

through different degrees are shown in Figure 1. It can be seen from Figure 1 that in the areas with low transportation economy in the first three months, the scores of volunteers' travel experience and transportation service experience were low, which seriously affected the psychological status of volunteers, and the score of the scale gradually decreased over time. The average score of volunteers in the first month was 74.1, the average score in the second month was 66.3, and the average score in the third month was 41.8. In the regions with developed transportation economy in the following three months, the scores of travel experience and transportation service experience of volunteers are higher, and are positively correlated with time. The average score of volunteers in the fourth month is 78.6, the average score in the fifth month is 87.2, and the score in the sixth month is 94.9.

Conclusions: There are still many problems in the development of transportation economy under the market economy. Areas with backward transportation economy have a serious negative impact on people's psychology, and areas with more developed transportation economy have a positive effect on people's psychology. Therefore, the transportation economy plays an important role in people's psychological construction. In order to cultivate people's healthy psychological status, the transportation economy needs to be improved in order to improve people's quality of life and promote social development.

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A STUDY ON THE INFLUENCE OF INTEGRATING IDEOLOGICAL AND POLITICAL EDUCATION INTO ENGLISH TEACHING ON IMPROVING STUDENTS' POSITIVE LEARNING PSYCHOLOGY

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Background: Positive psychology is a subject that studies traditional psychology from a positive perspective. Positive psychology studies people's positive psychology by using relatively perfect psychological theoretical knowledge foundation, experimental methods and measurement means, so as to eliminate the one sidedness of traditional psychology and further improve the function of psychology. Positive psychology advocates practical. With constructive power as the starting point, it interprets and studies people's psychology from a positive perspective, and implements active and effective intervention at the same time. At present, the research content of positive psychology mainly includes three aspects. The first is the study of positive emotions at the subjective level. Positive emotions include people's sense of well-being, satisfaction desire and happiness. Happiness is the focus of the study, emphasizing that people treat the past with satisfaction and feel the future with happiness. The second is the positive personality at the individual level. The core of human survival and development lies in people's positive quality. The study of positive personality traits covers many categories, such as curiosity, sensibility, creativity and so on. The third is the research on positive organization at the group level. Positive psychology recognizes that social groups play an important role in the healthy development of individuals. Therefore, it emphasizes that the establishment of schools and social organizations should help people cultivate positive strength and positive quality. At present, the research of positive psychology mainly focuses on the discussion of people's happiness environmental conditions and the analysis of environmental factors affecting the development of adolescents.

There are many problems in English teaching at present. From the perspective of students, students who are less active in class, are not interested in teaching content, and have a poor foundation are afraid of difficulties in English learning, resulting in learning avoidance. From the perspective of teachers, teachers do not pay enough attention to students, teachers' teaching classes are boring, and teachers' teaching methods are single. From the school level, English teaching curriculum design is not reasonable, teachers are insufficient, there are problems in the teaching evaluation system, and the school learning atmosphere is not strong enough. In order to improve students' learning efficiency and psychological quality, this paper studies the integration of ideological and political education into college English to explore its impact on students' psychology. College English and ideological and political integration not only cultivate students' correct learning attitude, but also improve teachers' ideological and political literacy and adjust the curriculum.

Objective: The problem of college English teaching is becoming more and more obvious, which has an important impact on students' learning. It is to make students bored with English courses, and affect their own development and physical and mental health. The purpose of this study is to help students improve their learning efficiency, stimulate their interest in learning, and explore the psychological changes of

college Students under the combination of ideological and political education and English teaching.

Subjects and methods: The study randomly selected 100 college students from five colleges and universities as the research objects to participate in the experiment of the psychological impact of the combination of ideological and political education and English teaching on students. The experiment lasted for 4 months. The experiment was divided into two groups, with 250 students in each group. One group was the control group of traditional English teaching, and the other group was the experimental group of the combination of ideological and political education and English teaching. The study evaluated the psychological status of the subjects through the Symptom Checklist 90 (SCL-90) (Reply: verified and confirmed). The scale has a total of 90 evaluation items. It mainly evaluates the psychological symptoms in 10 aspects. According to the score of each evaluation item, the psychological evaluation level is divided into four levels, which are “very negative”, “relatively negative”, “relatively positive” and “very positive”. The research evaluates the effect of the experiment by comparing the results of the experiment.

Results: Table 1 shows the changes of the number of people in the control group and the experimental group in the evaluation of psychological symptoms during the experiment. It can be seen from Table 1 that traditional English teaching will cause students to have negative psychological symptoms, and the number of students in the negative two evaluation grades will increase with the experiment. Compared with the experimental group, in the English teaching combined with ideological and political education, the number of negative evaluations showed a decreasing trend, while the number of positive evaluations showed an increasing trend, although there were some fluctuations.

Table 1. Changes in the number of people assessed for psychological symptoms

Experimental grouping	Evaluation grade	Number of persons				
		Before experiment	The first month	The second month	The third month	The fourth month
Control group	Very negative	32	40	58	71	84
	More negative	78	84	92	112	132
	More active	72	96	78	51	34
	Very positive	68	30	22	16	0
Experience group	Very negative	52	48	33	12	0
	More negative	98	87	62	46	23
	More active	56	62	55	75	103
	Very positive	44	53	100	117	124

Conclusions: The teaching mode of combining ideological and political education with English teaching has solved the shortcomings in English teaching. It not only improves teachers’ teaching level and classroom teaching quality, but also effectively helps students cultivate positive and healthy psychological conditions, which plays an important role in the development of students’ psychological quality.

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INNOVATION AND DEVELOPMENT OF COLLEGE STUDENTS’ IDEOLOGICAL AND POLITICAL EDUCATION FROM THE PERSPECTIVE OF POSITIVE PSYCHOLOGY

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Background: Positive psychology is a subject that pays attention to people’s psychological function. This psychology advocates that ordinary people should study how to develop better under good environmental conditions and how to give full play to people’s potential, so as to stimulate people’s own positive strength and excellent quality. Positive psychology emphasizes that everyone has unlimited potential for development, and each person’s talent has a positive effect on their own growth. The political and