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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

mechanism of basic English mixed teaching based on flipped classroom on students' mental stress.

Results: The flipped classroom returned the autonomy of teaching to the students, so that they can give full play to their learning autonomy and innovative development potential in the teaching process. The diversified and lively classroom teaching methods can greatly alleviate the students' mental pressure, effectively reduce the psychological problems such as anxiety, depression and conflict related to English learning, and effectively improve the mental health level of college students. Table 1 shows the scores of some mental health scales of the subjects after the experiment under different teaching modes.

Table 1. Statistics of the scores of some mental health scales of the subjects under different teaching modes

Evaluation dimension	Anxiety about learning content	Low employment mood	Uneasiness in classroom learning
Before improvement	21.35±4.52	14.16±3.31	19.25±5.25
After improvement	12.78±3.15	7.43±1.05	8.39±3.47

Conclusions: Students' mental stress has an important impact on their mental health level, and the application of flipped classroom model will greatly improve and improve the English teaching model, so that it can teach students according to their aptitude on the basis of grasping the psychological law and teaching law of teaching subject and object, effectively guide and intervene their mental stress in time, and improve their mental health level.

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RESEARCH ON THE DEVELOPMENT STRATEGY OF FILM THEME PARK AND THE CURE OF PEOPLE'S EMOTIONAL AND MENTAL TRAUMA—TAKING HENGQIN SHIMEN ENTERTAINMENT WORLD AS AN EXAMPLE

Jingchi Zhang & Yang Yi*

South China Normal University, Guangzhou 510631, China

Background: Emotional trauma is a kind of psychological trauma, which is caused by emotional abuse and betrayal by close people. People with emotional trauma will recall the past events afterwards. There are two types of memories, explicit and implicit. The former is based on memory to describe the revisited events, while the latter is the unexplained multiple reactions or emotional triggered bursts driven by emotion. People with emotional trauma will become inferior, change their clothes for self-worth, feel that they have nothing, are very small, and feel that they are not worthy of love. After emotional and mental trauma, the individual's ability to control his own emotions becomes worse. Some small things will cause violent fluctuations in individual emotions, such as sadness, anger, emotional collapse and so on. Some people will eat emotionally to vent their emotions and stabilize their emotions by eating crazily. However, this way of eating is unhealthy. In the long run, it will cause great harm to the individual's body, resulting in diabetes, acute pancreatitis and other diseases. Individuals with emotional trauma will have sleep disorders, poor sleep quality, easy to wake up in the middle of the night, have nightmares, or have difficulty falling asleep. Poor sleep quality for a long time leads to poor mental state and difficulty in concentrating, which affects individual life and work. Individuals with emotional trauma often lack a sense of security and are afraid of going to places with many people. Only when they are alone can they feel at ease, so as to avoid social interaction and unwilling to communicate with others.

The film theme park will restore the scenes in the film truly through props, clothing and other resources for tourists to play and consume. The theme of the film theme park is film culture. Universal studios in Hollywood is the most famous film theme park in foreign countries, which allows visitors to enter the film world and experience film shooting. According to the main cultural types, the film theme park can be divided into different types. For example, Hengqin Shimen entertainment world, which is dominated by foreign film box office films, takes the box office films such as hunger game and divergent as the theme and divides them into corresponding special areas to attract the attention of tourists through pioneering, immersive and diversified experience and strongly stimulate the hearing and vision of tourists.