

students in the control group did not change significantly compared with that before teaching. The above results show that the innovative college ideological and political teaching model based on educational psychology can effectively alleviate students' anxiety, and has a positive significance for the long-term development of students.

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RESEARCH ON THE EFFECT OF CURLING PHYSICAL FITNESS TRAINING ON ALLEVIATING COMPETITION PSYCHOLOGICAL ANXIETY

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Background: Curling is a competitive event, which has the characteristics of small competition site, many competitors and great chance of winning or losing the competition. Therefore, during the competition, athletes are prone to fear, tension and anxiety. The causes of the anxiety of curling athletes are mainly related to the lack of confidence in their own strength. In the course of the game, the athletes are afraid of their poor performance, dragging their teammates to lose the game, and then they are criticized and criticized by the audience, coaches and teammates. In addition, the anxiety of the competition is also related to the athletes' psychological quality and competition experience. Curling athletes with strong psychological quality and more competition experience have lower probability and degree of psychological anxiety during the competition. On the contrary, curling athletes with poor psychological quality and less competition experience have higher probability and degree of psychological anxiety during the competition. Moderate anxiety helps curling athletes concentrate and complete the competition better. However, excessive anxiety will make athletes too nervous, and thus play an abnormal role, which is unfavorable to the performance of the competition. Therefore, it is of great significance for athletes' performance and career to take intervention measures to relieve athletes' anxiety before the competition.

In previous studies, it has been confirmed that appropriate physical exercise can regulate individual mood, stimulate individual spirit, help individuals vent negative emotions and bad emotions, cultivate individual strong will, help individuals better adapt to the environment, face setbacks, and improve individual psychological quality. Therefore, physical exercise can effectively alleviate individual anxiety. Cognitive psychology is a new trend of thought and research direction in the West in the mid-1950s. In a broad sense, it refers to the study of human advanced psychological processes, mainly cognitive processes, such as attention, perception, representation, memory, creativity, problem solving, speech and thinking. In a narrow sense, it is equivalent to contemporary information processing psychology. Studying cognitive process from the perspective of information processing is the mainstream of modern cognitive psychology. It can be said that cognitive psychology is equal to information processing psychology. It regards people as an information processing system, and thinks that cognition is the whole process of information processing, including encoding, storing and extracting inputs such as feeling, memory, creativity and thinking. According to this view, cognition can be divided into a series of stages, each stage is a unit that performs specific operations on input information, and response is the product of this series of stages and operations. The components of information processing system are interrelated to some extent. Based on cognitive psychology, the study analyzes the athletes' competition cognition, so as to analyze the athletes' competition anxiety factors. According to the analysis results, it is of great significance for athletes' performance and career to study the use of physical training to improve athletes' strength and self-confidence, so as to alleviate athletes' competition anxiety.

Objective: During the competition, curling athletes are prone to fear, tension and other emotions, forming anxiety. Based on cognitive psychology, the research analyzes the athletes' competition cognition, and uses physical training to improve the athletes' strength and self-confidence, so as to alleviate the athletes' competition anxiety, which is of great significance to the athletes' competition performance and career.

Subjects and methods: 20 curling athletes were selected as the research object. The 20 curling athletes were randomly divided into the research group and the control group by using the random number table method, with 10 people in each group. Among them, the curling athletes in the research group adopted the

physical training method based on cognitive psychology to alleviate the competition anxiety. The curling athletes in the control group used the traditional intervention to alleviate the competition anxiety. After a period of time, Self-rating Anxiety Scale (SAS) and Chinese Perceived Stress Scale (Chinese version) (CPSS) were used to evaluate the competition anxiety of the two groups of curling athletes.

Results: Before the intervention, the anxiety levels of the two groups of curling athletes were assessed and recorded with the self rating anxiety scale. The results showed that before the intervention, the anxiety level of the two groups of curling athletes was the same, and there was no significant difference. After the intervention, the self-assessment anxiety scale was also used to evaluate and record the anxiety level of the two groups of curling athletes. The results showed that after the intervention, the anxiety level of the curling athletes in the study group decreased significantly compared with that before the intervention, while the anxiety level of the curling athletes in the control group did not change significantly compared with that before the intervention. After the intervention, the anxiety level of curling athletes in the study group was significantly lower than that of curling athletes in the control group. The anxiety levels of the two groups of curling athletes are shown in Table 1.

Table 1. SAS scores of two groups of students

Timing	SAS score		<i>t</i>	<i>P</i>
	Research group	Control group		
Number of students	10	10	-	-
Before teaching	63.94±7.68	64.50±6.27	0.182	0.804
After teaching	41.43±1.42	64.19±7.84	7.842	0.000
<i>t</i>	7.629	0.161	-	-
<i>P</i>	0.000	0.874	-	-

Conclusions: Curling is a competitive event, which has the characteristics of small competition site, many competitors and great chance of winning or losing the competition. Therefore, during the competition, athletes are prone to fear, tension and anxiety. Excessive anxiety will make athletes too nervous, so as to play abnormally, which is unfavorable to the performance of the game. Based on cognitive psychology, the study analyzes the competition cognition of athletes, and uses physical training to improve the strength and self-confidence of athletes. The results showed that before the intervention, the two groups of curling athletes had the same degree of anxiety, and there was no significant difference. After the intervention, the anxiety level of curling athletes in the study group was significantly lower than that of curling athletes in the control group. The above results show that the physical training based on cognitive psychology can effectively improve the strength and self-confidence of athletes, and then alleviate the anxiety of athletes. It is of great significance to athletes' performance and career.

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APPLICATION OF ENGLISH TEXT TRANSLATION TEACHING BASED ON THREE-DIMENSIONAL TRANSFORMATION IN THE INTERVENTION OF STUDENTS' MOOD DISORDERS

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Background: In college English majors, English text translation teaching is an important course to improve students' English level, and it is also the main direction for English majors to obtain employment in the future. However, there are many problems in the current teaching mode of English text translation, which leads to the low teaching quality, the unsatisfactory teaching effect and the poor English level of students. In this case, students will have greater psychological pressure, resulting in learning anxiety and Employment anxiety. Many studies have shown that maintaining moderate anxiety can help students concentrate, so that they can study more attentively and hard, and then improve their academic performance. However, when the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will also decline, and even there will be weariness of learning, which will greatly affect students' normal learning and life. Therefore, it is necessary to find a suitable method to improve the teaching mode of college English translation course, improve the