

object is. The questionnaire contains the related questions of the development strategy based on social psychology and the original development strategy at the same time. The scores are the same, and the scores of the two models are counted.

Methods: The relevant data were processed and analyzed by software SPSS23.0. χ^2 test was used for counting data and t -test was used for measurement data. When $P < 0.05$, the results were statistically significant.

Results: After collecting the questionnaire and counting the results, it was found that the subjects had higher recognition of the development strategy based on social psychology, as shown in Figure 1.

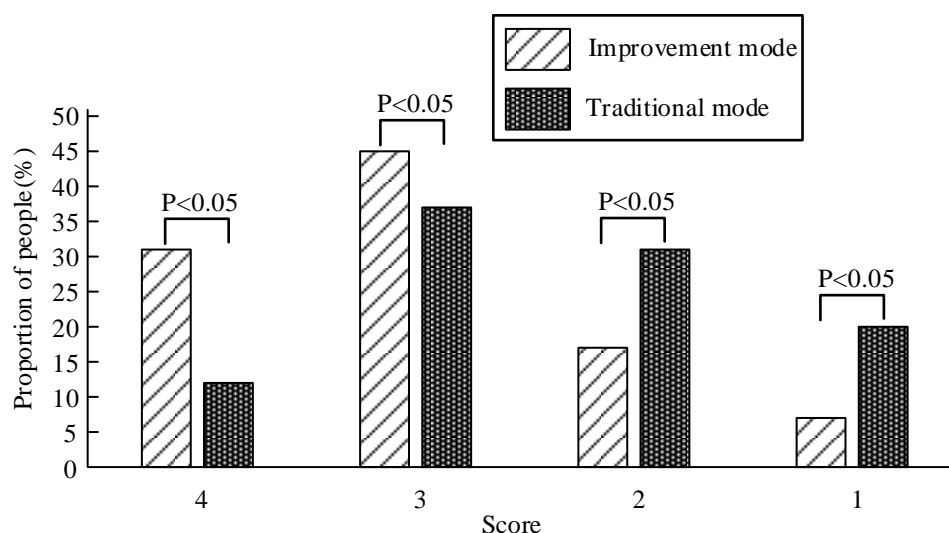


Figure 1. The recognition of the research object to the development strategy based on social psychology

Conclusions: The construction of small towns and regional economic development are important strategic measures to promote China's urbanization, stimulate rural economic development and expand domestic demand. In recent years, a series of problems have hindered the local urban construction and economic development, and the income of urban residents has decreased. The research puts forward strategies based on social psychology, and puts forward strategies for the urban construction and regional economic development of small towns in Shaanxi, so as to promote the process of urbanization and the progress of regional economic development, so as to improve the income of urban residents and alleviate the mental anxiety of residents. After collecting the questionnaire and counting the results, it is found that the research objects have higher recognition of the development strategy based on social psychology.

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AN ANALYSIS OF THE PSYCHOLOGICAL IMPACT OF METAPHOR ON READERS WITH COGNITIVE IMPAIRMENT IN ENGLISH NOVELS

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Background: Metaphorical language often appears in English novels. Metaphorical language can infect readers more and give readers more imagination space than plain narration. Therefore, in English novels and literary works, metaphor is an important means for the author to convey emotion and express the writer's style. However, the reading and translation of English novels often bring great trouble to readers. Because it is difficult to understand and translate metaphors in English novels, many translators of English novels doubt their working ability and reduce their self-confidence, resulting in negative emotions. When these negative emotions are accumulated for a long time, the translator will suffer from mental diseases such as anxiety and depression. When the degree of mental illness is too severe, it will damage the translator's cerebral cortex, leading to cognitive impairment. Cognitive impairment is a pathological

process involving brain function. Patients with cognitive impairment are often accompanied by learning impairment, memory impairment, aphasia and so on, which seriously affects the patients' daily life and reduces the patients' quality of life. At the same time, it also causes a large economic and management burden to the patients' family and society. Therefore, finding an understanding and translation strategy of metaphor in English novels is of great significance to the translator's personal development.

Cognitive psychology is a branch of psychology that began to rise in 1950. It mainly studies human advanced psychological processes, such as attention, perception, thinking and language. The orientation of cognitive psychology focuses on the mode of thinking and reasoning by using cognition, which is mainly to explain the law of individual psychological changes in the process of cognition. In the theory of cognitive psychology, individual learning process is actually a process of gradual construction and improvement of knowledge, not only the absorption and digestion of knowledge, but also the process of using their own knowledge to build new knowledge. After the environment stimulates the individual to produce information, the individual obtains the ability through the internal cognitive processing of these information, so that the learning and the learning situation are always consistent. Therefore, cognitive psychology believes that the individual cognitive process is essentially the process of individual brain processing symbolic information. The main human activities include three aspects: cognitive activities, emotional activities and will behavior, which can be explained and expounded by the theory of cognitive psychology. Based on cognitive psychology, this study puts forward metaphor translation strategies in English novels, so as to improve readers' understanding of metaphor, alleviate readers' negative emotions, and alleviate readers' cognitive obstacles.

Objective: Due to the difficulties in understanding and translating metaphors in English novels, many translators of English novels doubt their working ability and reduce their self-confidence, resulting in negative emotions. When these negative emotions are accumulated for a long time, translators will suffer from cognitive impairment. Based on cognitive psychology, this study puts forward metaphor translation strategies in English novels, so as to improve readers' understanding of metaphor, alleviate readers' negative emotions, and alleviate readers' cognitive obstacles.

Subjects and methods: 80 staff members engaged in English translation and suffering from cognitive impairment were selected as the research objects. The Mini-Mental State Examination scale (MMSE) was used to evaluate the degree of cognitive impairment. Self-rating Anxiety Scale (SAS) and Symptom Checklist 90 (SCL-90) were used to evaluate the mental health status of staff.

Study design: Using random number table method, 80 staff were randomly divided into study group and control group, with 40 people in each group. Among them, the research group adopts the strategy based on cognitive psychology to carry out translation work. The control group used the traditional translation strategy. After a period of time, the degree of cognitive impairment and anxiety of the two groups were compared.

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

Results: Before work, there was no significant difference in SAS score, SCL-90 score and SCL-90 score between the two groups ($P > 0.05$). After working for a period of time, the SAS score and SCL-90 score of the staff in the study group were significantly lower than those in the control group ($P < 0.05$). The MMSE score was significantly higher than that of the control group ($P < 0.05$). The change of MMSE scores of the two groups of workers before and after work is shown in Figure 1.

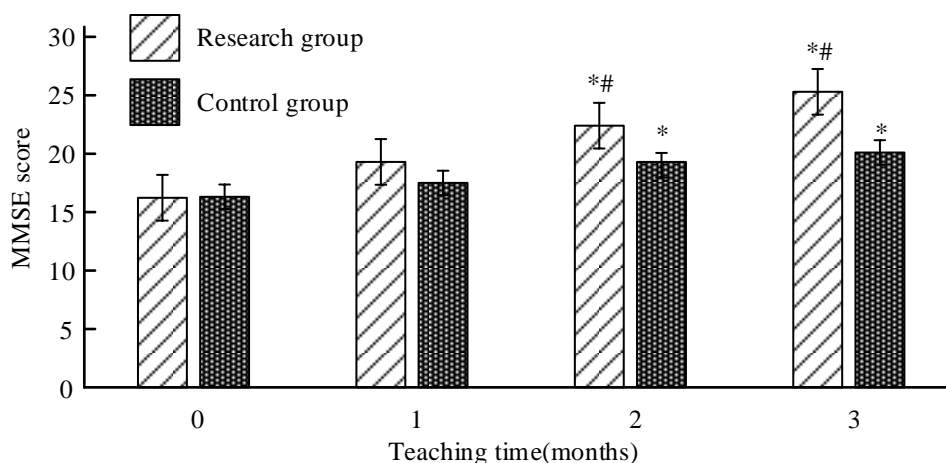


Figure 1. Changes of MMSE scores of the two groups of workers before and after work

Note: ^{*} $P < 0.05$ compared with that before teaching; [#] It indicates that compared with the control group, $P < 0.05$.

Conclusions: Due to the difficulties in understanding and translating metaphors in English novels, many translators of English novels doubt their working ability and reduce their self-confidence, resulting in negative emotions. When these negative emotions are accumulated for a long time, the translator will suffer from mental diseases such as anxiety and depression. Therefore, finding an understanding and translation strategy of metaphor in English novels is of great significance to the translator's personal development. Based on cognitive psychology, this study puts forward metaphor translation strategies in English novels, so as to improve readers' understanding of metaphor, alleviate readers' negative emotions, and alleviate readers' cognitive obstacles. The results showed that there was no significant difference in SAS score, SCL-90 score and SCL-90 score between the two groups before work ($P > 0.05$). After working for a period of time, the SAS score and SCL-90 score of the staff in the study group were significantly lower than those in the control group ($P < 0.05$). The MMSE score was significantly higher than that of the control group ($P < 0.05$).

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RESEARCH ON THE GUIDANCE OF COLLEGE EDUCATION TO FOREIGN STUDENTS' PSYCHOLOGICAL PROBLEMS UNDER THE CROSS-CULTURAL BACKGROUND

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Background: Cross cultural communication means that communicators from different cultural backgrounds use the same language for oral communication. Language is the basic means of cross-cultural communication. Both sides of communication use the same language to complete communication behavior. However, the success of cross-cultural communication is not only related to the language ability of both sides of communication, but also directly related to the cross-cultural awareness, internal cultural differences and other factors of both sides of communication. Cross cultural communication behavior is based on the cross-cultural communication consciousness of both sides of communication. When there is a strong cultural collision and conflict in the process of communication, it may lead to cultural shock and have a serious impact on the both sides of cross-cultural communication. In the international context of global economic integration, China has put forward the major strategy of the "the Belt and Road", which aims to strengthen cooperation among regional countries, promote the effective flow of various resources in the regional market, and realize the common development of all countries. In such a social environment, with the deepening of international economic cooperation, people's exchanges between countries are becoming closer and closer. At present, the number of foreign students coming to China for study is increasing year by year, and the psychological problems of foreign students have gradually become the focus of attention. The cross-cultural communication of foreign students in the stranger environment directly affects the quality of their mental health.

Foreign students come from different countries and nationalities, their growth environment and experience are different, and their ideas, beliefs and living habits are also significantly different from the Chinese environment and Chinese people. Therefore, after coming to a strange environment, foreign students are prone to mental health problems, causing anxiety, depression and other emotions. On the other hand, due to cultural differences, foreign students' understanding of some things may be completely opposite to that of people in other countries. The cultural cognitive differences between the two sides may lead to conflicts and contradictions between foreign students and each other, which will have a negative impact on the stability of foreign students' psychological state. Changes in the world political and economic situation and local wars may also lead to changes in the families of foreign students. These changes may lead to emotional instability of foreign students and induce various mental diseases. Mental health education is an important way for colleges and universities to alleviate students' negative emotions and improve students' psychological quality. Based on the law of students' physiological and psychological development, mental health education uses psychological education methods to intervene students' psychological state, help students cultivate good psychological quality and promote the overall improvement of students' quality. College mental health education also plays a good role in helping foreign students' psychological intervention, but for foreign students' mental health education, we need to pay attention to the particularity of foreign students' psychological characteristics and take targeted intervention measures.