

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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Background: The standard of mental health refers to that all aspects of psychology and its activity process are in a continuous and positive psychological state. In this state, the subject can make good adaptation and give full play to its physical and mental potential. Mental health is one of the evaluation criteria of individual health status. Whether we can correctly deal with the changes and stimuli of the surrounding environment and whether we can have good mental endurance and quality is an important aspect of evaluating the level of mental health. The factors affecting mental health include the influence of objective environment, the level of psychological quality, self-cognition, psychological conflict and so on. The emotional value and psychological attitude of different individuals will affect the normal development of their mental health. Evaluating students' mental health is of great significance in the current educational environment and the background of teaching reform, and students' mental health is easily affected by many factors, such as changes in environmental conditions, academic expectations, interpersonal relationships, family factors and social stress events. Some studies have found that there is a certain negative correlation between people's quality and professional ability and mental health, that is, people with stronger professional ability are more likely to have psychological problems. The reason is that people with higher professional quality pay more attention to the high level of psychological needs. For example, college English translation talents are easily affected by factors such as low practicality of classroom teaching, poor effect of classroom teaching and worrying about employment prospects, such as anxiety, anxiety, fear, resistance, negative emotions and related psychological problems. The mental health of English translation talents is worrying, and their negative emotions and psychological problems have greatly interfered and hindered students' life and learning. Therefore, in this context, it is of great practical significance and guiding value to actively explore the mental health status of English translation talents and put forward optimization strategies.

Objective: To analyze the psychological problems and negative emotions of English translation talents from the perspective of psychology, and actively guide and intervene with the help of mental health means.

Research objects and methods: This study takes the students majoring in English translation in a university as the research object, first evaluates their psychological status, and then carries out targeted psychological intervention on the basis of exploring the causes of their psychological problems, in order to improve the mental health level of English translation talents.

Method design: According to the different psychological problems of the subjects, they were divided into different groups, such as anxiety group, depression group, emotion regulation disorder group, etc. They were actively intervened and relieved by means of psychological counseling, curriculum guidance, emotional interference and so on. The time was six weeks. After the experiment, the mental health status of the subjects was reassessed in order to explore the optimal path to effectively improve the mental health status of translation talents.

Methods: The psychological status and psychological problems of the subjects before and after the experiment were collected and evaluated with the help of mental health test scale, and Excel and SPSS23.0 statistical analysis tool to sort out and analyze the difference data.

Results: The society has high requirements for the comprehensive quality and professional ability of English translation talents, but the high employment standard and narrow employment scope make it difficult for English translation talents to meet the requirements of social development, and they are prone to psychological problems under the influence of a variety of internal and external factors. Effective psychological intervention for their psychological problems can effectively alleviate their negative emotions and improve their mental health level. The results showed that the mental health status of the subjects improved to varying degrees after the experiment, and the incidence of psychological problems decreased significantly. Table 1 shows the statistics of anxiety scores of English translators before and after the experiment. 1-5 scores represent the degree of anxiety from light to heavy.

Table 1. Statistics of anxiety scores of English translators before and after the experiment

Intervention time	Emotional anxiety	Interpersonal anxiety	Academic anxiety	Academic anxiety
Before intervention	4	3	3	4
After intervention	2	2	1	2

Conclusions: Mental health is an important index to evaluate the health status. Students are easy to have psychological problems in the complex social and learning environment, and different degrees of psychological problems will have a great negative impact on their study, life and even society. Targeted psychological intervention for college translation talents will help to improve their mental health and psychological problems.

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EFFECT OF PREOPERATIVE PSYCHOLOGICAL INTERVENTION ON ANESTHESIA IN ELDERLY LAPAROSCOPIC ABDOMINAL SURGERY

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Background: Under the guidance of psychological theory, psychological intervention is planned to intervene the psychological activities and personality characteristics of a certain object with the help of language, suggestion and other measures, so as to reduce people's anxiety, fear and other negative emotions. Psychological intervention is to alleviate anxiety and improve psychological problems by adjusting people's emotional value, so as to make people present a more positive and positive attitude to deal with the current difficulties or problems, and effectively intervene in the expected things in the future. Individual differences and psychological characteristics will make them show different application effects and intervention performance when participating in psychological intervention, and the psychological comfort degree of the audience caused by the same psychological intervention is also different. As an effective means of intervention, psychological intervention has been applied and involved in many fields, such as education and teaching, clinical medicine and so on. In the field of education, teachers often use verbal encouragement, psychological presupposition and other means to adjust and enlighten students' psychological change rules and emotions, so as to improve the teaching effect and quality. In the field of clinical medicine, disease acts on the body as a stressor, which will make patients unconsciously produce a certain degree of psychological stress, such as tension, anxiety, fear and so on. Moreover, patients' lack of correct cognition of their own diseases and prejudice against the hospital will amplify negative emotions and increase psychological burden and pressure in the process of treatment. The emotion of patients will affect their treatment process and follow-up rehabilitation effect. The increased probability of illness of the elderly and their lack of understanding of laparoscopic surgery make their resistance and anxiety during abdominal surgery more serious, which is not conducive to the treatment and rehabilitation of their diseases. Therefore, exploring the influence of preoperative psychological intervention on anesthesia in elderly laparoscopic abdominal surgery will help to reduce patients' fear, anxiety and other negative emotions about surgery, and improve their rehabilitation efficacy and psychological tolerance.

Objective: Through psychological intervention, patients can understand the operation related knowledge, establish a positive attitude, guide patients to learn self-regulation, control their emotions, keep them in a psychological best state for treatment, promote the normal operation, and reduce patients' anxiety, fear, anxiety and other negative emotions about instruments and equipment.

Research objects and methods: 126 elderly patients who were going to undergo laparoscopic abdominal surgery in a hospital were selected as the research objects. All the research objects were anesthetized by the same anesthesiologist and operated by the doctor in the ward. On the basis of understanding the psychological status of patients before operation, psychological intervention was carried out to explore the influence of psychological intervention in elderly laparoscopic preoperative anesthesia.

Method design: The subjects were randomly divided into traditional nursing group and psychological intervention group. The patients in the traditional nursing group were cared according to the general nursing routine in the operating room without any intervention measures. In addition to the general nursing routine in the operating room, the patients in the psychological intervention group were given psychological intervention measures, such as preoperative visit, cognitive intervention, emotional intervention and so on. The experiment lasted for three weeks. After the experiment, the psychological and emotional changes of patients and the performance in anesthesia operation were further explored to explore the improvement mechanism of psychological intervention on preoperative patients.

Methods: All data were collected by SPSS23.0 is entered and analyzed, and the data of numerical variables are expressed as mean \pm standard deviation. *t*-test was used for the comparison of numerical variables and Chi-square test was used for the comparison of classified variables.

Results: Patients with abdominal surgery will have anxiety and resistance due to strange environment and lack of relevant medical professional knowledge. After psychological intervention with various forms, they can effectively improve their cognition and sense of security of their own surgery and effectively alleviate their negative emotions. There was significant difference in the scores of negative emotions between the traditional intervention group and the psychological intervention group. Figure 1 shows the statistical difference in anxiety scores between the traditional nursing group and the psychological