

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.

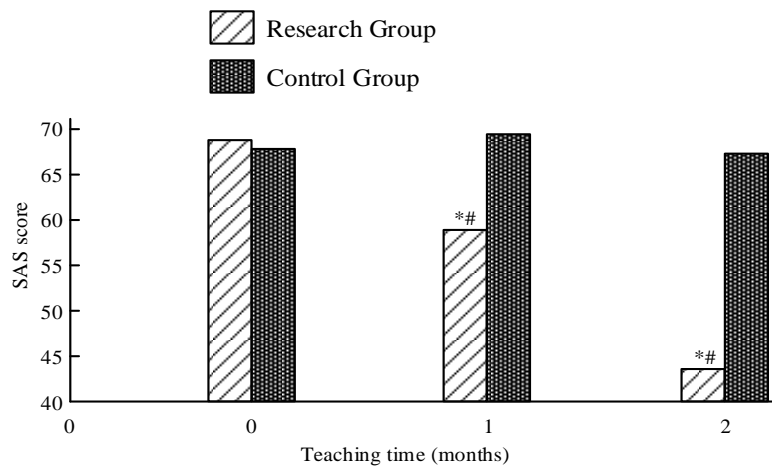
Educational psychology is a branch of psychology. Its main research direction is the learning effect of students, the effect of teaching intervention, the teaching psychology of teachers and the social psychology of school organizations in the educational context. Educational psychology is to apply psychological 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

management modes.

**Results:** Before teaching, the self-assessment anxiety scale was used to assess the anxiety level of the two groups of students and record it. The results showed that before teaching, the anxiety level of the two groups of students was the same, and there was no significant difference. After teaching, the self-assessment anxiety scale was also used to evaluate and record the anxiety level of the two groups of students. The results showed that after teaching, the anxiety level of the study group decreased significantly compared with that before teaching, while the anxiety level of 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:** In the middle school stage, because of various reasons, students will have anxiety. There are many defects in the current middle school education management. The management effect is not enough. It cannot effectively improve students' learning enthusiasm and alleviate students' learning anxiety. Therefore, it needs to be improved and innovated. The research is based on educational psychology to improve and innovate the management mode of middle school education. 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 contents show that, based on educational psychology, the improvement and innovation of middle school education management mode can effectively improve the management effect and students' learning enthusiasm, improve students' performance and alleviate students' learning anxiety.

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## RESEARCH ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL THEORY COURSE TEACHING ON COLLEGE STUDENTS' MENTAL HEALTH

Fuchen Li

*Guangling College of Yangzhou University, Yangzhou 225100, China*

**Background:** Educational psychology holds that students' cognition and emotion are related, restricted and penetrated each other. In college students, because of various reasons, students' mental health level is low, and they are prone to anxiety. Anxiety refers to a negative emotional state that occurs when human beings encounter difficulties, setbacks or blows, including tension, anxiety, fear and anxiety caused by impaired self-esteem, loss of self-confidence, frustration and guilt. There are eight main reasons for college students' psychological anxiety, including changes in the learning environment, self cognition disorders, excessive academic burden, difficult to adjust interpersonal relationships, psychological confusion in making friends, and insufficient psychological quality. It is difficult to bear the economic pressure caused by setbacks, excessive social competition and employment pressure, and the poverty of students' families. Excessive anxiety will damage students' physical and mental health, reduce students' interest and