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## ANALYSIS OF THE IMPACT OF THE INNOVATIVE REFORM OF ENGLISH TRANSLATION TEACHING MODEL BASED ON COGNITIVE PSYCHOLOGY ON THE MENTAL HEALTH OF INTERNS

Xuezhong Wu

*Zhejiang Yuexiu University, Shaoxing 312000, China*

**Background:** Cognitive psychology is a theory that inherits the strict experimental method of behaviorism. In the process of application, it adopts the achievements of cybernetics, information theory, computer and other disciplines to study the development process and law of human psychological cognition. His thoughts, viewpoints and theories in the field of education and teaching also have very important enlightenment to the reform of college English teaching. Cognition mainly refers to the subject's ability to acquire knowledge and solve problems, which is the product of human individual internal psychological activities. Cognitive structure is an organized whole composed of a series of cognitive items according to a certain way of contact. Some scholars pointed out that cognitive structure can be regarded as all the ideas and organizations of a person in a certain field of knowledge, as well as all the contents and organizations of a person's ideas. Usually, whether people can have a correct understanding of objective things depends on the existing cognitive structure in their mind. A large number of studies have shown that in the process of re learning, people recognize new knowledge through the existing cognitive structure. It can be considered that a good cognitive structure plays an important role in learning. Good cognitive structure is not only the basis of subsequent learning, but also the core task of learning. English translation teaching based on cognitive psychology is to enable students to make rational use of their existing translation knowledge and experience. In terms of organizational characteristics, it refers to the level of experience in translation knowledge. That is, learners' understanding and perception of translation theory, knowledge of vocabulary and grammar of source language and target language, knowledge of both cultures, and experience accumulated in previous translation practice. English translation teaching based on cognitive psychology not only helps students form the habit of storing translation knowledge, but also has the ability to assimilate new knowledge and deal with new topics through processing. The success or failure of the English translation teaching model based on cognitive psychology lies in whether to make rational use of students' existing cognitive structure and incorporate new knowledge into the old cognitive structure, so as to enrich and strengthen the existing translation theory and practical experience, or change and adjust the original cognitive structure, so as to establish a new translation cognitive structure.

**Objective:** To explore how to alleviate college students' negative psychological emotions and improve their mental health level through the English translation teaching model based on cognitive psychology, so as to provide an effective way to solve the mental health problems of college students in China.

**Subjects and methods:** This study adopts the English translation teaching model based on cognitive psychology, adopts the stratified cluster random sampling method, randomly selects 200 English majors in a university as the intervention object, and analyzes the mental health status of college students after the intervention.

**Research design:** This study was conducted with Eysenck Personality Questionnaire (EPQ), which has 88 questions, including introversion (E), neuroticism (n), psychoticism (P) and concealment (L). Among them, the high score of *P* scale indicates that the subjects have pathological personality. A high score of *e* scale indicates extroversion, and a low score indicates introversion. A high score of *N* scale indicates emotional instability, and a low score indicates emotional stability. A high score on the *L* scale indicates that the subject has a high ability of concealment. EPQ questionnaire has gradually developed and matured in China. It is a personality questionnaire with great influence in China.

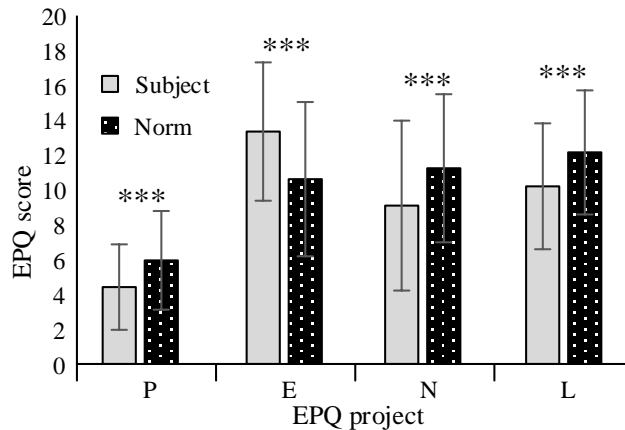
**Methods:** The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

**Results:** Figure 1 shows the comparison between the EPQ score of college students and the norm. The results showed that the scores of EPQ subscales of all college students were compared with the norm ( $P < 0.01$ ). The scores of each subscale were significantly better than the national norm ( $P < 0.01$ ).

**Conclusions:** Cognitive psychology can bring more changes to education and positively affect the practice of adjacent disciplines and related fields. The role of cognitive psychology in computer science or artificial intelligence will become more and more prominent with the development of a new generation of

intelligent computers. Scientists are now trying to integrate several independent cognitive disciplines, such as psychology, artificial intelligence, logic and epistemology, to form a single discipline, which is currently called cognitive science. The results show that the personality of English majors tends to be extroverted, sociable and impulsive, and there are very few negative emotions such as anxiety and depression. More gregarious, and can get along better with others, with strong ability to adapt to the environment. Relatively honest, but the level of socialization needs to be improved.

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**Figure 1.** Comparison of EPQ scores between college students and norm  
Note: \*\*\* Indicates  $P < 0.01$ .

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## ON THE PERSONALITY DISORDER OF RUSSIAN ELITE FROM THE PERSPECTIVE OF CULTURAL TURN OF PSYCHOLOGICAL DEVELOPMENT

Mengmeng Yuan, Xu Si\* & Yubing Yang

*Ural Federal University, Yekaterinburg 620000, Russia*

**Background:** The development of contemporary psychology is facing an unavoidable major problem, that is, the problem of culture. The cultural problems in psychological research are mainly reflected in two aspects: one is how to treat the cultural connotation of people’s psychological behavior, and the other is how to treat the cultural characteristics of an independent scientific category. These two aspects are often closely combined. Psychology and some branches related to psychology also specialize in culture and cultural psychology, but researchers can take different ways to deal with the existence of culture. There are not only differences between different research orientations or branches of disciplines, but also differences between different propositions and viewpoints in the same research orientation or branches of disciplines. Whether psychological research should involve cultural issues and how to involve cultural issues are important and key issues related to the development of psychology. Therefore, it can be said that the trend of psychological localization indicates that psychology itself is undergoing profound changes. This profound change is mainly reflected in the re understanding of psychological research objects and the positive change of psychological research methods. In the process of scientific psychology, the research of western mainstream psychology tends to understand human psychology as a natural phenomenon, or has the same nature as natural phenomena. On the one hand, it promotes psychology to become an independent scientific category and makes psychology more and more precise, but on the other hand, it also makes the research of psychology have some defects. The defects are mainly reflected in two aspects. Personality psychology is a highly comprehensive branch of psychology. Its research contents include education, personality traits, individual personality, school management, social effects and so on. Personality psychology belongs to applied psychology, which mainly studies people’s learning and the role of educational intervention, teaching psychology and social psychology organized by schools under the educational background. “Personality” in personality psychology includes not only personality, but also people’s beliefs and self-concept. It is an individual’s internal tendency in behavior. Personality psychology