

Table 1. SAS scores of two groups of students

Timing	SAS scores		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	76.2±12.3	76.5±12.1	0.304	0.653
After teaching	52.6±8.7	65.2±11.9	6.420	0.013
<i>t</i>	6.371	4.421	-	-
<i>P</i>	0.000	0.019	-	-

Conclusions: In 2018, China's Hainan Province began to build a pilot Free Trade Zone in an all-round way. In this context, Hainan has frequented economic and cultural exchanges with foreign countries, and oral English communication is also very common. Therefore, the demand for talents who master English skills in the UK has also increased greatly, and more and more attention has been paid to the English level of students. However, due to the problems of low teaching quality, limited English level, low psychological quality and limited thinking logic, students often have communication obstacles in oral English communication, leading to mental anxiety. The research puts forward strategies based on educational psychology to improve the oral English teaching model. The results showed that after teaching, the anxiety level of students in the study group was significantly lower than that of students in the control group ($P < 0.05$).

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CURRICULUM DESIGN AND PRACTICE OF UAV MISSION PLANNING FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: The teaching effect of UAV mission planning course is related to the professional quality and ability of UAV professionals in China, so the design and practice of the course are very important. At present, there are some defects in the UAV mission planning course, which leads to students' inability to fully understand and master some complex theories. For a long time, students' psychological pressure, such as learning pressure and employment pressure, has increased, and their negative emotions have accumulated, which has evolved into anxiety psychology. Anxiety is an emotional and behavioral disorder that excessively worries about bad expected results, including generalized anxiety, social anxiety, panic disorder, learning anxiety and so on. Short-term and moderate anxiety can help students establish learning goals and direction, and contribute to students' learning. However, long-term and excessive anxiety will lead to the impairment of students' physical and mental health, affect students' normal life and study, increase the burden on students' families, and have a negative effect on students' personal development and the construction of a harmonious society. Therefore, the UAV mission planning course should be designed and improved to improve the teaching quality and avoid students' anxiety due to worrying about their studies.

Educational psychology is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of the education system. In addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Educational psychology contains many related theories, including psychological content, the law of psychological changes of students in the learning process, teachers' analysis and cultivation of students' learning motivation, teachers' transfer and promotion of students' learning, teachers' analysis of the development of students' cognitive ability, teachers' cultivation of students' cognitive understanding, students' memory development, students' knowledge consolidation methods. The formation of students' cognitive strategies, the cultivation of students' problem-solving ability and innovation ability, the cultivation of students' correct self-consciousness, students' group psychology and students' mental health education. Using educational psychology to analyze students' psychology and learning motivation, and then optimize the original UAV task planning course can effectively improve the teaching quality of the course, improve students' learning efficiency, and avoid students' anxiety due to excessive pressure. It is of great significance to students' personal development and the development of UAV industry.

Objective: At present, there are some defects in UAV mission planning course, which leads to students'

inability to fully understand and master some complex theories, and then suffer from an anxiety disorder. Based on educational psychology, the research improves the teaching mode of UAV mission planning course, so as to improve the teaching quality of the course, improve students' learning efficiency and avoid students' anxiety caused by excessive pressure.

Research objects and methods: Two classes were randomly selected from the major of UAV system engineering in a university as the research object. Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Hospital Anxiety and Depression Scale (HADS) were used to evaluate the degree of anxiety of students.

Research design: One class (58 people) is used as the research group to teach the improved UAV task planning course based on educational psychology, and the other class (56 people) is used as the control group to teach the traditional UAV task planning course. After a period of time, the test scores and psychological anxiety of the two classes were compared.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: After teaching, the SAS score, SDS score and had score of the students in the study group were significantly lower than those in the control group ($P < 0.05$). The SAS scores of the two groups are shown in Table 1.

Table 1. SAS scores of two groups of students

Timing	SAS score		<i>t</i>	<i>P</i>
	Research group	Control group		
Number of students	58	56	-	-
Before teaching	65.3±12.3	66.1±12.9	0.403	0.762
After teaching	44.6±6.2	65.3±10.1	4.354	0.042
<i>t</i>	8.019	0.431	-	-
<i>P</i>	0.000	0.437	-	-

Conclusions: The teaching effect of UAV mission planning course is related to the professional quality and ability of UAV professionals in China, so the design and practice of the course are very important. At present, there are some defects in UAV mission planning course, which leads to students' inability to fully understand and master some complex theories. For a long time, students' psychological pressure, such as learning pressure and employment pressure, has increased, and their negative emotions have accumulated, which has evolved into anxiety psychology. Based on educational psychology, the teaching mode of UAV mission planning course is improved. The results showed that after a period of teaching, the SAS score, SDS score and had score of the students in the research group were significantly lower than those in the control group ($P < 0.05$). Therefore, using educational psychology to optimize the UAV task planning course can effectively improve the teaching quality of the course, improve students' learning efficiency, and avoid students' anxiety due to excessive pressure. It is of great significance to students' personal development and the development of UAV industry.

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ON THE SIGNIFICANCE OF THE RESEARCH ON THE “YUFU ZHI” IN CHINESE DYNASTIES FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: As a branch of psychology, social psychology combines psychological theory with sociological theory, studies the social psychological performance of individuals and groups under the background of social environment, analyzes the psychological characteristics of individuals and social groups, and discusses the emotional thought and behavior performance of individuals under the restriction of others or groups under the social environment. From the individual level, social psychology analyzes the psychological characteristics of social individuals such as self-consciousness, social perception and psychological behavior motivation, and makes an in-depth study on the interaction between social individuals, including the psychological laws of multiple interactive behaviors such as individual