

enterprise employees, this paper analyzes the causes of employees' mental anxiety, and studies the impact of integrating personality psychological care on employees' mental anxiety symptoms.

Objective: To explore the current situation of mental anxiety of enterprise employees, analyze the common manifestations and adverse effects of mental anxiety patients, study some common treatment schemes of mental anxiety, and then analyze the impact of integrating personalized psychological care on mental anxiety symptoms of enterprise employees.

Study design: Take 60 patients with mental anxiety in an enterprise as the research object, implement the integrated personalized psychological care management strategy in the enterprise human resource management, and count the changes of employees' psychological interaction at work after six months, so as to evaluate the impact of the integrated personalized psychological management strategy on employees' mental anxiety.

Results: Table 1 shows the comparison of the number of psychological changes of 60 employees with mental anxiety before and after. It can be seen from the table that after the personalized care and management of the enterprise, the mental anxiety of the employees has been improved, and the employees show more confidence, work more actively, and the psychological anxiety has been alleviated.

Table 1. Comparison table of psychological changes of 60 employees with enterprise mental anxiety before and after

Positive psychology	Before work	After work	<i>P</i>
Good performance	20	50	<0.05
Positive working attitude	9	45	<0.05
Self-confidence	10	48	<0.05

Conclusions: With the acceleration of social development, more and more people suffer from mental anxiety. Mental anxiety symptoms not only affect people's physical and mental health, but also affect patients' work and study. Therefore, people should pay high attention to it. For enterprise employees suffering from mental anxiety, this paper studies the impact of human resources department on employees' mental anxiety symptoms by integrating personalized psychological care strategy. The results show that human resources department can significantly alleviate employees' mental anxiety symptoms and have a positive impact on employees' development by integrating personalized psychological care. Therefore, the development of enterprises should not only pay attention to the long-term development goals of enterprises, but also pay attention to the physical and mental care of enterprise employees, so as to ensure the scientific and healthy development of enterprises.

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RESEARCH ON THE APPLICATION OF EDUCATIONAL PSYCHOLOGY IN IMPROVING THE QUALITY OF STUDENTS' FOREIGN LANGUAGE LEARNING

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Background: Educational psychology is the psychology that studies human learning in the educational environment. Through the psychological research of all influencing factors in the educational environment, it excavates the most suitable learning methods for learners and promotes learners to solve various problems encountered in the process of development. Educational psychology focuses on the research of students' emotion, thinking and other ability indicators. Through research, we can optimize the teaching design and adjust students' psychological state, so as to enable students to achieve the best learning state in the learning environment. However, in the actual teaching, the development of students is affected by many factors, such as teachers' teaching ability, students' learning talent, teaching environment and teaching conditions, which will affect students' psychological emotion. At the same time, in the research of educational psychology, we also pay attention to the research of teachers' psychological activities, such as teachers' comprehensive quality and ability, teaching implementation methods, the influence of external factors, students' classroom performance and so on. Two psychological factors will determine the final learning effect of the classroom. In the research of educational psychology, some scholars believe that in order to improve the educational effect of the classroom, we should start from the psychological aspects of teachers and students, and reasonably implement the teaching plan according to the psychological

influence of their psychology, so as to continuously improve the teaching effect, so as to improve the teaching effect of the classroom.

In foreign language learning, many students are afraid of foreign language courses, and even there is a psychological exclusion in their subconscious mind. In actual learning, middle school students are naturally unwilling to take the initiative to participate in learning, which will affect the effect of students' foreign language learning. In the research of educational psychology, students' learning emotion, students' subjective learning consciousness and students' classroom performance are the factors that determine the final quality of the curriculum. At the same time, in the study of teachers' psychology, teachers are affected by the environment, and their teaching emotion, teaching methods and classroom mentality also affect the teaching effect of the course. Therefore, today, with the continuous reform of education, foreign language teaching needs to use the means of educational psychology to constantly adjust the psychological state of students and teachers. For example, teachers should correctly guide students to accept foreign language courses, correct their learning attitude, and alleviate students' exclusion through communication, so as to help build learning self-confidence. At the same time, teachers also need to constantly reflect, optimize the teaching process, summarize deficiencies and adjust their mentality, so as to obtain the best teaching state, so as to meet the research of educational development and solve the problem of poor effect of current foreign language education. Therefore, in the context of educational psychology, through the psychological research of students and teachers, this paper studies the impact of educational psychology on students' foreign language learning quality.

Objective: To explore the current situation of students' foreign language curriculum learning in a school, analyze the role of educational psychology in teaching development, study the psychological attitude of students and teachers towards foreign language curriculum, and then explore how to improve the teaching quality of foreign language curriculum through educational psychology in foreign language curriculum.

Subjects and methods: The research take the students majoring in foreign language in a school as the research object, and counts the positive psychological status of teachers and students in foreign language curriculum in foreign language teaching. Through the implementation of psychological education in school foreign language curriculum, it can count out whether psychological education has an impact on the implementation of foreign language curriculum.

Results: The influence of psychological activities of teachers and students in a school on foreign language teaching is shown in Table 1. It is graded from 0 to 4. 0 means no influence, 1 means slight influence, 2 means general influence, 3 means obvious influence and 4 means complete influence. The results show that the psychological activities of teachers and students can have a significant impact on foreign language teaching.

Table 1. The influence of teachers and students on the reform of university management system

Project	Teacher		Student	
	Curriculum professional psychology	Positive psychology of teaching	Learning positive psychology	Subject recognition psychology
Reform of university management system	4	4	4	3

Conclusions: In the context of educational reform, foreign language curriculum reform needs to constantly explore new teaching methods and teaching ideas in order to meet the development and planning requirements of modern education. Through the research of educational psychology, the teaching content will be continuously optimized according to the psychological changes of students and teachers, and the teaching scheme in line with the educational reform will be given. The results show that through the reasonable research on the psychological state of students and teachers, the teaching methods in line with foreign language learning can significantly improve the activity of students and teachers in the classroom and ensure the quality of the classroom. Therefore, by reasonably analyzing the factors of educational psychology and constantly adjusting the teaching content, it has a positive impact on improving the teaching effect.

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STUDY ON THE IMPROVEMENT OF COLLEGE STUDENTS' DEPRESSION BY THE ARTISTIC CHARACTERISTICS OF FILM AND TELEVISION DRAMA LITERATURE