

circulation and mental anxiety, and further analyzes the influence factors between them. The results show that with the improvement of the personalization of electronic product circulation, the overall mental anxiety score of the audience decreases, and the overall willingness to buy electronic goods increases. It can be seen that the digital and win-win development of e-commerce can reduce the anxiety of customers and open up a new e-commerce market.

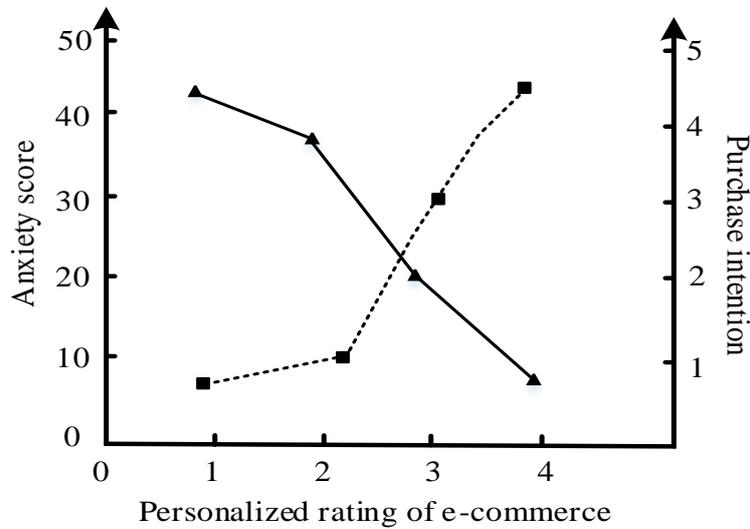


Figure 1. Personality anxiety analysis

* * * * *

THE PRACTICAL TEACHING REFORM OF THE CULTIVATION OF NORMAL COLLEGE STUDENTS AND THE CURE OF COLLEGE STUDENTS' EMOTIONAL ANXIETY PRESSURE

Chunyan Gong

Nanjing Normal University Taizhou College, Taizhou 225300, China

Background: Emotional anxiety is the external emotional expression of anxiety psychology, which is manifested in an obstacle that is difficult to realize the regulation of their own emotions, which makes individuals fall into an easily repeated anxiety emotion, and there are many reasons for anxiety emotion. The stimulation of external objective environment, their own psychological tolerance, cognitive level and so on will cause individuals to have negative emotions such as anxiety. Anxiety psychology is a typical irrational mentality, which refers to a widespread psychological state and emotion of nervousness and confusion and pessimism about the future. The nervousness and anxiety caused by it and the suspicion, irritability, fear, frustration, confrontation, as well as the accompanying confusion of thinking, mental laxity and lack of confidence will have an impact on people's emotional regulation and behavior orientation, and even endanger personal physical and mental health in serious cases. Appropriate anxiety can make individuals maintain a positive attitude to deal with the changes and challenges of surrounding things, but excessive anxiety will affect the objectivity and rationality of people's evaluation of things, and it is very easy to be guided by negative emotions to make impulsive behavior, which will affect the normal living state of individuals. The reasons for the anxiety psychological performance of people of different ages and different occupational attributes are also different. The younger the age, the narrower and simpler the anxiety psychology involves, while the richer the social experience, the more aspects the group considers, and the sources of anxiety are complex, including not only the pressure burden at the individual level, but also the anxiety related to the connection with external things. The psychological condition of college students is not fully developed and mature. The perceived pressure from the outside and their own value judgment will make them consider many factors such as study, interpersonal relationship and examination, and sometimes produce psychological burden and pressure, which makes them more prone to self-doubt and

negation when encountering setbacks and difficulties, and then express emotional anxiety. Without timely and effective intervention, it will cause great damage to their physical and mental health, making it difficult for them to show a positive living state. Nowadays, the practical teaching of normal students in colleges and universities mainly includes two parts: in school skill training and out of school teaching practice activities. However, there is a large gap between the long periodicity of practical teaching and the urgent needs of normal students' practical teaching, which hinders the professional skill training of normal students. There is a big gap between teaching harvest and their own psychological expectation, which makes students face greater academic pressure and emotional anxiety. Therefore, by exploring the practical teaching reform of the cultivation of normal students in colleges and universities, this study can help them reduce their negative psychological emotions and anxiety pressure, and can effectively improve their mental health level.

Objective: The quality of the training program for normal college students and the results of practical teaching reform will have a great impact on students' psychological emotion. In order to improve college students' anxiety, help them reduce emotional pressure and improve their mental health level. Through the reform of the practical teaching scheme of normal students, this study can better meet and meet the teaching needs and psychological laws of students, so as to help them reduce the generation of negative emotions and anxiety pressure and cure their mental health.

Subjects and methods: The research take the students majoring in normal university as the research object. Firstly, the information of emotional status and mental health of the research objects in the original practical teaching is collected with the help of physical and mental stress test scale and Self-rating Anxiety Scale. Then, with the help of the relevant theories of educational psychology, this paper improves the practical teaching scheme of normal students in order to meet the various needs of students and effectively improve their mental health level.

Method design: Firstly, with the help of metacognitive method, this paper explores the relationship between the practical teaching scheme of normal college students and the emotional anxiety pressure of college students, and then improves the practical teaching scheme, such as teaching means, teaching participation forms and so on. The experiment lasted for three months. After the experiment, data on the changes of emotional stress and anxiety degree of the subjects were collected with the help of physical and mental stress test scale and Self-rating Anxiety Scale. The data score of the scale was sorted out according to Likert's 5-point scoring standard (1 = very dissatisfied, 5 = very satisfied). The difference of experimental data was statistically analyzed with the help of statistical analysis tools.

Results: Educational psychology can effectively guide teachers to dynamically adjust the design of practical teaching scheme, the application of teaching means and the change of teaching needs on the basis of grasping the psychological changes of normal students, the influencing factors of teaching effect and teaching psychology in the teaching process, so as to better meet the psychological needs of students. Improving and innovating the practical teaching scheme of normal college students can effectively reduce their anxiety and relieve their emotional pressure. Table 1 shows the statistical results of psychological anxiety levels of the subjects before and after the experiment. Grades from 1 to 5 indicate the degree of psychological anxiety from light to heavy.

Table 1. Statistical results of psychological anxiety levels of subjects before and after the experiment

Before and after intervention	Interpersonal anxiety	Practical work anxiety	Value realization anxiety
Before intervention	4	5	4
After intervention	2	2	1

Conclusions: There are many factors causing college students' emotional stress and anxiety, and they are easily disturbed by external things, which makes them perform better in the original practical teaching and training program. The improvement of practical teaching scheme with the help of psychology related theories can effectively grasp the psychological changes and behavior laws of students in the teaching process, actively intervene and guide their psychological state in time, and alleviate their anxiety and pressure burden to a great extent.

Acknowledgement: The research is supported by: 2021 Outstanding Young Backbone Teacher of "Qinglan Project" in Jiangsu Universities; 2020 Jiangsu Province education science "13th Five-Year plan" special topic: North Jiangsu rural preschool children education status and countermeasures (No. C-C /2020/01/3); Horizontal Project: Research on kindergarten curriculum development based on knowledge construction (No. 20201101); Teaching Reform Project of Taizhou College, Nanjing Normal University: Research on "Online * Offline" mixed teaching mode based on knowledge construction theory (No. 2020JG12015).

* * * * *

A STUDY ON THE INFLUENCE OF BLENDED TEACHING OF AN INTEGRATED ENGLISH COURSE BASED ON FLIPPED CLASSROOM ON ALLEVIATING STUDENTS' LEARNING ANXIETY

Dandan Shi

Huanghuai University, Zhumadian 463000, China

Background: A good mental state can show an individual's good mental health level, and the standard of mental health refers to that an individual has good psychological adjustment ability and emotional control ability, and can make a better psychological response and state to the changes and stimuli of the surrounding environment. Different individuals show different mental health and mental state at different stages, and are also affected by subjective and objective environment, cognitive level and psychological tolerance. As the main reserve force of social development, college students' overall health level and mental state have an important impact on their development. The teaching reform and the transformation of teaching methods make students consider their own individuals in the social collective, and many factors make the psychological pressure of college students increase day by day, resulting in some psychological problems and negative emotions, such as mental anxiety, depression, fear, conflict and so on. Emotion is an individual's attitude, experience and corresponding behavioral response to objective things. When objective things or situations do not meet the needs and desires of the subject, negative emotions and related behavioral changes, physiological changes and subjective experience of attitude towards things will occur. To a large extent, mental stress is mainly manifested in emotional experience, and emotion is considered to be an important factor affecting human behavior in the field of psychology. It plays an important role in interpersonal communication, attitude change, work performance and even learning and memory. The overall mental state of college students will bring great interference and influence to their study and life, and affect the normal formation of their outlook on life, values and world outlook. To actively guide and intervene the mental stress of college students, we first need to change their misunderstanding of psychotherapy, guide them to pay attention to their own values and feelings, and avoid hiding from doctors. When there is a conflict between external pressure and their own cognition, and the individual's psychological needs are not met in time, it will make the individual show personality defects and negative psychological problems when facing great mental pressure. Different psychological characteristics and goal orientation will cause students' different attitudes and enthusiasm towards English learning, and there is a large gap between students' English level and ability. Factors such as the difficulty of English learning and the mismatch between teaching mode and students' needs will cause students' mental state to change, and then make them lose interest and initiative in the course. Flipped classroom teaching makes teaching more targeted, and displays the teaching content in various forms of teaching methods, which gives students more autonomy and practicality to a certain extent, can give full play to students' dominant position in the teaching process and relieve their psychological pressure. Therefore, with the help of relevant psychological theories, the research integrates flipped classroom into English teaching and explores its intervention mechanism on college students' mental stress, which has high teaching application practicality.

Objective: To analyze the law and characteristics of students' psychological changes in the teaching process with the help of educational psychology, and introduce flipped classroom to improve the teaching method, so as to relieve the mental pressure of college students and improve their psychological adjustment ability and health level.

Subjects and methods: The research take English majors in a university as the research object. Firstly, it collects the basic information about the learning problems and needs of college students and the current situation of English teaching, and then introduces the flipped classroom teaching mode to build an English mixed teaching mode that meets the psychological needs of students and the characteristics of English teaching, so as to test the change mechanism of students' psychological status under different teaching modes.

Method design: With the help of principal component analysis, the teaching content affecting students' mental stress was improved, the English teaching mode was optimized and improved by using psychology related theories and flipped classroom teaching methods, and the data of students' mental stress and mental health under different teaching schemes were collected in a three-month experimental time. The research takes the physical and mental stress test scale and mental health scale as evaluation tools, and arranges and analyzes the experimental data with statistical analysis tools, so as to explore the relief