

## ON THE CONSTRUCTION OF STUDENTS' SOCIAL PSYCHOLOGICAL MECHANISM IN JAPANESE LANGUAGE AND LITERATURE TEACHING

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**Background:** In the field of psychological research, social psychology, as an important theoretical branch, plays an important role in the cultivation and application of psychological theory. Different from other types of psychological research fields, the research objects of social psychology are mainly divided into social individuals and social groups. By exploring the occurrence and change law of their psychology and behavior, we can accurately reveal the differential psychological changes and behavior changes of social individuals and social groups in the process of social interaction. At the social individual level, social psychology mainly focuses on the process of individual socialization, speech development and the impact of environment on individuals. At the social group level, it mainly includes the research focus of group communication structure, racial prejudice and so on. Social psychology mainly includes three different research contents: individual process, interpersonal process and group process, and each research object has certain differences. The research objects in different ranges will be affected by various psychological factors, namely individual psychological factors, social psychological factors and cultural psychological factors. When analyzing various psychological factors, social psychology is mainly based on three principles: ethical principle, systematic principle and value neutrality principle. In the teaching of Japanese language and literature, there is a unique aesthetic interest, that is, the concept of "material sorrow", which is mainly manifested in three characteristics. One is that the concept can express people's intuitive understanding of sadness itself on the basis of expressing the sad emotion caused by the feeling of objects; The second is that it can purify all the moving emotions and has a lofty spiritual realm. Third, under the influence of instantaneous limitation, this concept has certain limitations in improving people's ability of spiritual level. Due to Japan's unique geographical location and environment, and its unique national consciousness formed in the long-term historical accumulation, the concept of "material sorrow" is closely related to Japanese language and literature and the spiritual life of the Japanese people. In the content planning and practical process of Japanese language and literature teaching, the concept of "material sorrow", as a unique aesthetic art, has a decisive impact on the teaching setting. In the process of learning Japanese language and literature, the social psychological mechanism of students is different from that of learning knowledge of other disciplines. It is very necessary to explore the different social psychological mechanism of students, which determines the teaching effect of Japanese language and literature and the perfection of students' psychological mechanism.

**Objective:** In order to explore the students' psychological changes and aesthetic feelings of literature and art in the process of Japanese language and literature teaching, the research mainly makes a detailed analysis on the potential problems of Japanese language and literature teaching, in order to build an appropriate social psychological mechanism for students, enhance their aesthetic feelings of Japanese language, literature and art, and improve their learning effect and mental health level of Japanese language and literature.

**Subjects and methods:** In a university, 156 Japanese majors from different grades were selected by stratified cluster random sampling. Based on the relevant theories of social psychology, this study evaluates and analyzes the potential problems, psychological influencing factors and mental health level of college students in the process of Japanese language and literature teaching, and constructs the corresponding social psychological mechanism. On the other hand, it summarizes the language art contained in Japanese language and literature, obtains four remarkable characteristics: the beauty of sorrow, the interest of nature, secluded art and home consciousness, and takes them as the main index of the self-designed evaluation scale of students' social psychological mechanism in Japanese language and literature teaching. For the index evaluation and analysis of the scale, the 5-level evaluation standard of level 0-4 is adopted, and multiple secondary evaluation indexes are set under each level-1 index. The higher the score of the scale is, the higher the students' psychological health level is.

**Results:** Under the positive influence of the theory of social psychology, the evaluation scores of 156 Japanese majors in the process of Japanese language and literature teaching continued to grow, from about 32.57 to about 89.65. The growth rate of the scale score decreased, but its overall trend maintained a steady upward trend. Among them, the scale score of the beauty of sorrow index increased the most significantly, as shown in Table 1.

**Conclusions:** With the continuous integration and role of relevant theories of social psychology, the social psychological mechanism of the students in the process of Japanese language and literature teaching is constantly improved, which shows that the construction path of students' social psychological mechanism proposed by the research has a good application and implementation effect, and can maximize the

improvement of students' social psychological mechanism and mental health level in Japanese language and literature teaching.

**Table 1.** The scoring trend of each level index of self-designed scale for students in Japanese language and Literature Teaching

Evaluation index of the scale	Before integration	After 1 month	After 2 months	After 3 months
The beauty of sorrow	9.24	17.29	24.57	27.13
Natural interest	7.95	14.78	18.83	21.63
Mysterious art	8.02	14.12	17.56	19.24
Home consciousness	7.36	15.04	19.29	21.65
Total score	32.57	61.23	80.25	89.65

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## EXPLORING THE POSITIVE EFFECT OF JAPANESE LITERARY WORKS ON IMPROVING COLLEGE STUDENTS' PSYCHOLOGICAL WELL-BEING

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**Background:** Psychological well-being is one of the orientations of well-being. From the perspective of positive psychology, well-being mainly includes subjective well-being and psychological well-being. Different from subjective well-being, psychological well-being takes the realization theory as the theoretical basis. In the judgment criteria for happiness, it emphasizes that it should not be limited to individual subjective emotions, but should pay more attention to the realization of self-potential, and pay attention to individual perfect experience in different aspects. Compared with subjective well-being, psychological well-being can help individuals reflect their own value and improve their abilities in various aspects. For individuals, the higher the level of psychological well-being, the higher their tolerance, resilience and optimism, and they can deal with various difficulties in their living environment more calmly. At present, the average level of psychological well-being of college students is low. The reasons for this phenomenon are different and diverse, including but not limited to various influencing factors, such as heavy academic tasks, fierce employment competition, confusion about the unknown future and so on. College students are in a critical period of sound mind, experiencing the role change process from students to social personages. Under the negative influence of various external factors, it is often difficult to properly carry out various learning and life activities, resulting in certain negative emotions, reduce their psychological well-being, and form a huge obstacle to their personal comprehensive and all-round development. For college students, the level of their psychological well-being determines their mental health level and comprehensive quality ability level. Therefore, it is very important to improve students' psychological well-being. In recent years, the spread of Japanese literary works has become more and more extensive, attracting more and more Chinese readers and having an important impact on them. Japanese literary works can be divided into two types: Japanese classical literature and Japanese modern literature. Both of them have a euphemistic and implicit narrative style, highlight the strong characteristics and aesthetic characteristics of Oriental literature, and have a high degree of consistency with the aesthetic views of Chinese readers. For college students, the unique aesthetic appeal of Japanese literary works has strong literary charm and artistic attraction, which can have a certain impact on their psychological well-being.

**Objective:** The psychological well-being of college students is extremely important and has a significant impact on their normal learning activities and daily life. The purpose of this study is to improve the psychological well-being and mental health level of college students and help them achieve comprehensive and all-round development by exploring Japanese literary works and their influence.

**Subjects and methods:** 42 college students were randomly selected from each of the four universities, a total of 168, as the research object. By means of grey correlation analysis, this paper explores the positive role of Japanese literary works in improving college students' psychological well-being, and excavates the key factors that play a decisive role. All the subjects were divided into two groups: the regular reading group and the Japanese literature reading group. The effects of the two different reading modes on college students' psychological well-being were compared and analyzed. The self-designed psychological well-being evaluation scale for college students mainly includes different indicators of five dimensions, namely