

application effect of aerospace English translation skills and strategies in aerospace English practical translation, and applies aerospace English translation principles and strategies to aerospace English translation teaching. Taking 100 aerospace English translation students as the research object, this study conducted a pilot experiment on the aerospace English translation principles and strategies proposed by the Institute, combined with comparative analysis to understand the application effect of aerospace English translation principles and strategies. The research analyzes the cognitive psychology of students' aerospace English translation under the traditional translation teaching mode, obtains the students' aerospace English translation learning achievements under the traditional mode, compares and analyzes the students' aerospace English learning results under the new translation strategy teaching, and explores the effectiveness of the aerospace English translation principles and strategies proposed by the research.

**Results:** The comparison of students' aerospace English translation scores before and after the pilot experiment is shown in Table 1. After the aerospace English translation strategy teaching based on cognitive psychology, students' aerospace English translation skills have been significantly improved.

**Table 1.** Comparison of students' aerospace English translation scores before and after the pilot experiment

Time	Achievement
Before experiment	58.34±4.35
After experiment	85.41±3.48

**Conclusions:** Cognitive psychology analyzes individual information cognitive psychology from the perspective of psychological analysis, and analyzes individual psychological change process from the perspective of experiment and information processing. It has important guiding significance for language cognition and processing transformation, and has important value in teaching cognition. Under the guidance of cognitive psychology, the aerospace English translation skills and strategies proposed by the Institute have achieved good teaching results, which can effectively improve the level of aerospace English translation and promote the promotion of aerospace English translation teaching.

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## THE POSITIVE VALUE OF NEWS COMMUNICATION ENTERTAINMENT IN ALLEVIATING PUBLIC PSYCHOLOGICAL ANXIETY UNDER THE BACKGROUND OF NEW MEDIA

Zhiteng Nie<sup>1,2</sup>

<sup>1</sup>*School of History and Culture, Hunan Normal University, Changsha 410081, China*

<sup>2</sup>*School of Literature and Journalism, Xiangnan University, Chenzhou 423000, China*

**Background:** Anxiety is a kind of comprehensive negative emotion, which refers to the tension and anxiety caused by individuals' excessive worry about the future and destiny. When individuals subjectively predict the pressure and threat they will face, and it is difficult to find countermeasures quickly, individuals may have a variety of psychological states such as anxiety, tension and panic. Many factors such as society, family and environment may lead to individual anxiety, make individuals fall into a restless psychological state, and reduce the quality of individual mental health. Psychological anxiety refers to the panic and anxiety caused by social individuals in the face of difficulties or obstacles because they are difficult to solve in time or worried that they cannot solve them effectively. Appropriate psychological anxiety can promote individual behavior and effectively urge individuals to improve self-efficiency. However, excessive psychological anxiety will seriously affect the quality of individual mental health and lead individuals to fall into negative emotions, with the advancement of social and economic development, the speed of social development is accelerating day by day, and social competition is fierce, which makes contemporary people's mental anxiety problems occur frequently, and many people are suffering from different degrees of mental anxiety. The ever-changing social form has brought great pressure on people's life, work, family and interpersonal communication, which makes people fall into a state of mental anxiety for a long time, affects people's mental health and reduces people's quality of daily life. In the high-pressure modern social situation, mental anxiety has become the spiritual normality of modern people. People more or less have certain mental anxiety, which requires people to relax their body and mind and adjust their psychological balance by diverting their attention and other ways.

With the development of electronic technology, the richness of cultural communication and

entertainment equipment in people's daily life has greatly increased. The development of new media technology has made great changes in people's way of life and entertainment. The enrichment of new media technology provides people with a variety of ways to release pressure. People can use a variety of new media means to slow down their mood and promote the development of their own mental health. News reports are generally serious. The characteristics and atmosphere of news media are usually serious. It is difficult to create a relaxed and lively atmosphere for the audience and help the audience release their inner pressure during news viewing. On the contrary, it is easy to aggravate the anxiety and anxiety of the audience. Therefore, under the background of the new era, "news entertainment" has gradually become a new trend. News reports are gradually entertained and short video, and the new form of short video is used to enhance the ease of gratifying news reports. News entertainment emphasizes that TV news media should change the traditional voice, make rational use of network language, enrich expression forms, make the atmosphere more relaxed and harmonious, and meet the interactive needs of the audience. According to the particularity and credibility of news reports, integrate the information fragments brought by information short video, and turn the disadvantage of communication speed into the advantage of content quality. In addition, it is also necessary to strategically restructure the media department, break the obstacles of information flow between departments, share resources, reduce intermediate links, and implement flat management.

**Objective:** Combined with the characteristics of news communication, the research analyzes the development trend of news entertainment and short video, complements the TV news media and short video information released by the media platform, puts forward the new development strategy under the entertainment of news communication, and tries to deeply excavate the hot issues of public concern from the perspective of interest and practicality, hoping to provide help to promote the new development of news communication under the background of new media, promote the relief of public psychological anxiety.

**Subjects and methods:** The research analyzes the current situation and development direction of news reporting under the new media situation, explores the impact of the introduction of new media means on news communication, combined with the analysis of the public's mental health problems under the background of the new era, understands the situation and problems of the public's psychological anxiety under the new situation, and analyzes the impact of the entertainment of news communication on the public's psychological anxiety. In this study, 1500 residents from three communities in a city were randomly sampled for follow-up, to understand the psychological anxiety of residents, and to analyze the changes of residents' psychological anxiety under the entertainment of news communication. Through the interview and analysis of community residents, this study explores the positive impact of the entertainment trend of news communication on alleviating public anxiety under the background of new media.

**Results:** The scores of community residents on the positive role of news communication entertainment in psychological anxiety intervention are shown in Table 1. Residents believe that news communication entertainment is helpful to alleviate their psychological anxiety.

**Table 1.** Community residents' evaluation of the positive role of news communication entertainment in psychological anxiety intervention

Survey object	Experience group
Life anxiety	4
Work anxiety	4
Learning anxiety	3
Family anxiety	4

**Conclusions:** The entertainment of news communication has played a positive role in promoting mass social communication activities. With the intervention of new media integration and video of TV news, the social and psychological activities of the public have improved significantly. Therefore, in order to promote the harmonious development of society and the development of China's network technology, the combination of traditional TV news and new media can effectively help the innovative development of traditional industries, help the mental health training of Chinese residents and alleviate the psychological anxiety of the public.

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## RESEARCH ON THE IMPACT OF THE EDUCATION OF PARTY STYLE AND CLEAN GOVERNMENT ON TEACHERS' MENTAL HEALTH IN COLLEGES AND UNIVERSITIES

Jing Song & Jingyi Song

*Suqian University, Suqian 223800, China*

**Background:** China's development has ups and downs, and there is no doubt about the guiding role of Chinese leaders in this process. In the development process of modern China, the determination of the communist party of China, as the core of the construction of socialism with Chinese characteristics, is also extremely strong. Therefore, in the process of building a harmonious society, the construction of party style and clean government has become the core guarantee of national construction. The 5000-year history of the Chinese nation has created a country and nation with great dreams. In China's Millennium development, it has always been developing towards the establishment of a prosperous, strong, civilized and harmonious society. After being weathered, the emergence of the communist party of China brought light to the establishment of new China. It is also under the leadership of the communist party of China that China began to gradually move from poverty to wealth. During the ruling period of the communist party of China, the most important thing is the construction of a clean and honest government, which is not only related to the reputation of individuals and organizations, but also related to the survival and development of the country. In the development of China in recent decades, the party central committee has always attached importance to anti-corruption, and several generations of leaders have taken it as the main construction work. In the process of building a clean and honest government, it is the party organization that supervises individuals and supervises the organization. Therefore, how to build a good party style and clean government is the primary goal of national construction.

In the increasingly fierce social competition situation, the role of high-quality talent training carried by higher education is becoming increasingly prominent, and the training of high-quality technical social talents must rely on a group of college teachers with excellent comprehensive quality and physical and mental health. However, in recent years, under the combined action of personal factors and social pressure, the mental health of college teachers has become an important factor restricting the development of higher education in China. College teachers, especially young teachers, face a variety of pressures in their daily work, such as teaching, scientific research, assessment and evaluation, and generally have mental sub-health problems. Therefore, it is necessary to pay attention to the mental health problems of college teachers and alleviate the mental pressure of college teachers through various means. The mental sub-health of college teachers is mainly reflected in teachers' job burnout, interpersonal relationship processing, personality disorder and so on. When teachers cannot better deal with the difficulties and pressure in work, the long-term high-pressure state makes teachers have extreme psychological reaction, which may lead to job burnout symptoms such as loss of work enthusiasm, emotional alienation and indifference. This state of job burnout makes teachers fall into negative emotions of depression and worry, which has an impact on teachers' working state in both psychological and physiological aspects, resulting in teachers falling into a vicious circle. Moreover, some teachers have personality disorder symptoms such as anxiety and depression, physical symptoms such as insomnia and headache, and show extreme behavior patterns in daily communication processing. It is difficult to get along with colleagues and students in a peaceful state of mind.

**Objective:** The research analyzes the influence of college party style and clean government education on college teachers' mental health, and explores the paths and strategies of college teachers' party style and clean government education under psychological intervention, hoping to provide reference for promoting the development of college party style and clean government education and promote the improvement of college teachers' mental health quality.

**Subjects and methods:** This study comprehensively analyzes the current situation of college teachers' mental sub-health, explores the performance and causes of college teachers' mental sub-health, and analyzes the effect of college party style and clean government education in teachers' mental health intervention from the perspective of college party style and clean government education. This paper studies the pilot experiment of carrying out the work of party style and clean government education in two colleges and universities in a city, takes 223 teachers in two colleges and universities as the research object, applies the strategy of party style and clean government education under psychological intervention to the actual work of two colleges and universities, and analyzes the impact of party style and clean government education on teachers' mental health education. The pilot experiment lasts for 4 months, which combines