

Subjects and methods: 84 students with English reading psychological disorder were randomly selected from two schools and grouped. 42 subjects in each group were obtained from the research group and the control group. For the control group, the traditional English classroom teaching mode is adopted. Aiming at the students in the research group, an improved English classroom teaching model integrating multimodal discourse analysis is carried out. The psychological evaluation of the two groups before and after the English teaching was compared to alleviate the students' reading obstacles.

Research design: Using the self-designed reading psychological disorder scale for middle school students in English classroom, this paper evaluates the level of English reading psychological disorder of the two groups of students, compares and analyzes the score changes of the two groups of students under different teaching intervention modes, and then obtains the improvement effect of their English reading psychological disorder. The higher the score of the scale, the better the alleviation effect of students' English reading psychological disorder.

Methods: Using MATLAB software and SPSS26.0 software to calculate and analyze the relevant data obtained from the scale evaluation.

Results: According to Table 1, there was no significant change in the scale scores of the control group students who accepted the traditional English classroom teaching mode before and after the teaching intervention, indicating that their English reading psychological disorder had not been effectively improved. The improved English classroom teaching model integrating multimodal discourse analysis can quickly improve the scale scores of the students in the research group, and significantly improve their psychological barriers to English reading.

Table 1. Changes of students' self-designed scale scores under different teaching intervention modes

Time	Control group	Research group
Before intervention	58.05	61.03
1 month after intervention	62.02	75.20
2 months after intervention	69.90	84.23
3 months after intervention	68.06	97.04

Conclusions: With the development of the times and the popularization of Internet information technology, people's sensitivity to information continues to improve, and the information expressed by limited text content becomes more and more rich and diversified. For example, the use of multimedia information technology can enrich the form of information expression and make the expression effect more remarkable. This study applies the theory of multimodal discourse analysis to the process of English classroom teaching, effectively improves the score level of students' self-designed scale and the quality of English classroom teaching, and effectively alleviates students' psychological barriers to English reading.

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ANALYSIS OF THE INFLUENCE OF STUDIO BASED ART DESIGN TEACHING MANAGEMENT MODE ON STUDENTS' MENTAL HEALTH

Ying Wang

Guangdong Songshan Polytechnic College, Shaoguan 512126, China

Background: Since the reform and opening up, China's socialist economic construction has developed rapidly, the socio-economic level has been continuously improved, and all industries have shown a vigorous development trend. Under this environment, the market demand for all kinds of technical talents has also been expanding. In order to meet the social demand for talents, major universities have expanded their enrollment, and more students have the opportunity to enter the university for further study. However, in the process of continuous enrollment expansion in colleges and universities, some problems have gradually been exposed. There are too many students majoring in art and design, and college counselors can't cover all aspects, so it's difficult to carry out effective teaching management for all students, which makes it difficult for some college students to carry out effective self-control when facing the negative guidance of heavy academic tasks, huge pressure on job hunting and employment, and adverse social factors, and then produce a series of mental health problems. As an important discipline in colleges and universities, art and design majors have played an important role in the cultivation of talents in socialist construction. With the expansion of enrollment, art and design majors have also developed rapidly. The vast majority of higher

vocational colleges have art and design majors. However, with the change of talent market demand, there is a fault between talent training and market demand. Moreover, art design majors in colleges and universities often fail to meet the market demand for talents in terms of teaching quality, school running ideas and talent training modes and methods. Due to the limitations of scale and other relevant conditions, enterprises can provide fewer relevant posts than internships, which also exacerbates the difficulties of students' internships and other problems on the other hand. Various reasons will lead to the deviation of students' thought or behavior, and their mental health is not optimistic. The studio-based art design teaching management mode is an innovative teaching method, which organically integrates teaching and practice. Under the leadership of the teacher team, students majoring in art design can simulate the actual working environment in the study of relevant teaching projects and social practice cases, so as to deepen theoretical knowledge and improve practical ability, reduce the difference between job requirements and classroom teaching, enhance their own social competitiveness and employability, and finally achieve the purpose of improving their mental health level.

Objective: To explore the influence of studio art design teaching management mode on students' mental health, and put forward targeted improved teaching management mode in order to improve students' mental health level.

Subjects and methods: 92 students majoring in art and design were randomly selected as the research objects, and they were equally divided into my control group and experimental group. They were given their studio art design teaching management mode and the improved studio art design teaching management mode respectively. SCL-90 was used to study the mental health status of students.

Research design: The SCL-90 scale mainly includes 10 factors, such as somatization, interpersonal sensitivity, depression, paranoia, anxiety and so on. Each factor item is evaluated with a five-grade scoring standard of 1-5. From 1 to 5, it means from none, mild, moderate, heavy and serious.

Methods: Before and after teaching intervention, SCL-90 scale was used to evaluate the mental health level of college students. Excel software and MATLAB software were used to make statistics and analysis on the evaluation data. The difference was statistically significant ($P < 0.05$).

Results: The score of SCL-90 scale of the two groups of college students was compared in Table 1. The results showed that before the experiment, the score difference of SCL-90 scale of the two groups of college students was not statistically significant ($P > 0.05$), and the level of mental health was almost the same. After the experiment, there was no significant difference in the SCL-90 score of the control group. The scores of each factor of SCL-90 scale of college students in the experimental group decreased significantly, indicating that their mental health level was improved. The difference between the groups was statistically significant ($P < 0.05$).

Table 1. Comparison of SCL-90 scores of two kinds of college students before and after the experiment

Factor	Before experiment		After the experiment	
	Control group (n=46)	Experimental group (n=46)	Control group (n=46)	Experimental group (n=46)
Somatization	1.73±0.48	1.72±0.44	1.68±0.56	1.23±0.42**
Force	1.87±0.52	1.78±0.47	1.92±0.62	1.05±0.23**
Interpersonal sensitivity	1.66±0.61	1.62±0.57	1.46±0.76	1.01±0.02**
Depressed	1.62±0.48	1.64±0.52	1.68±0.55	1.13±0.33**
anxious	1.44±0.42	1.45±0.39	1.41±0.36	1.05±0.26**
Hostile	1.74±0.37	1.73±0.51	1.77±0.34	1.24±0.53**
Terror	1.42±0.62	1.45±0.55	1.37±0.64	1.07±0.25*
Paranoid	1.56±0.36	1.52±0.29	1.58±0.39	1.01±0.00**
Psychotic	1.23±0.42	1.26±0.42	1.21±0.37	1.02±0.01**
Other	2.39±0.54	2.41±0.47	2.43±0.52	1.98±0.48**

Note: Compared with the two groups, ** $P < 0.01$, * $P < 0.05$.

Conclusions: With the deepening of the reform of small-scale and professional teaching studios, it is difficult to achieve a certain effect due to the establishment of a number of small-scale and professional teaching studios. This research aims at the studio teaching management mode of art design, combs the potential problems, and aims to explore its impact on students' mental health. Through the improvement of the original teaching management mode, it finally realizes the effective improvement of the professional knowledge level and mental health level of students majoring in art design.

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RESEARCH ON THE INFLUENCE OF EMPLOYEES' POSITIVE PSYCHOLOGY ON THE GROWTH OF SCIENCE AND TECHNOLOGY SMALL AND MEDIUM-SIZED ENTERPRISES

Yongxin Wang

Anyang Institute of Technology, Anyang 455000, China

Background: In the process of rapid economic and social development, the competition between enterprises is becoming more and fiercer, and the psychological pressure of employees is also increasing. When the psychological pressure is overstressed for too long and cannot be relieved and released, it will lead to the decline of employees' work enthusiasm and work efficiency. Over time, it will lead to employees' anxiety and have a negative impact on the development of the enterprise. Short term and mild anxiety can help employees set work goals and help employees 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 employees, bring pain to employees, seriously affect the normal life and work of employees, and have a negative impact on the administrative work of higher vocational colleges. In addition, excessive anxiety will also cause employees to have negative and negative psychology about themselves and work, lose hope for life, and thus produce negative psychology, which has imposed a burden on society and families.

Positive psychology is a new psychological discipline called psychological revolution. Positive psychology advocates the positive orientation of psychology, which mainly studies the positive psychological quality of individuals, human health and happiness and the harmonious development of society. Positive psychology theory advocates an open and encouraging attitude towards individual potential, motivation and emotion, so as to realize the transformation of individuals from negative psychological mode to positive psychological mode. There are three main viewpoints in the theory of positive psychology: positive emotional experience, positive personality characteristics and positive social environment. Based on positive psychology, the research analyzes the psychological change law of employees, and constructs a reasonable incentive mechanism, so as to stimulate employees' positive psychology, improve employees' work efficiency, alleviate employees' anxiety, and finally promote the development of enterprises.

Objective: In the process of rapid economic and social development, the competition between enterprises is becoming more and fiercer, the psychological pressure of employees is also increasing, and their enthusiasm is decreasing, so they suffer from anxiety symptoms. Based on positive psychology, the research analyzes the psychological change law of employees, constructs a reasonable incentive mechanism, so as to stimulate employees' positive psychology, improve employees' work efficiency, alleviate employees' anxiety, and finally promote the development of enterprises.

Subjects and methods: 60 workers from 8 small and medium-sized enterprises were selected as the research objects, and the anxiety psychological degree of the research objects was evaluated by Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Symptom Checklist 90 (SCL-90).

Research design: The study group was randomly divided into two groups: study group and control group. Among them, the employees in the research group adopt the improved incentive mechanism based on positive psychology, while the employees in the control group adopt the traditional incentive mechanism. After a period of time, the anxiety psychology of the two groups was compared.

Methods: The relevant data were processed and analyzed by software SPSS17.0.

Results: After a period of work, the scores of somatization, obsessive-compulsive symptoms, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia and psychosis of the employees in the study group were significantly lower than those in the control group ($P < 0.05$), as shown in Table 1.

Conclusions: When the backlog of psychological pressure is too long and cannot be relieved and released, it will lead to the decline of employees' work enthusiasm and work efficiency. Over time, it will lead to employees' anxiety and have a negative impact on the development of the enterprise. Therefore, the research builds a reasonable incentive mechanism based on positive psychology to stimulate employees' positive psychology, improve employees' work efficiency and alleviate employees' anxiety. The results