

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 advantages. 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,

and the problem between two subjects. This psychoanalytic theory is an idea based on the existence of unconsciousness, an investigation method or a treatment method. It belongs to typical humanistic psychology. Humanistic psychology focuses on putting people in the objective environment to explore the relationship between people and things, and comprehensively look at the changes of things with people's subjective consciousness. Humanistic psychology is closely related to our life, and can be used in real life to help us look at and understand the world. For example, analyze the social group psychology and humanistic care shown in the film, connect the contents shown in the details with people's attributes and values, and improve people's cognitive ability and practical ability. In the current news education in colleges and universities, teachers often pay attention to the cultivation of theoretical knowledge and ignore the cultivation of students' practical application ability, which makes the teaching effect not ideal. The study of journalism theoretical knowledge only stays at the surface, ignoring the relationship between it and the real world, and ignoring the research on the "human" value and attribute of the news subject. It is very easy for students to have negative learning emotions and psychological problems in the learning process, affecting people's mental health level.

**Objective:** To realize the renewal of teaching ideas and the reform of teaching structure, so as to improve the psychological problems of journalism students in the teaching process and improve their mental health level.

**Research objects and methods:** The research takes the students majoring in journalism in a university as the research object, evaluates their teaching status and students' psychological characteristics, integrates the theory of humanistic psychology into the journalism education curriculum, and constructs a teaching model that can effectively meet the needs of students and improve their psychological status. Then, the improved teaching model will intervene the research objects, explore the application of humanistic psychology in journalism teaching and its alleviation of students' psychological problems, and reduce the negative emotions caused by their professional problems.

**Method design:** With the help of principal component analysis, the factors affecting the teaching effect are analyzed, and then the news teaching classroom is innovated and optimized. The new model is constructed to collect the change data of learning needs and psychological laws of the experimental objects within three months, and the data are statistically analyzed to obtain the experimental results.

**Methods:** SPSS22.0 analysis tool to process the experimental data, factor analysis the influencing factors with principal component analysis, and test its intervention mechanism on students' psychological problems with the optimization model of news teaching under humanistic psychology.

**Results:** The perspective of humanistic psychology can effectively guide teachers to grasp students' psychological laws and emotional changes in the teaching process, and then optimize the teaching curriculum guided by students. And the optimized news teaching is more targeted, practical and information-based, which can effectively improve students' psychological problems. Table 1 shows the statistics of anxiety of news students under different teaching effects.

**Table 1.** Statistics of accounting employment anxiety of students under different teaching effects

Timing	Employment anxiety	Social anxiety	Academic anxiety	Social anxiety
Before teaching optimization	25.34±1.26	18.17±1.65	22.11±1.06	18.56±1.45
After teaching optimization	12.32±1.16	10.71±1.03	11.58±1.36	8.29±1.09

**Conclusions:** Humanistic psychology can emphasize people's value and potential, pay attention to individual differences and diversity, and optimize the curriculum of news teaching from this perspective, which can effectively help teachers guide and help students solve their learning and life problems, better take students' learning characteristics and psychological needs into account in the teaching reform, and improve students' psychological tolerance and professional application ability to deal with social changes. Thus, it reduces the generation of negative emotions and bad psychological problems.

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## MENTAL HEALTH STATUS AND OPTIMIZATION STRATEGIES OF ENGLISH TRANSLATION TALENTS

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