

the knowledge of educational psychology to understand students' psychological state, and intervene and adjust students' negative emotions under the guidance of educational psychology, so as to stimulate students' learning enthusiasm and improve students' learning efficiency.

**Objective:** In order to change the problems existing in the teaching of dance choreography in colleges and universities, improve students' learning level and practical ability, and enable students to study relevant courses more actively, this paper constructs the teaching system of dance choreography in colleges and universities. Reform the teaching syllabus and teaching methods, understand the students' learning level and psychological state, and determine the teaching objectives. On this basis, set the teaching methods to make the teaching methods suitable for the students' situation, so as to increase the students' creative enthusiasm and sense of achievement, and let them have more creative power. Train and teach students in the cognition of dance works, so that students can have a clearer understanding of dance movements and expression perspectives, understand why to dance, dance out its flavor, and improve students' professional level.

**Subjects and methods:** The subjects of the study were students majoring in dance choreography and directing. 186 students were randomly selected from three universities. These students came from different genders, ages and grades, and their family backgrounds were different. Understand students' personal information and professional level, and analyze the problems existing in the teaching of dance choreographer and director major in colleges and universities. The reformed dance choreographer and director teaching is carried out for these students. The teaching time is 2 semesters, and the relevant data are recorded during the teaching period. Through statistical software, the learning situation of students before and after the reform of dance choreographer and director teaching is analyzed, and 1-5 scores are adopted. 1-5 scores mean no, slight, general, obvious and complete respectively.

**Results:** At present, the professional foundation of dance choreographer and director students is weak and their creativity level is low. Many students are used to simple repetition and imitation, and there is no individualized teaching in the teaching course. By establishing the teaching system of dance choreographer and director in colleges and universities, we can understand the students' learning level and psychological state, determine the teaching objectives, teach students according to their aptitude, and carry out the training and teaching of dance works cognition and relevant practical teaching. After two semesters, students' learning enthusiasm is significantly improved. Freshmen 'learning enthusiasm is scored as 4 points. The results are shown in Table 1.

**Table 1.** Learning situation of dance choreographer and director students in different grades

Grade	Learning enthusiasm	Creative ability	Learning confidence
Freshman	4	4	5
Sophomore	5	5	4
Junior	5	5	4

**Conclusions:** As a branch of psychology, educational psychology studies educators and educates, and studies their psychological situation and change law. Applying the knowledge of educational psychology to the teaching process can improve the teaching effect. There are still some problems in the teaching of dance choreography in colleges and universities, which hinder the development of dance choreography. The relevant syllabus has been unable to meet the students' transformation from unknown to application, the curriculum is relatively backward, the students' creative ability is not well cultivated, and their learning enthusiasm is not high. In view of the problems existing in the teaching of dance choreography, we should build the teaching system of dance choreography, teach students according to their aptitude, improve students' cognitive level of dance works, and make students more creative and more active in relevant learning.

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## A STUDY ON THE INFLUENCE OF INTEGRATING MENTAL HEALTH EDUCATION INTO ENGLISH TEACHING ON STUDENTS' LEARNING

Yulong Liang

*School of Foreign Languages, Yili Normal University, Yining 835000, China*

**Background:** Mental health refers to the good state of the coordinated development of individual body

and mind and society. When the individual's psychology is at the healthy level, his behavior and thought are unified and coordinated, and the level of self-control is high. When the individual's behavior and thought are uncoordinated, there will be confusion of thinking and disorganized behavior, which will cause great trouble to life. At this time, individuals will have mental health problems, which need psychological intervention and psychological adjustment, and mental health education can achieve this purpose. Students' mental health education means that teachers use psychology related knowledge to intervene students' mental health problems, so that students' intellectual development is normal, they can get along harmoniously with the people around them, they can understand, accept, improve and be the same, and they have good emotional control ability. At present, in college English teaching, students have some mental health problems. Because some students do not understand western culture, there are great differences between them and China in terms of language habits, which leads to their learning difficulties. Although they study hard, they have no great results, which makes students lose confidence in English, greatly reduce their learning enthusiasm, and even produce a kind of exclusion and avoidance psychology for English teaching. This negative psychological state will affect students' English learning and reduce their English performance. Some students are very concerned about others' evaluation of themselves because of their personality. Negative evaluation will cause them to have inferiority complex, which will reduce their enthusiasm for learning, and dare not speak English in front of others and express their views on English learning. This hinders students' further learning of English to a certain extent. In addition, the current English teaching in colleges and universities mainly adopts cramming teaching, blindly inculcating English knowledge into students. The single teaching mode makes students feel boring and uninteresting and can't raise their interest in English learning. As a result, many students like to play with mobile phones, sleep or do other things unrelated to English learning in English class. In the long run, students pay more and more attention to English learning, resulting in the continuous decline of English performance. Therefore, this paper integrates mental health education into English teaching and analyzes its impact on students' learning.

**Objective:** Understand the problems existing in current English teaching, students' learning and mental health, and analyze the reasons for students' poor learning. On this basis, we can cultivate students' interest in English teaching and improve their psychological participation in English teaching. In the process of English teaching, teachers should be close to students with love, patiently guide students, let students express their opinions in a relaxed atmosphere, and alleviate students' avoidance and anxiety about English. On the basis of understanding students' psychological characteristics, teachers encourage them with encouraging words, improve their self-confidence, alleviate their fear of difficulties and anxiety, and enable them to establish their psychological advantages in English learning.

**Subjects and methods:** The research object are college students. 286 college students are randomly selected from a university. The selection criteria of the research object are gender, age, grade and major. To understand the mental health status of these college students, their learning and other relevant personal information, and analyze the reasons for their poor English learning effect. After the reform of English teaching for these students, the teaching time is 2 semesters, during which relevant data are recorded. This paper uses fuzzy evaluation to analyze the impact of the reform of English teaching on students' learning, studies the changes of students' mental health level before and after the reform of English teaching, adopts grade 1-5 score, the higher the score, the heavier the degree, and uses SPSS software and Excel software to process and analyze the data.

**Results:** English learning has become a difficult problem for many college students. Under the influence of cramming teaching mode, students are used to passive acceptance of knowledge and do not know how to solve the difficulties encountered in English learning. As soon as some students encounter difficulties, they choose to escape and have anxiety about English learning, which seriously affects students' English learning. As teachers integrate mental health education into English teaching and pay attention to students' psychological feelings, after two semesters of teaching reform, sophomore's learning enthusiasm has been greatly improved, with a score of  $4.25 \pm 0.67$ . The results are shown in Table 1.

**Table 1.** Learning situation of students in different grades

Grade	Learning enthusiasm	Learning enthusiasm	Lack of confidence
Freshman	$4.63 \pm 0.24$	$4.59 \pm 0.36$	$1.26 \pm 0.74$
Sophomore	$4.25 \pm 0.67$	$4.47 \pm 0.43$	$1.85 \pm 0.83$
Junior	$4.19 \pm 0.55$	$4.34 \pm 0.61$	$1.72 \pm 0.59$

**Conclusions:** Students' mental health education means that teachers use psychology related knowledge to intervene students' mental health problems, so that students' intellectual development is normal, they can get along harmoniously with the people around them, they can understand, accept, improve and be the

same, and they have good emotional control ability. At present, in college English teaching, students have some mental health problems, which lead to difficulties and anxiety in English learning. Through the combination of mental health education in the process of English teaching, we can stimulate students' learning enthusiasm, give students more motivation to learn English, and significantly improve their English learning level.

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## RESEARCH ON THE PATH OF CROSS-BORDER TOURISM COOPERATION HELPING THE INHERITANCE AND DEVELOPMENT OF ETHNIC MINORITY TRADITIONAL CRAFTS FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

Dan Wang & Guowei Lao\*

*Guilin University of Technology at Nanning, Nanning 530001, China*

**Background:** Social psychology studies the changes of individuals or groups in psychological behavior under the action of society and the laws of these changes. Social psychology is generally studied from the perspective of individuals and social groups. From the perspective of social groups, social psychology studies the structure of group communication and its norms. The research field of social psychology mainly includes three aspects: individual, interpersonal and group. Individual process is to study individual perception, self-consciousness and other contents. Interpersonal process is to study the interaction between people. Group process is to study human psychological behavior in group and other environments, such as group process and organizational behavior. Group indicates that people who depend on and influence each other form a collection. The number of people in this collection is more than two, and these members will have face-to-face contact or interaction. Guangxi is located on the border between China and Vietnam. With the precipitation of years, Guangxi has formed many cross-border nationalities, including Zhuang, Miao, Jing and so on. These cross-border ethnic groups live in friendship with the Vietnamese people, have bred a unique cross-border national culture in the long river of history, and play an important role in cross-border cooperation between China and Vietnam. With the proposal of the Belt and Road policy and the in-depth development of "culture + tourism", cross-border tourism cooperation has become a breakthrough in cross-border cooperation, and the cooperation project has been valued by the government. Issued relevant policies to support cross-border cooperation, provided financial support for infrastructure construction and improvement, and promoted the cooperation. With the support of the state, the brand effect of cross-border ethnic cultural tourism cooperation is beginning to show. The national characteristics of all ethnic groups are deeply excavated and developed into the characteristics of cross-border ethnic cultural cooperation tourism. The project attracts tourists from all over the world to experience, and also promotes the development of the inheritance of traditional crafts of ethnic minorities. Although the current progress is relatively smooth, there are still some problems. The cross-border tourism cooperation mechanism needs to be improved. The lack of tourism cooperation mechanism at the national level between China and Vietnam restricts the effective communication between China and Vietnam. The construction of cooperative supporting facilities lags behind, and the comprehensive tourism reception capacity is poor, which cannot meet the consumption demand of tourists for high-standard tourism. In some tourist areas, the number of vehicle inspection sites for cross-border self-driving tour is insufficient, which has a certain impact on the customs clearance efficiency and hinders the development of self-driving tour. The depth of cooperation is not enough, the development and utilization of cross-border national culture is not enough, the characteristic national culture is not integrated into cross-border cooperation, and the traditional crafts of ethnic minorities are not well utilized, which is not conducive to the development of the inheritance of traditional crafts of ethnic minorities.

**Objective:** Understand the current situation of cross-border tourism cooperation and the utilization of traditional crafts of ethnic minorities, and put forward the promotion strategy of cross-border ethnic cultural tourism cooperation on this basis. Through the establishment of tourism cooperation mechanism, give play to the leading role of the government. Through the efforts of different departments, promote the development of cross-border tourism cooperation, deeply excavate and develop the local regional cultural characteristics, innovate the traditional crafts of ethnic minorities, integrate modern elements on the basis of national characteristics, and design handicrafts that meet the aesthetic requirements of tourists, so as to