

study were Generalized Anxiety Disorder-7 (GAD-7) and Symptom Checklist 90 (SCL-90).

Results: The GAD-7 test results of the two groups of students before and after the experiment are shown in Table 1. It is obvious from Table 1 that the anxiety levels of the two groups of students before the beginning of the experiment of Chinese language and literature learning are similar, while the anxiety levels of the experimental group decreased significantly after the end of Chinese language and literature learning, while there is no obvious change in the control group. After statistical analysis, it can be found that there is a significant difference in the anxiety level between the two groups after the learning of Chinese language and literature ($P < 0.05$), but there is no significant difference in the control group.

Table 1. Comparison of self-rating anxiety test results between the two groups

	Control group	Experimental group
Before the experiment	8.65	8.56
After the experiment	6.44	8.22

Conclusions: Anxiety is a kind of negative psychological state when individuals face dangerous or uncertain factors. Too serious anxiety will affect the normal life of individuals and the normal development of groups. At present, students have group anxiety that needs to be paid attention to due to academic, campus interpersonal relations, culture and family relations. Because of their environment and education, the performance of students' anxiety characteristics is also closely related to education. Based on the influence of literary aesthetics on students' psychological state under the environment of the gradual development of educational innovation, this paper studies the inclusion of Chinese language and literature into students' elective learning courses according to the anxiety problems faced by students, compares the psychological state of students who study Chinese language and literature with those who do not study Chinese language and literature, and carries out students' psychological state according to the conventional learning and education methods. The experimental results show that the learning of Chinese language and literature can significantly reduce the anxiety level of students.

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DISCUSSION ON THE VALUE OF PERSONALIZED INFORMATION SERVICE OF UNIVERSITY LIBRARY TO THE CONSTRUCTION OF COLLEGE STUDENTS' POSITIVE PERSONALITY UNDER THE NETWORK ENVIRONMENT

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Background: In positive psychology, the cultivation of personality has both congenital and acquired factors, among which the latter factor is more important. Positive personality refers to a kind of personality in which individuals tend to take the initiative and positive challenges in the attitude towards things, rather than passive avoidance. It has the characteristics of positive thinking, positive and good cognition of self and so on. In order to cultivate positive personality, enhancing individual positive experience and cultivating individual self-esteem are the most important ways. Among them, positive experience refers to an individual's psychological state. If an individual keeps feeling pleasure and psychological enjoyment in recalling the past, feeling the present and looking forward to the future, it belongs to positive experience. Cultivating individual self-esteem is the performance of having a correct understanding of self and respecting one's personality in psychology, including psychology and physiology, and the physiological individual self-esteem is also the reflection of psychological self-esteem. At present, there is a general lack of positive personality among college students because of the lack of corresponding courses and guidance. The higher education for college students not only needs to teach professional knowledge, but also needs to build and shape the positive personality of college students. For individuals, the construction of positive personality can make individuals maintain mental health, make continuous progress, and maintain the positive and healthy development of learning and life. For groups, the construction of positive personality can effectively improve the overall comprehensive quality of college students and make more contributions to social construction.

In the current network environment, the coverage of network libraries in university libraries has reached a very high level. Almost every university has its own network library except the physical library. The advantage of network library is not only that it is very convenient. College students can read books at any

position on the campus, but also the retrieval is faster and more convenient. At the same time, the existence of data mining also enables each individual college student to carry out personalized recommendation and other information services according to the information left after reading. Library services such as personalized recommendation of books for college students can not only shorten the time for college students to find the books they need, but also promote their interest in reading, to further improve their comprehensive quality. The convenience brought by these services has a positive impact on the psychology of college students.

Objective: To analyze the influence of personalized service of university library on college students' positive personality, in order to build individual positive personality for college students.

Subjects and methods: 480 students who often go to the school library and have similar psychological conditions were found from the same university. They were divided into two groups according to the principle of equal number. One group of university libraries provided them with personalized information services in their daily study and life. This group was used as the experimental group, while the other group of libraries did not provide personalized information services, and this group was used as the control group. The experimental time is two months, that is, half a semester. During the experimental period, students' positive psychological state is tested and data are analyzed and compared every month, before and after the beginning and end of teaching. The psychological measurement tool used in the study is the Value in Action (VIA), which is used to detect the degree of individual positive personality characteristics. The final score is 1-5 points, in which the higher the score, the more positive the characteristic nature of positive personality.

Results: Table 1 describes the via test results of the two groups of college students before and after the experiment. It can be seen from Table 1 that the positive personality traits of the two groups of students are similar before the beginning of the experiment, while the level of positive personality traits of the experimental group increases significantly after the end of teaching, while the results of the control group do not change significantly. After statistical analysis, it can be found that there is a significant difference in the level of positive personality traits between the two groups after physical education teaching ($P < 0.05$), but not before physical education teaching.

Table 1. Comparison of self-assessment results of positive personality traits between the two groups of college students

	Before the experiment	After the experiment
Control group	3.61	3.58
Experimental group	3.56	4.52

Conclusions: The construction of positive personality is an important link for individuals to maintain physical and mental health and keep positive in study, work and life. The construction of positive personality of college students is closely related to the library in colleges and universities. At present, the psychological state of college students and the personalized information service of university network library have been paid more and more attention. The research aims at the impact of the personalized information service of university library on college students' positive personality under the network environment, and carries out comparative practice on college students' daily study and life. The experimental results show that the personalized information service of university network library plays a significant role in promoting the construction of college students' positive personality.

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THE EFFECT OF REFLECTIVE TEACHING MODEL IN HIGHER VOCATIONAL ENGLISH EDUCATION ON STUDENTS' CHOICE DIFFICULTIES

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Background: As a basic subject, English occupies an important position in the teaching system of higher vocational colleges. The quality of students' learning in English depends on teachers' teaching methods, while reflective teaching is an innovative way in traditional teaching methods. Reflective teaching mode is both teaching and learning. Combining the two, we can solve various problems in the teaching process by constantly learning teaching skills and reflecting on the deficiencies in teaching. In this process, teachers