

lack relevant exchange and learning opportunities, and the high work pressure and low salary of dual qualified teachers lead to teachers' sense of job burnout. By constructing the professional development system of double qualified teachers and strengthening the cooperation between schools and enterprises, double qualified nursing teachers feel the attention of schools and local education departments. Stimulated by the reward system, teachers' enthusiasm is greatly reduced and their job burnout psychology is significantly reduced. The emotional exhaustion score of senior double qualified nursing teachers is 2, and the results are shown in Table 1.

Table 1. Psychological scores of job burnout of double qualified nursing teachers with different professional titles

Title	Emotional exhaustion	Fulfillment	Personality disintegration
Intermediate	2	4	2
Senior	2	5	1

Conclusions: With the establishment of double qualified teachers' professional development system and the strengthening of school enterprise cooperation, the work enthusiasm of double qualified teachers has been greatly improved and their professional skills have been improved. In their work, they can gain a sense of achievement, and their job burnout is gradually eliminated.

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THE INFLUENCE OF COLLEGE ENGLISH TRANSLATION TEACHING DESIGN BASED ON EDUCATIONAL PSYCHOLOGY ON ALLEVIATING STUDENTS' FOREIGN LANGUAGE LEARNING ANXIETY

Qinghua Ye

Guangzhou Institute of Science and Technology, Guangzhou 510540, China

Background: As a branch of psychology, the research object of educational psychology is educators and educates, and the research content is their psychological situation and psychological change law. Educational psychology is applied in many fields to study the psychological changes of students in the process of teaching. In the face of students' psychological and behavioral problems in the teaching process, the use of educational psychology knowledge can solve these problems, so as to help students improve their academic performance and reduce the psychological burden in the learning process. The knowledge of educational psychology can guide teachers to carry out relevant educational and teaching activities and improve teaching quality. Before carrying out education and teaching activities, we should first understand the basic psychological laws of students, master what psychological processes will appear in the teaching interaction between teachers and students, and guide students according to these psychological processes, so that students can adapt to the teaching methods, keep up with the progress of teaching, and finally better achieve the teaching objectives. In daily student management, we can also use the knowledge of educational psychology to formulate management measures to make students abide by discipline and make the classroom atmosphere better. We can also correct students' conduct, let them take learning seriously and actively solve the problems in learning, or ask teachers and classmates for help to maintain a positive state. When necessary, teachers can encourage and enlighten students through some small measures, so that students can eliminate negative emotions, form positive psychological qualities such as perseverance and courage, and obtain better academic results.

With the development of China's economy and society, the state has put forward the requirements for the cultivation of English compound talents. Students should not only have a solid foundation of English, but also master professional knowledge. This puts forward new requirements and new directions for college English teaching, and translation teaching continues to develop. Translation plays an important role in college English teaching. Translation ability will affect students' listening, speaking, reading and writing ability. These English abilities are closely related. College students can obtain a lot of language knowledge, understand a lot of Chinese and Western cultures, deepen their understanding of the differences between the two cultures, and improve their language ability. In addition, English translation is the requirement of the times and the development trend of the internationalization of higher education. Students should improve their translation level. However, due to personal characteristics and unskilled mastery of translation skills, college students have varying degrees of learning anxiety in English translation teaching,

which affects students' normal learning and has a certain blow to students' learning enthusiasm.

Objective: To understand the current learning anxiety of students in English translation teaching in colleges and universities, and to analyze the causes of these students' learning anxiety. According to students' learning psychological state and learning status, this paper uses the knowledge of educational psychology to reform college English translation teaching and puts forward relevant countermeasures. First of all, in the teaching process, take students as the center, create a relaxed and harmonious classroom atmosphere, let each student participate through some interactive activities, improve students' enthusiasm, increase students' sense of achievement, improve their learning interest and alleviate students' learning anxiety through activities. Reasonably change the role of teachers, make the relationship between teachers and students more harmonious, and alleviate students' tension and learning anxiety.

Subjects and methods: The research objects are college students. 130 college students from different majors and grades are randomly selected from a university. They understand their personal information, English learning and teachers' teaching, and analyze their advantages and disadvantages in English translation and the causes of learning anxiety. After the reform of English translation teaching for these students, the teaching time is two semesters. During the teaching period, observe the students' learning status and record the students' relevant data. Using fuzzy evaluation, this paper studies the changes of students' English ability and learning anxiety before and after the reform of English translation teaching. Grade 1-5 score is adopted. The higher the score, the heavier the degree. SAS software is used to process the data.

Results: Due to their low self-esteem, some college students are afraid of teachers' roll call in translation class, will avoid teachers' eye communication, and their translation ability is poor, resulting in foreign language learning anxiety. After the reform, students' self-confidence has been improved, their translation ability has been significantly improved, they are no longer nervous in class, and their learning anxiety has been significantly alleviated. Among them, the learning anxiety score of business English majors is 2. See Table 1 for details.

Table 1. Foreign language learning anxiety scores of students of different majors

Major	Learning anxiety	Learning tension	Learning fear
Business English major	2	1	1
English major	1	2	1
Computer major	2	2	2

Conclusions: Pay attention to students' needs, adjust English translation teaching according to students' situation, and improve students' participation. By reasonably changing the role of teachers, we can make the relationship between teachers and students more harmonious, make the students' tension disappear slowly, gradually alleviate their learning anxiety, and improve their English translation ability in the process of active learning.

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STUDY ON THE INFLUENCE OF SOCIAL MEDIA USE FREQUENCY ON TEENAGERS' CONSUMPTION ANXIETY

Mengjiao Yin* & Biao Ma

Taihu University of Wuxi, Wuxi 214100, China

Background: With the continuous development of economy and society and the continuous improvement of information technology, all kinds of network information are filled around people, which has a great impact on people's ideas. Consumption anxiety is one of them. In the past, people bought the products they needed through shopping and enjoyed the happiness brought by shopping. Now, people have formed a variety of consumption anxiety in the process of shopping, such as quality choice anxiety, price choice anxiety, channel choice anxiety and so on. Consumption anxiety has become a new social mentality, and the consumption anxiety formed by people of different ages is different in the process of consumption. For teenagers, social media is a good entertainment medium. Through social media, you can learn a lot of novel things and know more useful goods. However, the enrichment of commodities makes teenagers like many commodities, and also makes teenagers don't know how to choose commodities. The mental development of teenagers is not mature, the concept of right and wrong has not been formed, and they cannot well