

Open ideological and political course teaching will have some disadvantages. Large classroom teaching reduces the interaction between teachers and students, which is not conducive to teachers' mental health education for students. While teaching ideological and political knowledge, small class teaching of mental health education should also be carried out to help students solve mental health problems. In addition, the construction of ideological and political education team lags behind, and the training funds of teachers are insufficient. When ideological and political teachers give consideration to mental health teachers, there is a disconnection phenomenon, which is not conducive to the timely counseling of students' mental health problems.

Objective: To understand the current situation and shortcomings of ideological and political education in colleges and universities, as well as the psychological anxiety of students, and to analyze the causes of psychological anxiety of college students. On this basis, improve the timeliness of college ideological and political teachers in students' mental health problems, intervene students' mental problems in time, and improve students' psychological anxiety. By enhancing students' subject status, students' sense of responsibility is enhanced, and students' self-thinking ability is improved in the equal interactive relationship between teachers and students, so that students' enthusiasm is improved and students' awareness of subject participation is enhanced, so as to improve the timeliness of mental health, timely intervene students' psychological problems and better alleviate students' psychological anxiety.

Subjects and methods: The research objects were college students. Four colleges and universities were randomly selected, and 280 college students were randomly selected from the selected colleges and universities. These college students come from different majors and grades. Understand their personal information, mental health status and the problems existing in the current ideological and political education, and analyze the causes of their psychological anxiety. The reformed ideological and political education for these students lasts for one semester, during which the relevant data of students are recorded. Statistical software was used to analyze the psychological anxiety of students before and after the reform of ideological and political education. Grade 1-5 was used. The higher the score, the heavier the degree of correlation. SAS software was used to process and analyze the data.

Results: In recent years, students are facing more and more pressure, and many students have psychological anxiety. By strengthening the dominant position of students in ideological and political education, students can actively participate in ideological and political education and psychological education, so that students' psychological anxiety can be intervened in time. After one semester, the anxiety of English majors has been significantly improved, and the anxiety score is 1. The results are shown in Table 1.

Table 1. Anxiety scores of students in different grades after cheerleading teaching

Major	Uneasy	Fear	Anxious
English major	2	1	1
Finance major	2	1	2
Engineering cost Specialty	1	1	2

Conclusions: By strengthening the subject status of students, coordinating the relationship between ideological and political education and mental health education, and strengthening the construction of teachers, we can mobilize students' enthusiasm and let students actively participate in relevant teaching activities in a loose and comfortable educational environment. Under the teaching of teachers with high teaching ability, we can timely and effectively alleviate students' psychological anxiety and improve students' mental health level.

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RESEARCH ON THE IMPACT OF PSYCHOLOGICAL STRESS RESISTANCE OF SCIENTIFIC AND TECHNOLOGICAL PERSONNEL IN SHAANXI AEROSPACE ENTERPRISES ON THE STRATEGIC ANALYSIS OF AEROSPACE SCIENCE AND TECHNOLOGY PROJECTS UNDER FOREIGN EXCHANGE RISK MANAGEMENT

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Background: The international health report points out that the mental health of Shaanxi aerospace high-tech talents presents the phenomenon of “three high and one low”, specifically high pressure, low burnout, low depression, high happiness and high anxiety. Compared with the ordinary white-collar elite, the psychological pressure of scientific and technological personnel is higher, and their degree of psychological depression will be lower. Research shows that psychological problems such as anxiety, depression and stress will have an impact on students’ absenteeism and mental health. According to the data survey of aerospace enterprises, the proportion of highly aggressive and aggressive employees is as high as 55%, and the rest of the employees are in a state of being independent and loose. In terms of mental health, about 1.5% of employees feel high work pressure. In terms of stress response, about 18% of employees have high response. In terms of sources of work stress, about 50% of staff pointed out that stress comes from work and career development, among which work accounts for the highest proportion. The main reasons for the high pressure of high-tech talents are long overtime, high work difficulty and high career development difficulty. At the same time, age, marital status, personality characteristics and organizational atmosphere will also affect their physical and mental development. The psychological pressure resistance of Shaanxi aerospace high-tech talents is inevitably related to the aviation science and technology project strategy, but the degree of influence has not been widely recognized by most scholars.

Foreign exchange risk refers to the fluctuation of the value of expenditure in local currency, income, liabilities and assets caused by the change of exchange rate, which will lead to the fluctuation of the profit and loss of the enterprise. The main forms of foreign exchange risk are economic risk, translation risk and transaction risk. Because of their own particularity, the significance of foreign exchange risk control is particularly important for aerospace enterprises. The particularity of the economic business of aerospace enterprises is mainly reflected in the large proportion of international business in the total business, the large amount of foreign currency, and the long duration and uniqueness of some foreign-related enterprises. The foreign exchange risks faced by Shaanxi aerospace enterprises are as follows. First, the exchange rate risk between us dollar and foreign currency, the exchange rate risk between RMB and foreign currency, the dual risk between foreign currency and foreign currency and between RMB and foreign currency. To solve these problems, aerospace enterprises need to adopt the management methods of foreign exchange risk. The specific paths are as follows: listing the hedging clauses in the contract, changing the date of receipt and payment of foreign exchange, adjusting the price method and using financial derivatives.

Objective: This paper analyzes the correlation between the psychological stress resistance of scientific and technological personnel in Shaanxi aerospace enterprises and the strategy of aviation science and technology projects under foreign exchange risk management, in order to contribute to the physical and mental health of scientific and technological personnel.

Subjects and methods: Select Shaanxi aerospace high-tech talents as the research object, and analyze the correlation between the psychological stress resistance of scientific and technological personnel of Shaanxi aerospace enterprises under foreign exchange risk management and the strategy of aerospace science and technology projects through Pearson product moment correlation coefficient. The strategy of aerospace science and technology projects includes the need to list hedging clauses in the contract, change the date of receipt and payment of foreign exchange, adjust the price method and use financial derivatives, which are expressed in strategy1-4 respectively. The psychological stress resistance of scientific and technological personnel includes mental health, stress response, work and career stress. Each evaluation content is expressed in three grades: poor, average and good. The corresponding scores are 0-20, 21-40 and 41-60 respectively. The higher the score, the stronger the psychological pressure resistance. In order to enhance the feasibility of the experimental results, the average value of all objects is taken as the final result.

Methods: Through SAS statistical analysis software, this paper analyzes the correlation between the psychological stress resistance of scientific and technological personnel of Shaanxi aerospace enterprises and the strategy of aviation science and technology projects under foreign exchange risk management.

Results: Table 1 refers to the correlation between the psychological stress resistance of scientific and technological personnel of Shaanxi aerospace enterprises and the strategy of aerospace science and technology projects under foreign exchange risk management. It can be seen from Table 1 that the correlation range between mental health, stress response, work and career stress and the hedging clauses to be listed in the contract is 0.532-0.786. The correlation range between and changing the date of receipt and payment of foreign exchange is 0.521-0.631. The correlation range between and the adjusted price method is 0.612-0.632. And the use of financial derivatives ranges from 0.529 to 0.598.

Conclusions: The four psychological stress indicators and four aviation science and technology project strategies of scientific and technological personnel in Shaanxi aerospace enterprises show positive correlation, with the correlation range of 0.521-0.786. Under the background of foreign exchange risk, Shaanxi aerospace enterprises need to scientifically and reasonably design post responsibilities, optimize the working environment and avoid employees being in a high-pressure working environment for a long time.

Build a good organizational atmosphere and create a harmonious and friendly interpersonal relationship. Provide career planning guidance, determine the path of employees' career development.

Table 1. Correlation between psychological stress resistance of scientific and technological personnel in Shaanxi aerospace enterprises and aviation science and technology project strategy

Psychological factor	Strategy 1	Strategy 2	Strategy 3	Strategy 4
Mental health	0.586	0.652	0.612	0.529
Pressure response	0.786	0.631	0.632	0.598
Work and career stress	0.532	0.521	0.621	0.536

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A STUDY ON THE INFLUENCE OF ANXIETY ON NON-LITERAL LANGUAGE TEACHING OF FOREIGN STUDENTS IN CHINA

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Background: Anxiety psychology is a kind of negative emotion. When individuals face more difficult problems, they will have negative emotions such as anxiety, tension and panic. Among these negative emotions, anxiety is the main performance. Psychological factors, family factors and other factors related to anxiety. If a person is cowardly and has poor psychological tolerance, when he encounters difficulties that are difficult to solve, he is prone to anxiety, loss of control, confusion of thinking, don't know how to solve the problem, accompanied by rapid heartbeat, difficulty in concentrating, even emotional collapse and irritable temper. Among the environmental factors, the work, study and life environment of individuals will also have an impact on their emotions, making individuals anxious. For example, in colleges and universities, students with poor academic performance try to listen to the class, but they can't understand what the teacher is talking about, while other students around can keep up with the rhythm of the teacher and even get the praise of the teacher, which will bring great psychological pressure to students with poor academic performance, let him have anxiety about his study, worry about his study, fear that he will not catch up with the teacher's teaching progress, and don't want to become the one with the worst performance among his classmates. Anxiety psychology has two sides. Appropriate anxiety psychology will promote the good development of individual work and learning, while excessive anxiety psychology will hinder individual learning and work, and even affect individual physical and mental health, make individuals have mental diseases and cause physical health problems.

In colleges and universities, there are many problems in the non-literal language teaching of foreign students in China. The review form of teachers is single, and teachers do not pay enough attention to the review of knowledge. Even in the process of teaching new knowledge, a few sentences pass through the previous learning content. There are few review links in listening and speaking classes. Students' operations are not enough and there are few related activities. Teachers will spend a lot of time explaining new knowledge, but there is little time left for students to practice language. The knowledge learned by students cannot be well consolidated, which makes students' learning effect poor. Over time, students will not keep up with the teacher's lecture progress, resulting in anxiety. And in the teaching process, teachers mostly rely on textbooks and blackboard writing for teaching, do not make full use of multimedia facilities, the diversity of language teaching means is not enough, students' enthusiasm is not high, classroom participation is not strong, and cannot achieve the ideal teaching effect. In addition, in the explanation of non-literal expression in Chinese language, the teacher's explanation is not clear enough, and the students can't understand the meaning and don't know how to use it. For example, the use of homonyms in Chinese is a learning difficulty for foreign students in China. Many students can't understand the correct usage of homonyms and often confuse words.

Objective: To understand the current situation of non-literal language teaching of foreign students in colleges and universities, students' views on non-literal language teaching and students' anxiety psychology, and analyze the problems existing in students' learning and the causes of anxiety psychology. On this basis,