

in-depth learning is continuously improved until the teaching mode can make most college students more satisfied and provide help for improving college students' English performance.

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CHINESE "BAN" CULTURAL ART—DISCUSSION ON THE "YI A BAN B" CONSTRUCTION TRANSLATION IN ENGLISH VERSION A DREAM IN RED MANSION

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Background: As we all know, language carries culture. People of different nationalities use different language symbols and have different cultural identity and feelings. Language, as the carrier of culture, has its distinctive cultural connotation because of its different forms and backgrounds. The words, poetry and inscription related to Chinese character "ban" are numerous, which is difficult to understand the deficiency-excess mystery. The "ban" culture conveyed by Chinese character "ban" reflects the unique feelings and experiences of Chinese culture. Language, as a carrier of culture, precipitates the different cultural connotations.

Subjects and methods: We explore the Chinese character "ban" and the cultural art connotations of "ban" along the ideas of "language-culture-translation contrast", on this basis, this paper discusses the translation form of "yi A ban B" expression in the English version of A Dream in Red Mansions.

Results: From the ancient times to the present, the concepts of "the golden mean", "the combination of heaven and man", "humbleness", "subtleness" and "moderation" of Chinese have fully demonstrated the "ban" cultural art connotation. This "ban" cultural art originated from the Chinese people's concept and it formed in the Chinese culture that intertwined for thousands of years. It expresses philosophy of life of Chinese people, overflows among the lines of Chinese people, and gives people inspiration.

Conclusions: Language carries culture and it is the living external expression of culture. Culture, in turn, influences language and it is the hidden commander of language. They complement each other.

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A STUDY ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGE MUSIC EDUCATION ON COLLEGE STUDENTS' EMOTIONAL ANXIETY

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Background: Research shows that about 40% of college students have mental health problems more or less. Psychological anxiety is a common unhealthy psychological phenomenon among contemporary college students. Because of their own psychological immaturity, college students often cause anxiety when dealing with interpersonal relationships and facing the pressure of employment. Anxiety disorder is a complex psychological and emotional disorder. The general performance is sports restlessness and sympathetic hyperactivity, often accompanied by anxiety, shame, disappointment, anxiety, fear and other negative emotions. Appropriate anxiety can make students in a more positive learning state and have a more positive attitude towards themselves and the environment. However, excessive anxiety will cause students' resistance and affect the quality of learning and daily life. A large number of studies have shown that music has a good effect on improving bad psychological emotions. Positive music works can relieve bad emotions, alleviate anxiety and improve interpersonal skills. Through the optimization of music courses, many universities help college students adjust and alleviate psychological problems such as anxiety and

depression, and improve their mental health. Ideological and political education is an essential part of college students, and it is also one of the main contents to improve their ideological and moral cultivation and basic quality. When college students receive ideological and political education, they often reduce their bad psychological emotions because of their positive characteristics. Therefore, the research will combine college music education with ideological and political education, take positive songs as the entry point, and build the psychological adjustment mechanism of college students through music melody and positive lyrics. It is of great practical significance to explore the role of the combination of music education and ideological and political education in alleviating college students' anxiety and helping colleges and universities improve their mental health.

Objective: By exploring the impact of ideological and political education on college students' emotional anxiety in college music education, this study provides effective intervention strategies for contemporary college students' anxiety, helps colleges and universities form an education and teaching system that attaches importance to students' mental health, and thus improves the overall mental health level of college students.

Subjects and methods: The research adopt the method of combining K-means clustering algorithm and intervention experiment method. Intervention experiment is the main research framework to provide basic experimental data for the research, and K-means clustering algorithm is a classification and comparative analysis tool used in the research and analysis process. The research is mainly aimed at college students who participate in the music course of infiltrating ideological and political education. The intervention experiment is carried out by infiltrating ideological and political education into music education to improve the traditional teaching mode. Researchers will collect students' psychological change data before and after the course, and use K-means clustering algorithm to classify students with different anxiety performance according to their different anxiety performance during the intervention process, and then conduct data classification and analysis on this basis. The study used Excel tables for data statistics, and further used SPSS software to analyze the data.

Results: The combination of college students' anxiety score, music education and ideological and political education improves the growth of the intervention time of the traditional teaching mode, as shown in Figure 1.

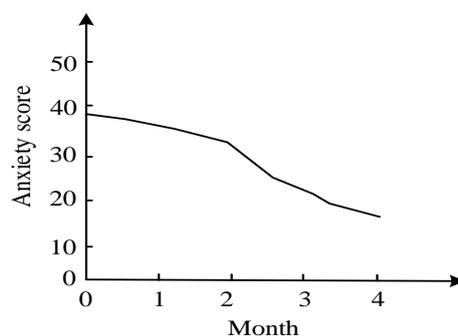


Figure 1. Change of anxiety score over time

Figure 1 shows the change of anxiety scores of college students during the four months when they participated in the course of combining music education with ideological and political education. The results show that the anxiety scores of students gradually decrease with the increase of the time of the curriculum combining music education and ideological and political education. At one or two months, the decrease of anxiety score was relatively slow and small. During the period of two to three months, the anxiety score of college students decreased significantly, which indicates that this period is the best stage for the infiltration of ideological and political education in music education to improve the intervention effect of traditional teaching mode.

Conclusions: With the increasing pressure from interpersonal relationships and employment, the anxiety of college students is gradually rising. The research combines the K-means clustering algorithm with the intervention experiment method, provides basic data for the research through the intervention experiment, and carries out the intervention experiment by infiltrating the ideological and political education into the music education to improve the traditional teaching mode. On this basis, the K-means clustering algorithm is used for classification analysis. The results show that with the increase of the time for the curriculum of combining music education with ideological and political education, the anxiety of students shows a gradually decreasing trend, and the time for the significant decrease of anxiety score is mainly from two months to the middle of three months. Infiltrating ideological and political education into music education in colleges and universities can improve the psychological state of college students, enable them to adjust

their psychological emotions from their own point of view, and reduce their psychological anxiety.

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A STUDY ON THE POSITIVE IMPACT OF THE INNOVATIVE INTEGRATION OF ANCIENT CHINESE LITERATURE AND FILM AND TELEVISION ON RELIEVING COLLEGE STUDENTS' PSYCHOLOGICAL PRESSURE

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Background: At present, 30% to 40% of the college students have the tendency of psychological barriers, of which about 10% have serious psychological barriers. Some students with obvious psychological barriers have to suspend or drop out. The research shows that college students have been under different degrees of pressure. Facing the pressure, many college students do not know what to do, do not know how to deal with it, and gradually accumulate into more and more intense psychological conflicts, thus showing a variety of psychological problems, which affect the mental health of college students. How to help college students cope with stress scientifically, solve psychological conflicts and make their mental health develop has become a common topic of concern for educators, psychologists, sociologists and clinical medical experts. Studying the relationship between college students' common psychological stress and their coping styles has important theoretical and practical significance for better improving college students' mental health level, enhancing their psychological adjustment ability, and creating better teaching conditions and educational environment for talent training in colleges and universities. Some scholars pointed out that different groups have certain differences in stress feelings and coping styles. Compared with girls, boys' stress in health, love, interpersonal relationship and school environment is obviously higher. Therefore, some targeted decompression activities are held for boys' stress in these aspects. At the same time, encourage them to actively participate in school community activities, and help them quickly integrate into university life through these activities. With the return of China's traditional culture and the gradual "upsurge", the combination of film and television innovation and traditional cultural consciousness is becoming more and more, and more and more ancient poems and film and television related works begin to appear in the academic world. In fact, some ancient literary classics, such as ancient novels and operas, folklore, ancient scholars' prose, historical prose, political essays, etc., have also merged with modern film and television creation. Secondly, after the ancient literary classics are integrated into film and television, their original meaning is often not directly inherited, but has a new meaning in new works. This phenomenon has also been ignored by the academic circles.

Objective: There are three main ways for the integration of various ancient literary classics and film and television creation outside the ancient poetry, namely, the interpretation of the theme of ancient literary classics by modern popular film and television creation, the subversion of the theme of ancient literary classics, and the drawing of literary classics from ancient scholars' prose. In recent years, the need to inherit traditional culture is the main reason for the integration of the two. The use of sentences, words and images in ancient poems as plays will generally produce new meanings in the new artistic environment. Therefore, this study adopts the innovative and integrated teaching mode of ancient Chinese literature and film and television to analyze the characteristics of college students' psychological pressure and coping styles and the relationship between them, in order to reduce the pressure and improve their psychological adjustment ability and mental health level by adjusting their coping styles.

Subjects and methods: 500 college students in a certain university were selected as the research objects, and the self-designed psychological stress scale and coping style evaluation scale were used to evaluate the students. The psychological stress scale mainly evaluates 11 items, such as academic pressure, interpersonal pressure, family pressure, emotional pressure and job selection pressure. Each item adopts the 5-point scoring method. The higher the score, the greater the pressure. The coping style assessment scale has 62 questions, including 6 subscales, which are avoidance, fantasy, self-blame, help seeking, rationalization and problem solving. Each subscale is composed of several items. The sum of the items in the subscale divided by the number of items in the subscale is the factor score of the subscale.

Results: The results show that the main psychological pressures faced by college students are academic pressure, interpersonal pressure, family pressure, emotional pressure and job selection pressure, among which academic pressure is significantly greater than other pressures.

Conclusions: Integrating ancient literary classics with film and television is an effective way to inherit excellent traditional culture, and it is also an effective non drug method to alleviate the psychological