervention on the psychological problems of managers. The