

on the psychological anxiety of the audience after 12 months. It can be seen from Table 1 that the four measures have improved students' state anxiety and trait anxiety to varying degrees, which may be because the optimization measures of education management services in different colleges and universities have alleviated residents' psychological anxiety to a certain extent.

Conclusions: The intervention methods of conventional psychological diseases can alleviate the phenomenon of psychological anxiety, but their application scope is greatly limited, and the implementation is difficult, the effect is poor, and the real-time performance is low. The promotion value in the actual operation process is not particularly great. Adhering to the four strategies of people-oriented and user demand-oriented, integrating and optimizing the optimal allocation of various resources, wireless application and wired seamless connection, and digital campus integration can improve students' state anxiety and trait anxiety to varying degrees. Residents' psychological anxiety can be intervened through different measures.

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THE INFLUENCE OF THEORETICAL RESEARCH ON ENGLISH SCIENCE AND TECHNOLOGY TRANSLATION FROM THE PERSPECTIVE OF ECOLOGICAL TRANSLATION THEORY ON ALLEVIATING AUDIENCE PSYCHOLOGICAL ANXIETY

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Background: Anxiety disorder of college students is a very complex psychological and emotional disorder. Its clinical manifestations are usually motor agitation and sympathetic hyperactivity. The causes of the disease are depression, mental stimulation, personality. Congenital heredity, etc., which are manifested in negative emotions such as anxiety, shame, disappointment, anxiety, fear and so on. After entering the university, college students are facing great changes in learning styles. At the same time, with the increase of learning pressure and learning tasks and their poor psychological tolerance, their mental health problems are becoming increasingly prominent. The international health organization claimed that the number of patients with anxiety and depression among college students still showed a growing law of change, and the incidence group showed a younger trend. With the increasingly serious phenomenon of students' anxiety, colleges and universities must take corresponding measures to intervene students' anxiety. At present, college teachers do not pay attention to students' psychological needs in the teaching process, which leads to a serious phenomenon of students' anxiety. A large number of studies at home and abroad show that there is a great correlation among higher vocational college students' emotional intelligence, psychological anxiety and learning adaptability.

Ecological thanatology, as a discipline of ecological translation, is a new discipline produced by the integration of various disciplines in the new era. Applying the theory of ecological thanatology to English scientific and technological translation requires translators to respect the objective laws, gradually understand and make use of the laws, and actively understand and transform the world through their own subjective initiative. From the perspective of ecological thanatology, the principles to be followed in English scientific and technological translation are as follows: first, pay attention to the balance and unity before and after language translation. In order to achieve the consistency between the source language and the target language, the translator needs to consider the readers' feelings and cultural background. In the process of language conversion between the two types, it needs to be adjusted according to the actual ecological environment. The emergence of obscure words in translation may lead to readers' misunderstanding of the original content of the article, and even disrespect for the culture of other countries. Second, pay attention to the balance and unity of culture in the process of translation. There are great differences in the culture of each country in the world, which leads to different social public opinion tendencies and religious beliefs of the people of each country. In the process of translation, the translator needs to not only master the translation theory of EST, but also understand the economy, politics and culture of the country to which the translation content belongs. Third, pay attention to the harmony and unity of state relations. Translators should pay close attention to international affairs and obtain the communication intention and tendency of national scientific and technological exchanges, so as to facilitate them to clearly express their communication intention in the process of translation.

Objective: The purpose of this study is to improve students' adaptability to English translation from the perspective of ecological analysis.

Subjects and method: 100 students with different degrees of anxiety were selected as the research

object to analyze the effect of English science and technology translation strategies on students' anxiety psychology from the perspective of ecological thanatology. The experimental period lasted for 6 months. The study used State Trait Anxiety Inventory (ATAI) to analyze anxiety, and used random forest algorithm and EPINFO data statistical analysis software to evaluate and count the improvement effect of anxiety. ATAI scale can be divided into state anxiety and trait anxiety. The improvement effect evaluation indicators are set as four levels: no improvement, slight improvement, improvement and obvious improvement. The improvement rate is the ratio of the number of people with slight improvement, improvement and obvious improvement to the total number of people. In order to avoid the influence of subjective factors on the research results, the data of all subjects were taken for analysis. From the perspective of ecological translatology, English science and technology translation strategies include three aspects: paying attention to the balance and unity of language before and after translation, the balance and unity of culture in the process of translation, and the harmonious unity of national relations.

Results: Table 1 shows the impact of English science and technology translation strategies on the psychological anxiety of the audience from the perspective of three ecological translatology after six months. It can be seen from Table 1 that the three strategies have improved students' state anxiety and trait anxiety to varying degrees, which may be because English science and technology translation strategies from different ecological translatology perspectives have alleviated students' psychological anxiety to a certain extent.

Table 1. Six months later, the impact of English science and technology translation strategies on the psychological anxiety of the audience from the perspective of three ecological translatology

Measures	State anxiety	Trait anxiety
Measures 1	88.0	87.0
Measures 2	91.0	89.0
Measures 3	89.0	90.0

Conclusions: From the perspective of eco translatology, EST translation is the product of combining eco translatology and EST translation theory, which highly summarizes natural and social disciplines. At present, from the perspective of ecological translatology in China, English scientific and technological translation still exists in the initial stage of development, and needs continuous reform, optimization and renewal. The three strategies of paying attention to the balance and unity of language before and after translation, the balance and unity of culture in the process of translation and the harmonious unity of national relations can improve students' state anxiety and trait anxiety to varying degrees. Students' psychological anxiety can be prevented by different measures.

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THE EFFECT OF ENGLISH TEACHING MODEL INNOVATION UNDER EDUCATIONAL PSYCHOLOGY ON STUDENTS' FOREIGN LANGUAGE LEARNING DISABILITIES

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Background: As the students' ability to withstand pressure and social expectations increase, most of them will gradually raise a series of psychological problems, which will lead to the gradual improvement of their ability to withstand pressure. Educational psychology is a subject that studies the law and essence of students' psychological activities. Its purpose is to cultivate students' sound personality and healthy psychology. There are great differences in college students' life experience, growth environment and their own personality. Most students will feel learning pressure, heavy study and other problems. The main research content of educational psychology is the basic psychological laws of education and teaching in education and teaching situations. Based on psychology, the research involves teaching design, educational technology, special education and classroom management. Educational psychology can improve the level of teachers, improve the quality of education and teaching, and promote the reform of education and teaching. The problems that educational psychology needs to solve are to give full play to learners' subjective initiative, analyze the mechanism in the learning process, explore the impact of situational environment on learning results, diversified and flexible teaching models and so on. The practical significance of this discipline is to assist teachers to complete the problems in teaching work, provide scientific and reasonable