

has been alleviated, and comprehensive talents have been cultivated.

\* \* \* \* \*

## A STUDY ON THE CULTIVATION OF COLLEGE STUDENTS' ENGLISH PSYCHOLOGICAL QUALITY BY POSITIVE PSYCHOLOGY AND ITS STRATEGIES

Shangchun Zeng

*Wuzhou University, Wuzhou 543002, China*

**Background:** As a branch of psychology, the research content of positive psychology is human positive psychology and virtue. The research focus of this psychology is the positive role of positive psychological quality in different fields, including education, management and so on. In the research process, we will guide and cultivate the positive psychological quality of individuals through scientific methods, correct the negative concerns of individuals with psychological problems, and enable them to shift their concerns to the positive level of things. And gradually stimulate the individual with the help of various positive things, so as to infect the individual's emotion, gradually become optimistic and positive, stretch your mind and improve the individual's negative emotion. After a period of time, when facing problems, individuals will no longer blindly look at things negatively, have the courage to find ways to solve problems, and actively try a variety of methods. When they can't solve them, they will humbly ask others for advice until they find a solution to the problem, rather than directly escape and treat them negatively when the problem occurs, resulting in more and more serious problems. In the process of education and teaching, we can use positive psychological knowledge to create a positive learning atmosphere and ensure the good development of teaching.

At present, English, as a second language, has a poor teaching effect in college teaching. Many students have uneven abilities in English learning. With the growth of age, the level of students' English learning ability tends to decline. For students with poor English scores, English learning is more difficult. There are great differences in Chinese and western language habits, which has hit the enthusiasm of students. These students will have negative emotions such as escape, exclusion and disgust when facing English learning, and will have anxiety. For new college students, their familiar things have changed. Because their English pronunciation has a strong local accent, they dare not speak English in front of others and are ashamed to ask others for advice, resulting in anxiety. And some students feel at a loss about the application prospect of English. They learn English more in order to obtain CET-4 and CET-6 certificate. They don't face up to English learning and are not active in learning. Most of the time, they just make a surprise attack for a period of time before CET-4 and CET-6.

**Objective:** To understand the current state of college students in English courses and the effect of English teaching, analyze the reasons for the negative psychological state of students, adjust the English teaching mode by using the knowledge of positive psychology according to the students' English learning situation and learning psychology, and cultivate the students' positive psychology of English learning at the same time of English teaching, so as to make college teachers and students pay attention to the positive psychology of English learning. In the construction of teachers, the construction requirements of full-time learning psychological counseling teachers and English professional teachers as the supplement, and the cultivation of positive psychology in English learning permeates into daily education and teaching. In the process of English teaching, we should deeply explore students' positive psychological quality and promote the formation of students' positive psychology in English learning.

**Subjects and methods:** The research objects are college students. 280 college students were randomly selected from a university. The selected students come from different grades and majors. Understand students' personality characteristics, attitudes towards English courses and the current situation of English courses, and analyze the reasons for students' negative psychological state. After the reform of English Teaching for these students, the time of English teaching is one semester. The relevant data of students are recorded during the teaching period, and these data are sorted and counted. Fuzzy evaluation is used to analyze the psychological state of the students selected before and after the reform of English teaching. Grade 1-5 is used. 1-5 points respectively mean no, slightly, general, obvious and complete. The data processing software is SAS software.

**Results:** At present, in college English teaching, students' learning enthusiasm is not high. Facing the problems in the process of English learning, many students choose to be perfunctory and give up English learning. Some students, due to their personal ability, work twice as hard in English learning, resulting in anxiety. Through the reform of English teaching mode by using positive psychology, students gradually form

positive psychological quality, strengthen students' English learning motivation and improve their enthusiasm. After one semester of study, freshmen's learning enthusiasm score is 5, and the results are shown in Table 1.

**Table 1.** English learning psychological quality scores of college students in different grades after English teaching reform

College student	Learning enthusiasm	Self-confidence	Learning initiative
Freshman	5	4	5
Sophomore	4	5	5
Junior	5	4	4

**Conclusions:** After the adjustment of English teaching mode, college students should establish positive English learning psychology under the psychological guidance of teachers. And with the help of teachers, cultivate the positive psychological quality of English learning.

**Acknowledgement:** The research is supported by: "Business English Interpretation Course Project" of School-level Education and Teaching Reform Foundation in the Year 2018-2019 from Wuzhou University (No. Wjyg2019A093).

\* \* \* \* \*

## THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON PSYCHOLOGICAL GUIDANCE TO ALLEVIATE COLLEGE STUDENTS' EMPLOYMENT ANXIETY

Xinsheng Cai

*Guangdong Medical University, Dongguan 523808, China*

**Background:** Anxiety Psychology refers to the tension of an individual about the situation he will face, resulting in unexplained anxiety and fear in his heart. Anxiety psychology can be divided into two kinds: objectivity and neurosis. Objective anxiety is the response to the real danger in the environment, while neurotic anxiety is the result of contradiction in the subconscious. In recent years, under the influence of social transformation, the employment pressure of college students is increasing, the number of college graduates is increasing year by year, and the competition for jobs is fierce. Many college graduates are facing the situation of unemployment after graduation, and the employment problem is more serious. Facing the difficult situation of employment, many college students have different degrees of employment anxiety. Some college graduates do not know how to face the problem of finding a job after graduation due to insufficient psychological preparation, resulting in anxiety. This kind of employment anxiety usually shows continuous tension. When graduates successfully find a job, this anxiety will gradually disappear. In addition, some college students show a state of confusion and anxiety because they don't know which job to choose, but this state will disappear because they find a more suitable job. Or college students will also have anxiety after they encounter setbacks in the process of employment. College students with employment anxiety are emotionally depressed and difficult to concentrate. The whole person shows a very tired state and is easy to lose his temper. A little pressure will cause their strong reaction and have no enthusiasm for the things around them.

With the continuous advancement of economic globalization, various cultural trends and values impact the thoughts of college students. In this environment of Ideological and cultural collision, some college students will have some ideological problems, resulting in bad phenomena such as political confusion and value distortion. At this time, colleges and universities need to carry out ideological and political education for college students, guide college students to establish correct three outlooks, cultivate the spirit of unity and cooperation, help college students form positive psychological qualities such as courage, tenacity and self-confidence, eliminate their mental health problems, solve their ideological confusion and make them go more smoothly on the road of life.

**Objective:** To understand the causes of employment anxiety of college students and make a specific analysis. On this basis, through relevant ideological and political education measures, guide college students' employment anxiety psychology, guide them to have a certain understanding of the current employment social environment, understand the current professional employment situation, have a certain psychological preparation for future employment, reduce their sense of confusion about employment, and