

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.

Objective: Taking the psychological problems of foreign students as the starting point, this study analyzes the importance of carrying out mental health education for foreign students in higher education, discusses the intervention effect of college mental health education on the psychological problems of foreign students under the cross-cultural background, and analyzes the necessity and value of mental health education for foreign students in the higher education system. The research deeply analyzes the significance of college mental health education to the healthy growth of foreign students, and puts forward the ways and paths for the mental health work of foreign students, hoping to provide help to improve the mental health level and mental endurance of foreign students in China.

Subjects and methods: The research make statistical analysis on the psychological status of foreign students in China, understands the difficulties faced by foreign students in cross-cultural life and learning, and analyzes the causes of foreign students' psychological problems, so as to provide reference for solving foreign students' psychological problems. The study adopts the method of stratified cluster random sampling, and randomly selects 10 foreign students from each of the four grades of a university for a comparative experiment to verify the counseling effect of college mental health education on the psychological problems of foreign students. The foreign students were randomly divided into experimental group and control group. The students in the experimental group used the way of mental health education to intervene in psychological problems, while the control group maintained the original life mode and rhythm, and maintained the original teaching arrangement and progress. The experiment lasted for 3 months.

Results: The changes of mental health level of foreign students before and after the experiment are shown in Table 1.

Table 1. Changes of mental health level of foreign students before and after the experiment

	Object	Mental health level
Before experiment	Experience group	1.25
	Control group	1.27
After the experiment	Experience group	3.41
	Control group	1.34

Conclusions: After coming to China, foreign students face strange social environment and different cultural customs, which will inevitably lead to psychological problems such as psychological anxiety and depression, which will reduce the level and quality of mental health of foreign students in China and affect their daily life and study. As a means of psychological intervention, mental health education in colleges and universities can effectively help foreign students dredge their inner depressed negative emotions and promote the relief and treatment of foreign students' psychological problems.

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ANALYSIS ON THE ALLEVIATING EFFECT OF SOCIAL HOT ISSUES OF IDEOLOGICAL AND POLITICAL EDUCATION INTEGRATION IN COLLEGES AND UNIVERSITIES ON STUDENTS' PERSONALITY DISORDER

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Background: Personality disorder is a kind of psychological disease. Personality disorder often originates from childhood or adolescence and continues to adulthood. Personality disorder is formed on the basis of biological genetic factors due to the influence of patients' early traumatic experience. Personality disorder is mainly a continuous feeling of depression, unhappiness, worthlessness, listlessness, guilt or chagrin. Patients maintain a negative and critical attitude towards themselves and others. Some studies have shown that personality disorders stem from patients' disappointment with their guardians in childhood, so patients have high expectations of others or tend to pursue perfection. The early risk factors related to personality disorder mainly include early traumatic experience, bad parental rearing behavior and bad parent-child relationship. Adolescence is the key period of personality formation and development. Personality disorder not only deeply affects and restricts the physical and mental health of teenagers, but also a huge hidden danger of campus safety and social stability and harmony. Therefore, the problem of students' personality disorder has become an urgent social psychological and behavioral problem to be solved.