

different translation teaching intervention methods, that is, the traditional college English translation teaching mode and the college English translation teaching mode from the perspective of educational psychology, this paper evaluates the college students who have been grouped and treated by teaching, and uses analytic hierarchy process to compare and analyze the relevant indicators such as college students' English translation level and psychological characteristics. Finally, according to the differences between college students' English translation level and psychological characteristics, this paper puts forward corresponding translation strategies. Through the English translation level and psychological characteristics of college students before and after the intervention, the study puts forward four targeted translation strategies, namely, optimizing the translation teaching mode, enriching the translation teaching means, enhancing the interaction of translation teaching and increasing the translation teaching carrier. All data and information in the research process are using MATLAB software and SPSS26.0 software for statistical analysis.

Results: Before and after the application of the four translation strategies, there are significant differences in college students' English translation level and mental health level. Before the implementation of the strategy, college students' English translation level is low, and the average score of translation test is in the range of 65-75. Under the negative influence of translation test scores, their mental health is at a low level, which causes serious harm to their normal translation learning and translation homework. After the implementation of the strategy, the average score of college students' translation test increased significantly to more than 85 points. Moreover, the mental health level of college students has improved significantly. The application effects of the four translation strategies are good, among which the optimized translation teaching mode is the best strategy, as shown in Table 1.

Table 1. Evaluation results of college students' translation ability and psychological quality before and after the implementation of translation strategies

Translation strategy	Before implementation		After implementation	
	Translation test score	Psychological quality score	Translation test score	Psychological quality score
Optimizing translation teaching mode	67.97±1.27	54.23±4.69	92.85±0.91	94.55±3.49
Enrich translation teaching means	72.03±0.98	56.64±5.72	89.43±1.04	91.71±4.27
Enhance the interaction of translation teaching	70.64±1.02	51.22±4.99	88.67±1.23	85.66±4.13
Increase translation teaching carrier	71.39±1.15	57.35±5.13	90.04±0.88	87.29±3.95

Conclusions: The application effects of different translation strategies are different, but the evaluation results are at a high level. With the implementation of the three translation strategies of enriching translation teaching means, enhancing translation teaching interaction and increasing translation teaching carriers, college students' English translation level and mental health level have been significantly improved, while the implementation effect of optimizing translation teaching mode is the best, which can maximize college students' English translation ability and psychological quality ability. In the process of college English translation teaching, the integration of educational psychology and the flexible application of translation strategies such as optimizing translation teaching mode can ensure better translation teaching effect.

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ON THE PSYCHOLOGY OF CROSS-CULTURAL COMMUNICATION BETWEEN KOREAN ENVOYS AND MING LITERATI IN CHAOTIANLU

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Background: Modern people are prone to various negative emotions for various reasons, such as work pressure, life pressure, economic pressure, etc. When negative emotions accumulate for a long time and cannot be alleviated, they will suffer from various mental diseases, such as anxiety, depression and so on. Anxiety generally refers to a negative psychological reaction dominated by worry and tension in the face of

potential dangers or other disturbing factors. When individuals think they can't achieve specific goals or overcome expected obstacles, anxiety may be particularly serious. At present, there is a widespread phenomenon of psychological anxiety among farmers in China. If most people in a community have anxiety because of the same or similar factors, this situation is social anxiety, which is holistic. Anxiety will lead to the disorder of human body function and abnormal hormone secretion, which will affect the normal life, study and work of patients, impose a burden on patients' families and increase the burden of society. Therefore, it is necessary to find an appropriate method to alleviate the anxiety of patients.

Positive psychology is a new research field rising gradually. In the past, psychological research basically focused on the treatment of psychological abnormalities, rarely starting from human survival and development. Positive psychology studies people's morality, potential and vitality from the perspective of human nature and its value, and pays attention to the study of people's strength and excellent quality. It believes that individuals living in society should have both positive and negative personalities. When negative personality traits dominate, individuals become depressed. On the contrary, it gives play to the good construction function of individuals, that is, the consistency and integrity of personality. The research perspectives of positive psychology include individual positive emotional experience, positive personality traits, positive emotion and health, creativity and talent training. Based on positive psychology, the research adopts the intervention method of allowing anxious patients to experience the cross-cultural communication psychology between Korean Envoys and Ming literati in Chaotianlu, so as to release the anxiety of patients, alleviate the anxiety degree of patients, and make a certain contribution to the construction and development of a harmonious society.

Objective: Modern people are prone to various negative emotions due to various reasons, such as work pressure, life pressure, economic pressure, etc., resulting in various psychological diseases, such as anxiety, depression, etc. Based on positive psychology, the research adopts the intervention method of allowing anxious patients to experience the cross-cultural communication psychology between Korean Envoys and Ming literati in Chaotianlu, so as to release the anxiety of patients, alleviate the anxiety degree of patients, and make a certain contribution to the construction and development of a harmonious society.

Subjects and methods: 200 patients with anxiety disorder were selected as the research object in a third-class hospital. The two groups of patients were randomly divided into the research group and the control group with 100 people in each group. In addition to normal drug treatment and nursing intervention, the patients in the study group used the intervention method of letting anxious patients experience the cross-cultural communication psychology between Korean Envoys and Ming literati in Chaotianlu, while the patients in the control group used the method of blank intervention. After a period of time, the degree of anxiety relief between the two groups was compared. The self-designed anxiety evaluation scale was used to evaluate the degree of anxiety, and five evaluation times were set, namely, before intervention (T0), after intervention 1 month (T1), after intervention 2 months (T2), after intervention 3 months (T3), and after intervention 4 months (T4). In the self-designed anxiety evaluation scale, it is mainly divided into three parts: emotion, thought and body, with a total of 30 items. For each question item, four answers are set, which are matched by the four-grade scoring standard of 1-4. Among them, 1 means always, 2 means often, 3 means sometimes, and 4 means none.

Results: Table 1 shows the comparison results of anxiety between the two groups under different intervention time nodes. According to Table 1, the scale scores of the two groups of patients were at a low level at T0, indicating that they were accompanied by serious anxiety. As the intervention continued, the scale score of the control group increased slowly, and its score was still lower than 70 at T4, indicating that its anxiety was still in a state of anxiety although it had been alleviated to some extent. The scale score of patients in the study group increased rapidly with a large increase during the continuous process of educational intervention. At T4, the scale score reached about 108.12, indicating that their anxiety has been completely eliminated.

Table 1. Changes of anxiety in the two groups

Group	Self-set meter score				
	T0	T1	T2	T3	T4
Control group	35.41±5.86	40.52±4.81	48.54±5.93	51.66±5.02	62.18±4.36
Research Group	33.18±6.77	56.12±5.57	77.31±5.17	91.34±4.88	108.12±5.67

Conclusions: Under the negative influence of different pressures, modern people are prone to produce various negative emotions. When negative emotions accumulate for a long time and cannot be alleviated, they will suffer from various mental diseases, such as anxiety, depression and so on. Anxiety will lead to the disorder of human body function and abnormal hormone secretion, which will affect the normal life, study and work of patients, impose a burden on patients' families and increase the burden of society. Therefore,

it is necessary to find an appropriate method to alleviate the anxiety of patients. Based on positive psychology, the study used the intervention method of letting anxious patients experience the cross-cultural communication psychology between Korean Envoys and Ming literati in Chaotianlu. The results show that this method can effectively release the anxiety of patients, alleviate the degree of anxiety of patients, and make a certain contribution to the construction and development of a harmonious society.

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RESEARCH ON THE INTEGRATION OF FOLK BELIEFS AND RELIGIOUS CULTURE IN THE TIBETAN, QIANG AND YI CORRIDOR TO ALLEVIATE ANXIETY FROM THE PERSPECTIVE OF RELIGIOUS PSYCHOLOGY

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Background: As a marginal discipline in the field of applied social psychology, religious psychology organically integrates and recreates the relevant theories of religious teaching, psychology and sociology, forming a complete psychological research system. Its research objects mainly include the characteristics and laws of psychological activities of religious beliefs. In the research process of religious psychology, we usually take the relevant theories and methods of different branches in the field of psychology as the research methods, including social psychology, interpersonal relationship, emotional process, personality theory and so on, so as to realize the in-depth understanding of religious tradition, religious content, religious people and so on. Religious psychology mainly has three applications. One is to systematically and completely describe the content, attitude and form of religion. The second is to accurately explain and elaborate the contents related to the origin of religion such as human history and personal life, and take all kinds of influences into comprehensive consideration. The third is to clarify the impact of religious attitudes and behaviors on individuals and even society. The Tibetan, Qiang and Yi Corridor is a typical place for multi-cultural integration in China, which includes Buddhist culture, Shibi culture, bimo culture and other cultural forms of the three nationalities. Moreover, the Tibetan, Qiang and Yi Corridor gathers people represented by ethnic minorities such as Tibetan, Qiang and Yi. People of all ethnic groups have been thriving in the region for a long time since ancient times. Therefore, the region has gradually formed a typical situation of harmonious coexistence and mutual integration of multiple folk beliefs and religious culture. Nevertheless, some ethnic minority people may feel certain discomfort in the process of continuous promotion of social development. Or in the process of gathering and living of people of all ethnic groups, they have a sense of exclusion and resistance to outsiders and culture, and then produce varying degrees of anxiety. Anxiety is a negative psychological emotional state, and its causes are diverse, but anxiety under different causes will have a great negative impact on people's normal life activities and mental health.

Objective: From the perspective of religious psychology, the research will explore the anxiety of people of all ethnic groups in the Tibetan, Qiang and Yi Corridor, including the causes and effects of anxiety. The purpose is to explore the mitigation effect of the integration of folk beliefs and religious culture in the Tibetan, Qiang and Yi Corridor on anxiety through experimental analysis and evaluation.

Subjects and methods: In the Tibetan, Qiang and Yi Corridor Area, 156 local people were randomly selected as the research objects, and they were grouped by decision tree classification algorithm to obtain the traditional research group and religious psychology group. For the ethnic minority people in the traditional research group, no intervention will be carried out; For the religious psychology group, the anxiety relief intervention based on religious psychology was carried out. The study used the Liebowitz Social Anxiety Scale (LSAS) to evaluate all ethnic minority people, and judged their social anxiety level by measuring their fear and avoidance in social interaction. The total score of LSAS ranges from 15 to 75. The higher the score, the higher the anxiety level of the subject. 60 is used as the standard to judge whether the subject is accompanied by social anxiety. LSAS has high reliability and validity, and can accurately and objectively evaluate and analyze the anxiety of subjects.

Results: From the perspective of religious psychology, the integration of folk beliefs and religious culture in the Tibetan, Qiang and Yi Corridor can effectively alleviate the anxiety of subjects. Before the intervention of the integration of folk belief and religious culture, the LSAS scores of the two groups were at