

## A STUDY ON THE INFLUENCE OF DISCOURSE TRANSLATION AND COMMUNICATION OF THE COMMUNITY OF HUMAN DESTINY ON FOREIGN STUDENTS' AFFECTIVE DISORDER

Yanfeng Zu

*Guangzhou Huali College, Guangzhou 511325, China*

**Background:** In recent years, China's international status has become higher and higher, and its traditional culture has been warmly welcomed all over the world, which has aroused the interest of many young people. Therefore, many students come to China to study abroad. The ideology, religious beliefs and customs of foreign students in China are different from those of Chinese college students. Compared with Chinese college students, they are more prone to anxiety and depression. Psychology believes that anxiety refers to the tension, anxiety, fear and other negative emotions caused by the threat or imminent threat of an individual to something. Long term anxiety will cause serious problems in students' mental health, resulting in emotional disorders. Affective disorder, also known as mood disorder, is a disease with long-term, serious emotional or mood changes caused by various reasons. The clinical manifestation of affective disorder is mainly the abnormal mood of patients, with obvious rise or fall, accompanied by a series of psychotic symptoms, such as cognitive impairment, behavioral disorder, hallucination, delusion and so on. The onset of affective disorder is repetitive, alternating and mixed. The clinical manifestations of affective disorder include depressive episode, manic episode, mixed episode, cyclic mood disorder and dysthymic disorder. Finding an appropriate way to alleviate the emotional barriers of foreign students is of positive significance to the personal development of foreign students and China's international image.

Affective psychology is one of the important parts of psychology. Its main research object is human emotion. The main research content is how to eliminate or alleviate individual tension and pressure caused by external stimulation or nature through certain means, so as to help individuals restore healthy and sound personality. Psychologists believe that only when individuals improve their psychology can they improve their emotions. Based on affective psychology, this study analyzes the causes of affective disorders of foreign students, and puts forward that the main causes of affective disorders of foreign students are loneliness and alienation. Therefore, the study translates the community of human destiny and makes it spread among foreign students, so as to enhance the identity of foreign students, so as to reduce the alienation and loneliness of foreign students, and finally alleviate the degree of emotional barriers of students.

**Objective:** The ideology, religious beliefs and customs of foreign students in China are different from those of Chinese college students. Compared with Chinese college students, they are more likely to have anxiety and depression, and then suffer from emotional disorders. The study uses the translation and dissemination of the community of human destiny to enhance the identity of foreign students, so as to reduce the sense of alienation and loneliness of foreign students, and finally alleviate the degree of emotional barriers of students.

**Subjects and methods:** 80 ethnic minority students with anxiety psychology were selected from three universities as the research objects, and the degree of anxiety and depression was evaluated by Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and SCL-90.

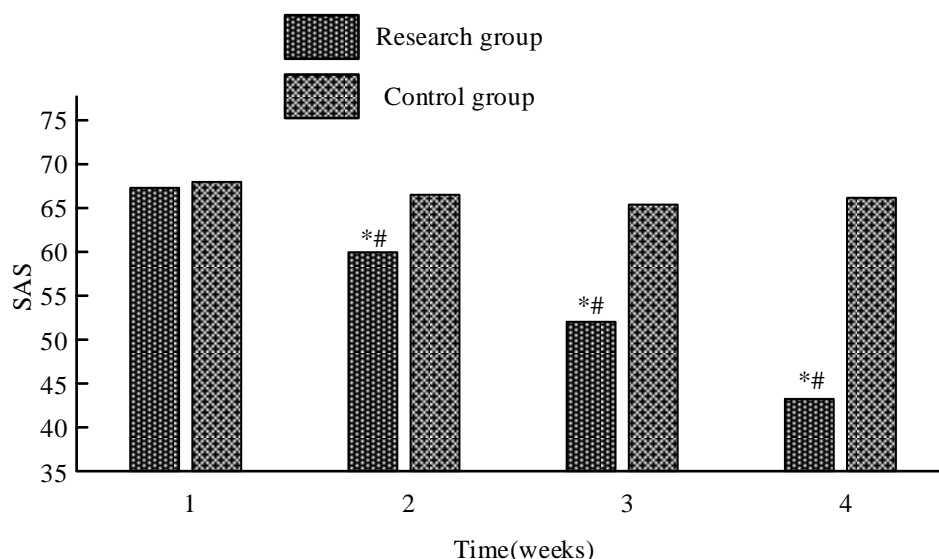
**Study design:** The students were randomly divided into study group and control group by random number table method, with 40 people in each group. The students in the translation group and the communication group were not the control group. One month later, the mental health status of the two groups of students was compared.

**Methods:** The relevant data were processed and analyzed by software SPSS23.0.

**Results:** Before the intervention, there was no significant difference in SAS scores between the two groups ( $P > 0.05$ ). After one month of intervention, the SAS score of students in the study group decreased significantly ( $P < 0.05$ ), while there was no significant change in the control group ( $P > 0.05$ ). The SAS scores of the two groups of students are shown in Figure 1.

**Conclusions:** The ideology, religious beliefs and customs of foreign students in China are different from those of Chinese college students. Compared with Chinese college students, they are more likely to produce anxiety and depression, and then produce negative emotions such as anxiety and depression. Based on affective psychology, this study analyzes the causes of foreign students' affective disorder, and puts forward the use of translation and communication of the community of human destiny to enhance foreign students' sense of identity, so as to reduce foreign students' sense of alienation and loneliness, and finally alleviate the degree of students' affective disorder. The results showed that there was no significant difference in SAS scores between the two groups before the intervention ( $P > 0.05$ ). After one month of intervention, the SAS score of students in the study group decreased significantly ( $P < 0.05$ ), while there was no significant

change in the control group ( $P > 0.05$ ). It shows that this method can effectively alleviate the affective disorder of foreign students.



**Figure 1.** SAS scores of two groups of students

Note: \*  $P < 0.05$  compared with that before intervention; # It indicates that compared with the control group,  $P < 0.05$ .

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## THE INFLUENCE OF CONSUMER PSYCHOLOGY ON REGIONAL ECONOMIC DEVELOPMENT AND CONSTRUCTION

Jianlin Zhao

*Luoyang Institute of Science and Technology, Luoyang 471023, China*

**Background:** Regional economy, also known as regional economy, refers to part of the national economy distributed in various administrative regions. Regional economy is regarded by economists as a microcosm of the national economy, which can reflect the prosperity of the national economy. Since the 1990s, China's economic development, transformation and urbanization have been advancing rapidly, and the income level and consumption level of urban residents have been greatly improved. In this context, the study of the impact of consumer psychology on regional economic development and construction has also become a hot topic in recent years. The impact of consumer psychology on regional economic development and construction involves many aspects, and the amount of data is also very huge and cumbersome. Some staff engaged in this industry cannot get accurate analysis results within the specified time. For a long time, some staff members have doubts about their ability to work, resulting in anxiety. Short term and mild anxiety can help staff set work goals and help staff reshape their work enthusiasm, so as to improve work efficiency. However, long-term and excessive anxiety will lead to psychological diseases, affect the physical and mental health of staff, bring pain to staff, and seriously affect the normal life and work of staff.

Consumer psychology is a branch of psychology that mainly studies the consumer behavior and psychological change law of consumers in consumer activities, including the process of consumers' psychological activities, consumers' personality psychological characteristics and so on. In the theory of consumer psychology, it is believed that consumers have a series of complex psychology in the process of making purchase decisions, such as seeking truth, beauty, convenience, comparison, preference, conformity, pride, possession, preservation, nostalgia, love to take advantage, fear of regret and so on. Based on consumer psychology, the research analyzes the consumer psychological state of consumers, puts forward assumptions according to the analysis results, constructs an index system, and then studies the impact of consumer psychological state on regional economic development and construction, so as to finally alleviate the anxiety of staff.

**Objective:** The research on the impact of consumer psychological state on regional economic development and construction has a huge workload, which is often unable to be completed on time.