



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

may be huge. Therefore, it is of certain dual necessity and practical significance for economic and trade translators and transnational economic and trade enterprises to study the translation anxiety of economic and trade English translators and put forward corresponding countermeasures.

Objective: By analyzing the anxiety symptoms of business English translators, this study puts forward anxiety response measures for business English translators, helps relevant industries reduce cross-border communication errors caused by translators' anxiety psychology, and provides a possibility for business English translators to overcome the influence of anxiety and expand their career development.

Subjects and methods: This study uses the methods of correlation analysis and difference test to analyze the correlation and functional relationship between the two factors by combining the characteristics of business English translation and anxiety symptoms.

Study design: This study takes the Self-rating Anxiety Scale and business English translation as the main research horizontal and vertical axis, uses the correlation analysis method to analyze the correlation between them, and tests the differences of anxiety types and anxiety levels of different groups of translators in the process of work according to the difference test method, and puts forward different coping strategies with different emphases according to different anxiety types.

Methods: SPSS17.0 software was used in this study process all research data.

Results: The distribution of subjects with different levels of anxiety is shown in Table 1.

Table 1. Anxiety score

Anxiety level	Anxiety score interval	Number of subjects	Proportion (%)
Low anxiety	<65	24	10.43
Moderate anxiety	65-85	162	70.43
Severe anxiety	>85	44	19.13

Table 1 shows the frequency and ratio of subjects with different levels of anxiety. Among them, the number of subjects with moderate anxiety is the largest, reaching 162, accounting for 70.43% of the overall anxiety. The number of people with low anxiety was the least, only 10.43%. The number of people with severe anxiety was 19.13%, which was slightly higher than that of people with severe anxiety. It can be seen that in business English translation, moderate anxiety is the most likely to occur, and the proportion is higher than the sum of mild anxiety and severe anxiety.

Conclusions: As a job requiring strong practical training and on-the-spot ability, economic and trade English translation often leads to the psychological anxiety of translators due to various psychological factors in the process of work. Starting with the characteristics of business English translation and anxiety symptoms, this study analyzes the correlation and functional relationship between them, so as to study the anxiety status of contemporary business English translators, and take this as the basis to help business English translators effectively overcome the anxiety psychological obstacles encountered in specific work and prevent business English translators from career development problems caused by anxiety. At the same time, it helps economic and trade enterprises reduce information transmission errors caused by the anxiety of translation staff in cross-border transactions, and indirectly improves the success rate of cross-border transactions.

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APPLICATION OF HUMANISTIC PSYCHOLOGY IN JOURNALISM TEACHING

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Background: Humanistic psychology is relative to the study of psychology by means of data statistics. Pay more attention to human subjectivity rather than objectiveness, that is, pay attention to the application of human subjectivity in the development of things. Compared with scientific psychology, it has certain advantages and disadvantages. The disadvantage of scientific psychology is to treat people as an object, as if they were a thing or a microorganism. Scales and other psychological measurement tools are like their microscope, and ignore the affirmation and understanding of people's own value. Its objective perspective has a kind of "absoluteness". Humanistic psychology does not treat it this way. It is more subjective. For example, the transfer in psychoanalysis is the problem of the relationship between analysts and analysts,