

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

Yingdi Li

Harbin Medical University, Harbin 150086, China

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

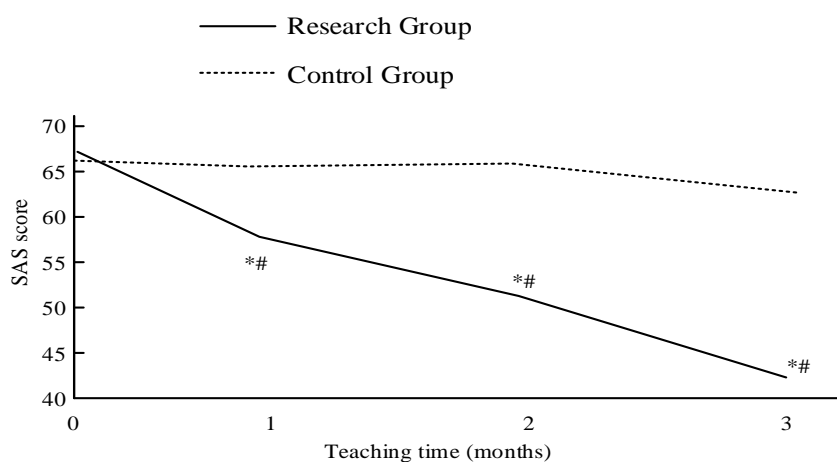
teaching quality and improve students' performance, so as to help students alleviate their anxiety.

In the theory of ecological translatology, the process of translation is actually a three-dimensional transformation process. Three dimensions refer to language dimension, culture dimension and communication dimension. Educational psychology is a branch of psychology. Its main research direction is the learning effect of students, the effect of teaching intervention, the teaching psychology of teachers and the social psychology of school organizations in the educational context. Educational psychology is to apply psychological theory to education, so as to improve teaching methods, improve students' learning enthusiasm, and help students solve various problems in the process of learning and growth. Educational psychology has important applications in teaching design, teaching model improvement, promoting students' learning motivation and helping students overcome psychological problems. Through educational psychology, teachers can better understand students, improve the pertinence of teaching, adjust teaching methods and teaching methods, and improve teaching quality. Based on educational psychology, the research integrates the concept of three-dimensional transformation into the teaching of English text translation, so as to improve the teaching quality, improve students' English level, and alleviate students' anxiety.

Objective: There are many problems in the current English text translation teaching model, which leads to the low teaching quality. Therefore, students have greater psychological pressure, resulting in learning anxiety and Employment anxiety. Based on educational psychology, the research integrates the concept of three-dimensional transformation into English text translation teaching, and constructs an English text translation teaching model based on three-dimensional transformation, so as to improve teaching quality, improve students' English level, and alleviate students' anxiety.

Subjects and methods: In an English major of a university, 120 college students were selected by stratified sampling. Using random number table method, 120 students were randomly divided into study group and control group, with 60 students in each group. Among them, the students in the research group adopted the improved English text translation teaching mode based on educational psychology and integrated with the concept of three-dimensional transformation. The students in the control group were taught in the traditional English text translation teaching mode. After a period of teaching, the Self-assessment Anxiety Scale (SAS) and the college students' Employment Anxiety Scale (EAS) were used to evaluate the anxiety of the two groups of students, and the English test scores of the students were used to evaluate the teaching effects of the two teaching modes.

Results: Before teaching, the anxiety level of the two groups was the same, and there was no significant difference. After teaching, the anxiety level of the students in the research group decreased significantly compared with that before teaching, while the anxiety level of the students in the control group did not change significantly compared with that before teaching. After teaching, the anxiety level of the study group was significantly lower than that of the control group. The anxiety level of the two groups of students is shown in Figure 1.



Note: * $P < 0.05$ compared with that before teaching; # It means that compared with the control group at the same time, $P < 0.05$.

Figure 1. SAS scores of two groups

Conclusions: There are many problems in the current teaching mode of English text translation, which lead to low teaching quality, unsatisfactory teaching effect and poor English level of students. In this case, students will have greater psychological pressure, resulting in learning anxiety and employment anxiety. 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 students' learning weariness will appear, which will greatly affect students' normal learning and life. Based on educational psychology, the research integrates the concept of three-dimensional transformation into English text translation teaching, and constructs an English text translation teaching model based on three-dimensional transformation. The experimental results show that after teaching, the anxiety level of the study group is significantly lower than that of the control group. The above shows that the teaching model of English text translation based on educational psychology can effectively improve the teaching quality, improve students' English level, and alleviate students' anxiety.

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ANALYSIS ON THE INFLUENCE OF INTEGRATING EDUCATIONAL PSYCHOLOGY INTO MIDDLE SCHOOL EDUCATION MANAGEMENT ON STUDENTS' LEARNING ENTHUSIASM

Bin Peng

Faculty of Education, Xi'an Siyuan University, Xi'an 710038, China

Background: In today's highly developed society, economy and science and technology, the importance of talents has become increasingly prominent. The competition of comprehensive national strength is essentially talent competition, so talent competition has become the core of comprehensive national strength competition. As the main source of talents, the education industry has also received extensive attention. In the middle school stage, because of various reasons, students will have anxiety. There are three main reasons for middle school students' anxiety. The first is excessive pressure: it is mainly caused by problems such as achievement pressure, interpersonal communication and environmental adaptation. Secondly, cognitive bias: generally speaking, students' anxiety is related to their subjective cognition, which is related to their personality, environment, growth experience and other factors. Finally, the sub-health of the body: the body is the basis for students' learning. When the body condition is poor, it will lead to students' physical discomfort, reduce learning efficiency, and cause students' learning anxiety. Excessive anxiety will reduce students' learning enthusiasm and lead to a decline in students' learning, which will aggravate the degree of anxiety and form a vicious circle. Middle school education management is an important measure to standardize students' behavior, correct students' mentality, improve students' enthusiasm and alleviate students' anxiety. However, there are many defects in the current middle school education management. The management effect is not enough to effectively improve students' learning enthusiasm and alleviate students' learning anxiety. Therefore, it needs to be improved and innovated.

Educational psychology is a branch of psychology. Its main research direction is the learning effect of students, the effect of teaching intervention, the teaching psychology of teachers and the social psychology of school organizations in the educational context. Educational psychology is to apply psychological theory to education, so as to improve teaching methods, improve students' learning enthusiasm, and help students solve various problems in the process of learning and growth. Educational psychology has important applications in teaching design, teaching model improvement, promoting students' learning motivation and helping students overcome psychological problems. Through educational psychology, teachers can better understand students, improve the pertinence of teaching, adjust teaching methods and teaching methods, and improve teaching quality. Therefore, the research is based on educational psychology to improve and innovate the middle school education management mode, so as to improve the management effect and students' learning enthusiasm, improve students' performance and alleviate students' learning anxiety.

Objective: The current middle school education management has many defects, the management effect is not enough, cannot effectively improve students' learning enthusiasm, and cannot alleviate students' learning anxiety. The research is based on educational psychology to improve and innovate the management mode of middle school education, so as to improve the management effect and students' learning enthusiasm, improve students' performance and alleviate students' learning anxiety.

Subjects and methods: In a middle school in a city, two classes were randomly selected as the research objects. One class (54 people) was taken as the research group, and the improved middle school education management model based on educational psychology was adopted for management; The other class (52 people) was used as the control group, which was managed by the traditional middle school education management model. After a period of time, Self-rating Anxiety Scale (SAS) and Hospital Anxiety and Depression Scale (HADS) were used to evaluate the anxiety level of the two groups of students, and students' academic performance was used to evaluate the management effect of the two education