

ANALYSIS OF THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION ON PSYCHOLOGICAL EDUCATION OF HEALTHY PERSONALITY

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Background: The psychological concept of healthy personality was first put forward in the 1920s. The psychological theory of healthy personality holds that human behavior has specific consciousness, and healthy personality is the realization of human self-assertion through rational behavior. This kind of self-realization is an “individualized” person at the psychological level. Such a person with self-realization ability should consciously think and analyze all kinds of imperfect and repressed aspects of his personality, and show these aspects in his normal life as much as possible. That is to say, individuals admit that they are a natural person with certain psychological defects through self-awareness and self-behavior. In this way, they constantly self-alert, constantly abandon past mistakes in this process, and actively choose a new life goal after self-correcting mistakes. However, individual psychology is divided into conscious psychology and unconscious psychology. Conscious psychology can realize and complete personality defects through self-cognition and self-thinking, but unconscious psychology is difficult for individuals and the outside world to detect. Therefore, the personality defects generated in unconscious psychology are difficult to be realized by individuals themselves, so they lack a certain degree of development. At this time, the individual needs to constantly make social contact with the outside world. Through social contact, the outsider can be aware of the individual’s problems before the individual itself, and feedback against this personality defect in social contact, so as to promote the external development of individual personality. This study applies the psychological theory of healthy personality to modern ideological and political education, provides an entry point for ideological and political education by analyzing the personality defects formed by students in the process of growth, and then uses the psychological oriented Ideological and political education strategy to help students improve their emotional control, promote psychological development, improve students’ moral quality, promote the formation of students’ sound personality and maintain students’ mental health.

Objective: This study applies healthy personality psychological education to ideological and political education, helps students establish sound personality psychology by guiding students’ growth psychology, provides methodological guidance for students’ behavior in daily learning and life, protects students’ psychological growth, and helps modern ideological and political education establish educational strategies more in line with students’ growth psychology and personality development. Lay a theoretical foundation for the improvement of the ideological and political education system.

Subjects and methods: This study combines fuzzy evaluation method with factor analysis method, transforms the psychological indicators of students from qualitative evaluation indicators to quantitative evaluation indicators, and analyzes the relationship between factors.

Study design: This study uses the membership theory of fuzzy mathematics to transform the qualitative evaluation indexes in healthy personality psychology and ideological and political education into quantitative evaluation indexes, and makes an overall evaluation of ideological and political psychological personality education in the environment of mutual restriction of various factors.

Methods: This study uses SPSS software as a fuzzy evaluation tool, and the collected data are sorted out through Excel.

Results: The analysis of students’ psychological personality growth factors is shown in Figure 1.

Figure 1 mainly shows the analysis of students’ psychological and personality factors in the process of learning and growth, including emotional control ability, closed psychology, self-cognition and moral quality. It can be seen that under the ideological and political psychological personality education, students’ closed psychology and self-cognition are significantly benign affected, and the force level is level 4. The influence on emotional control ability and moral quality is relatively low, but it still reaches the level of obvious influence, and the force level is level 3. It can be seen that ideological and political psychological personality education can effectively help students solve the problem of closed psychological dilemma, improve students’ self-cognitive ability and help students recognize themselves. In addition, ideological and political psychological personality education can also help students improve their moral quality and emotional control ability to a certain extent. However, because students are in a period of continuous psychological growth and continuous improvement of world outlook, the psychological support that education alone can give is limited.

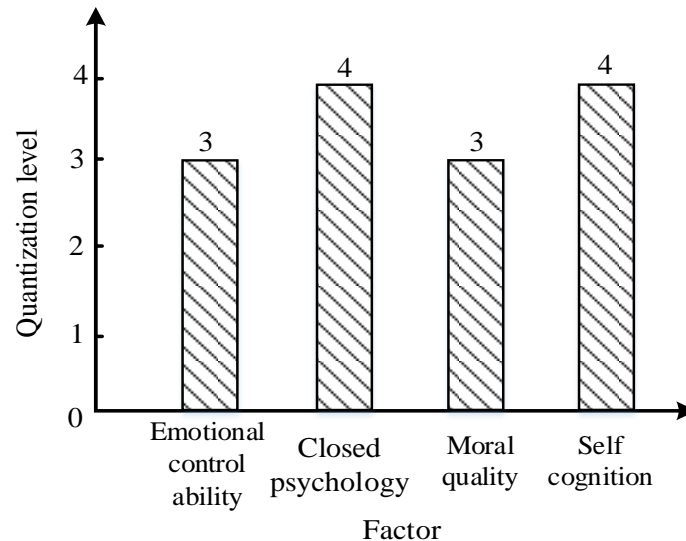


Figure 1. Analysis on the factors of students' psychological personality growth

Conclusions: In the process of personal psychological personality development, students often form psychological personality defects due to growth environment, personal experience, mood changes and other reasons. Based on the theory of sound personality psychology, this study establishes the ideological and political psychological personality education method. Through psychological assistance and emotional guidance to students in the process of education, it helps students establish a positive world outlook and values, provides methodological support for students' behavior, helps students overcome their own psychological personality obstacles, form a sound personality and promote the all-round development of students' body and mind.

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A STUDY ON THE ANXIETY OF BUSINESS ENGLISH TRANSLATORS

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Background: Anxiety is also known as anxiety psychosis. During the onset of the disease, patients often show persistent excessive worry, tension and even panic, usually accompanied by physiological autonomic nervous system symptoms and motor restlessness symptoms. Anxiety patients are difficult to effectively coordinate their psychological state and social ability, so the quality of life of anxiety patients is generally low. The group of anxiety patients among translators is similar to that of performance anxiety patients in the overall group of anxiety patients. The anxiety symptoms for translators are called "foreign language anxiety". The definition of foreign language anxiety is a kind of anxiety symptom produced in social activities related to foreign language, such as foreign language learning, foreign language translation, foreign language communication and so on. The performance of foreign language anxiety in translators is mainly divided into physical and psychological parts. The physiological part is mainly manifested in blushing, sweating, rapid heartbeat, trembling, pain, etc. It will also show phenomena in individual behavior, such as dull facial expression, disordered intonation and sound, and the increase of inactive modal particles. The psychological part is mainly manifested in the frequent occurrence of interpretation errors, fear and delay of translation, difficulty in paying attention and so on. There are various reasons for the anxiety of economic and trade English translators, partly because the English translation itself needs great knowledge accumulation and training experience. The translators' language foundation is not solid, they cannot deal with the amount of input source information smoothly, and their memory load ability is insufficient, which may lead to the psychological anxiety of translators in the process of translation. In addition, the lack of psychological capital of translators is also one of the main reasons for translators' psychological anxiety. Economic and trade English translation often plays an important role in information transmission in and transnational economic and trade transactions. Once mistakes occur in the work, the losses of enterprises