

score in the neuro quality scale indicates emotional instability, and a low score indicates emotional stability. The high score of mental quality scale indicates that the subjects have pathological personality.

Methods: The data obtained from all evaluations were statistically analyzed by MATLAB software and Smartbi software.

Results: Figure 1 shows the comparison results of EPQ scores of national cultural clothing wearers with the norm. According to figure 1, the EPQ scores and subscale scores of national cultural clothing wearers are significantly better than the norm, and the difference is statistically significant ($P < 0.05$).

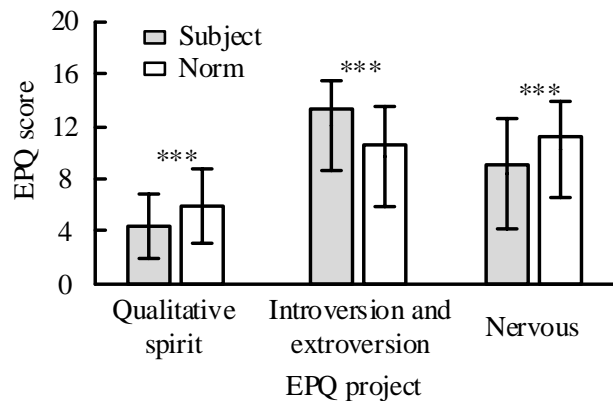


Figure 1. Comparison between EPQ score and norm of national culture clothing wearers
Note: *** Indicates $P < 0.05$.

Conclusion: As one of the core elements of fashion design, color has a certain difference in the impact on people's emotional consciousness. From the perspective of color psychology, the color matching of national cultural clothing has an important influence. Through different color matching and application methods, it can deeply beautify the human body and improve its mental health level. From the perspective of color psychology, the color matching of national cultural clothing has a significant curative effect on the wearer. The EPQ scores and subscale scores of national cultural clothing wearers are significantly better than the norm, which shows that the color matching of national cultural clothing based on the perspective of color psychology can effectively alleviate the negative psychological emotions of the wearer, improve their mental health level, and achieve a significant curative effect.

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AN ANALYSIS OF THE CURATIVE EFFECT OF LITERARY TRANSLATION ON ANXIETY STUDENTS

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Background: Anxiety can be summarized as a vague and unpleasant emotional state. Patients may have psychological characteristics of anxiety, fear, pain and anxiety. Anxiety comes from excessive irresistible stimulation. Unlike tension, anxiety is the result of long-term inhibition. Anxiety occurs when tension accumulates in some people and breaks through a critical point. The emergence of anxiety is a long process and varies from person to person, mainly because everyone is affected by various conditions or factors. When people feel nervous about something, their thoughts will be disturbed by it repeatedly and make all kinds of exaggerated imagination and assumptions. When it exceeds the critical point, anxiety begins to appear. Anxiety is usually manifested in negative emotions such as self-doubt, anxiety and tension. Literary translation is by no means a simple conversion between codes. The purpose of students' literary translation is to express the author's inner world and beautiful imagination to be expressed in literary works. When teaching, teachers must always strengthen students' psychological quality and fully understand students' current negative emotions. Chinese and English sometimes cannot reflect equivalence in surface meaning and form. However, from the perspective of pragmatics, students can take appropriate translation methods

to guide students in order to solve the problems of cultural differences in literary works. Through the translation of the whole poem, students enter the author’s world and space well, and feel the author’s good mood at that time. Students can feel the beauty of artistic conception in literary translation, so that students can introduce western cultural literacy into the translation process. When translating poetry and prose works, students must follow this principle, consider the author’s era background, the poet’s mood and external environmental factors, and strive to translate the beauty of form, sound and artistic conception of the original poem, so as to further improve students’ cultural and psychological quality.

Objective: Literary translation is not only a complex process of language conversion, but also a process of aesthetic reproduction. In the classroom of literary translation teaching, teachers should take students as the main body, correctly guide students to carry out literary translation from the perspective of students’ psychology, emphasize the importance of psychological quality, and effectively improve students’ comprehensive quality while improving students’ ability to translate literary works.

Subjects and methods: Taking 100 students with anxiety disorder in a university as the research object, combined with the current situation of literature translation teaching, this paper adopts the literature translation classroom anxiety scale according to the characteristics of college students’ literature translation learning, in order to judge the improvement of college students’ anxiety disorder before and after literature translation teaching.

Research design: The literature translation classroom anxiety scale was used to evaluate the anxiety disorder of college students. The scale is divided into four dimensions: worry, nervousness, fear of translation and fear of classroom questioning. It includes 33 questionnaire questions, and each question has 5 answers to choose from. The 5-level scoring system is adopted, with a full score of 5 points. Answer 1 means completely non-conforming (1 point), answer 2 means not quite conforming (2 points), answer 3 means not sure (3 points), answer 4 means relatively conforming (4 points), and answer 5 means fully conforming (5 points). The internal consistency coefficient of the scale is 0.887, indicating that it has very good reliability and institutional validity.

Methods: The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

Results: The overall situation of college students’ anxiety in literature translation teaching is shown in Table 1. According to Table 1, the average anxiety score of college students is 3.12, which is higher than the national norm score. The score range of each factor of college students is 3.13-3.19, which reflects that college students have more or less moderate learning anxiety in the learning process.

Table 1. Correlation analysis between students’ positive psychological quality and anxiety

Factor	Maximum	Minimum value	Average	Standard deviation
Worry	1.12	4.68	3.15	0.68
Nervous and tense	1.51	4.90	3.19	0.69
Fear of translation	1.58	4.72	3.13	0.63
Fear of classroom	1.59	4.73	3.18	0.72
Total learning anxiety	1.92	4.28	3.12	0.56

Conclusions: Teachers should adopt new teaching methods at multiple levels and angles, properly process literary works, and carry out comprehensive, systematic and scientific teaching activities for students’ mental health problems while cultivating students’ literary translation ability. In the process of translation teaching, teachers carry out sub divisional and sub divisional training for students from the aspects of vocabulary, semantics, syntax, sentence pattern and pragmatics, and carry out comprehensive exercises according to different students’ psychological states. On the basis of improving literary translation ability, teachers can effectively improve students’ negative emotions, so that college students with psychological anxiety can effectively alleviate their symptoms.

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ON THE RELATIONSHIP BETWEEN ANXIETY PSYCHOLOGICAL ACTIVITIES AND PHYSIOLOGICAL FUNCTION IN VOCAL MUSIC SINGING

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