



Figure 1. Average evaluation of English learning ability of students in different groups

Conclusions: As the language learning discipline involves the carriers of different cultures, the unique nature of the discipline determines that students can gain more knowledge and cultural content while learning the language discipline. The mastery of this part is conducive to enhance students' learning self-confidence and sense of achievement, to bring positive psychological impact to students in the learning process. The subject of business English was set up in the past, which only focused on the skill learning of market use. This learning model can no longer meet the needs of the times for compound talents, but also ignore the learning pressure and negative emotions of students. Therefore, the principles of communicative teaching method, constructivism teaching method, situational learning theory, genre analysis or discourse analysis examine the impact of mixed mode business English teaching on students' self-evaluation and learning enthusiasm. The experiment shows that the students who participate in the mixed mode of business English teaching have more positive evaluation performance in reading comprehension, listening comprehension, speaking and writing ability. This proves that the mixed model of business English teaching can meet students' diverse psychological needs and improve students' self-efficacy and learning achievement.

Acknowledgement: The research is supported by: 2020 Research Project of Foreign Language Education Teaching in Vocational Colleges "Research on self-regulated "blended learning" model based on constructivist learning theory" (No. WYJZW-2020-1048); 2022 Phased Achievements of Education and Teaching Reform Research and Practice Project of Guangdong Polytechnic Science and Technology – Practice and exploration of blended instructional design for constructing business English task cooperative learning mode under the background of "golden class" (No. JG202231).

* * * * *

ANALYSIS ON THE INFLUENCE OF PHYSICAL TRAINING ON STUDENTS' PSYCHOLOGICAL ANXIETY IN COLLEGE PHYSICAL EDUCATION

Yanhui Ma¹ & Chao Ma^{2*}

¹Yangtze Normal University, Fuling 408100, China

²Chongqing Industry Polytechnic College, Chongqing 401120, China

Background: The implementation of physical education in colleges and universities cannot be separated from the love and cooperation of college students for sports, but physical training is not popular with college students because of the increase of sports intensity. At the same time, contemporary college students are often in the negative mood of anxiety and loneliness due to the interference of impetuous emotions from electronic media and Internet communication. In order to alleviate the depression in their hearts and avoid various difficulties in their study and life, students instead indulge in the virtual data constructed by electronic media and the network, and fall into a vicious circle of anxiety that is difficult to

relieve. As the completion of physical exercise is closely related to students' physical and psychological activities, the playground may become one of the best places to alleviate college students' anxiety and negative psychology. Part of the psychological anxiety of college students comes from the lack of self-cognition and the difficulty in perceiving the uncertainty of social life. Sports can effectively and quickly help students build their own body measurement and cognition. After the measurement of such factors as physique, physical fitness, coordination and flexibility, college students' cognition of their own body has been constructed as a whole, which is conducive to the establishment of students' self-esteem for the body. Body cognition is included in people's self-cognition. Improving the concept of body cognition can help students establish their self-concept. The construction of self-concept will guide students' life and learning, and the life with goals has a positive impact on students' mental health. At the present stage, college physical fitness training includes long and short runs, long jumps, sitting body forward bending, sit ups or pull ups. The implementation of these projects should meet the actual psychological and physiological requirements of college students, and should be carried out in accordance with the principles of reasonable exercise intensity, reasonable exercise frequency, reasonable exercise duration, and reasonable project arrangement sequence.

Objective: This study is based on the analysis of college students' self-cognitive psychology, and discusses the relieving effect of the construction of physical dignity and self-cognitive psychology in physical training on college students' psychological anxiety. According to the traditional physical training items in colleges and universities, the optimization strategy is carried out according to the principles of reasonable exercise intensity, reasonable exercise frequency, reasonable exercise duration, and reasonable project arrangement sequence.

Subjects and methods: In this study, 170 college students were randomly selected and divided into control group and experimental group. There were 85 students in both groups. Based on the university's physical education textbooks and students' views on physical training items, rope skipping and Taijiquan were added to the training items of the experimental group. The physical education classes of the two groups are 24 classes in 12 weeks, each class is 120 minutes. The control group uses traditional items, and the experimental group adds rope skipping and Taijiquan items. At the end of the course, the students were assessed on three psychological indicators: mental health, physical self-esteem and self-awareness.

Results: The psychological evaluation results of the two groups of students are shown in Table 1.

Table 1. The evaluation results of different psychological indexes of the two groups of students

Student groups	Mental health	Body esteem	Self-cognition
Comparison group	58.8	65.5	31
Experience group	70.4	88.9	50.2

In Table 1, the score values in the table are the average values of all team members. The range of the scores of the three psychological indicators of mental health, physical self-esteem and self-cognition is 1-100. The higher the score value, the higher the psychological positive emotion or the better the cognitive psychology. From the data in the table, it can be seen that the three mental health indicators of the students in the experimental group are higher than those in the control group, and the gap between the mental health indicators is the smallest, indicating that the physical fitness training in sports exercises has a positive impact on the students' psychology, and the items that students are more interested in have a better positive guiding effect. In the three items, the score difference of physical self-esteem index is the largest, indicating that the training after the optimization of the item makes the students' cognition of the body more comprehensive.

Conclusions: According to the theory of cognitive psychology, students' mental health, physical self-esteem and self-awareness are interrelated, and physical training can just integrate the three. Take the alleviation of students' negative emotions and mental health as the goal, the construction of physical self-esteem and the improvement of self-cognition as the connection, and the optimization of physical training items as the implementation of specific physical training courses, and record the growth of college students' physical quality and psychological positive emotions during the implementation of the intervention courses. The experiment shows that increasing students' physical self-esteem and the construction of self-cognitive psychology through physical training can indirectly improve students' mental health and improve their ideological and behavioral consistency.

* * * * *

RESEARCH ON THE IMPACT OF THE IMPROVEMENT OF RURAL GRASS-ROOTS SOCIAL GOVERNANCE ABILITY ON FARMERS' PSYCHOLOGY UNDER THE BACKGROUND OF RURAL REVITALIZATION

Xiaobiao Tian

Hainan Tropical Ocean University, Sanya 572000, China

Background: In the context of rural revitalization, the improvement of rural grass-roots governance capacity means the improvement of rural public facilities and resources, the development of rural economy and the improvement of rural ecological environment. From the perspective of social psychology, the improvement of rural grass-roots social governance ability will mainly have a positive impact on farmers' social cognitive psychology and family cognitive psychology. Farmers' cognition of social organization and management form is relatively traditional, and they pay more attention to the benefits and consequences brought by management behavior. When the external stimulation generated by the excellent achievements brought by grass-roots governance matches the internal needs of the masses, the psychological factors of the subjective tendency of the masses towards governance policies will be deeply affected, so as to urge the masses to maintain social order and governance policies from the bottom of their hearts. Similarly, farmers' cognitive concept of family comes from long-term historical tradition. Therefore, the masses have a very keen sense of responsibility of family members and urgent psychology of family construction. If the improvement of grass-roots social governance ability meets the needs of the people at the family level, thousands of people will have the same goals and cohesion in different families. In detail, the psychological needs at the family level involve the expectation of children's life and growth, the positive attitude towards the growth of family economic strength and the self-confidence in the expansion of family functions. Therefore, the improvement of rural grass-roots social governance ability can not only increase the collective identity psychology and social order maintenance psychology of the farmers, but also stimulate the enterprising psychology of the people for family construction and improve the motivation of the farmers to actively pursue individual happiness and family harmony. In order to achieve the above objectives, rural grass-roots social governance should improve the ability of grass-roots managers based on the principles of fair and honest management, effective environmental governance and the combination of theory and market practice.

Objective: The purpose of this study is to explore the relationship between the improvement of rural grass-roots social governance ability and the positive psychological impact of farmers. Based on social psychology and family cognitive psychology, this paper analyzes the psychological needs of farmers, and discusses the direction and principles of rural grass-roots social governance, which should be based on fair and honest management, effective environmental governance, the combination of theory and market practice, etc.

Subjects and methods: The object of this study is the farmers in a county. 450 questionnaires were randomly distributed to the farmers in this area. The research objects include the cooperative farmers and non cooperative farmers of a farming Reclamation Investment Holding Group Co., Ltd. The purpose of the questionnaire is to evaluate the people's internal family construction enthusiasm and family cohesion. The evaluation indicators of the questionnaire include the mutual attention of family members, the company time of family members, the driving force of family members to develop and expand family economic strength, and the values of family members. 437 questionnaires were effectively recovered from 450 questionnaires, including 184 non cooperative farmers and 253 cooperative farmers. The non cooperative farmers were set as the control group, and the cooperative farmers were regarded as the experimental group to investigate the guiding role of market cooperation in rural grass-roots social governance on the positive factors within rural families.

Results: The evaluation results of family construction psychological indicators of farmers with different business modes are shown in Table 1.

Table 1. Evaluation of psychological indicators of family construction of farmers with different business modes

Household grouping	Mutual attention of family members	Company time of family members	The driving force of expanding family economic strength	Value identity of family members
Comparison group	2.86	2.38	2.69	2.65
Experience group	3.64	3.22	3.37	3.31

The score value in Table 1 indicates the psychological evaluation of farmers on the internal construction