seen from Table 1 that before the teaching intervention, the score of the self-designed scale of the tested college students was at a low level, indicating that their English translation ability was deficient and their mental health level was not very optimistic. After the innovative English translation teaching intervention under the background of educational psychology, the scores of the self-designed scale of college students showed a significant upward trend. The scores of the two subscales increased significantly from 49.13 and 37.28 to 89.62 and 92.47 respectively, which showed that the English translation level and mental health level of 68 college students were improved.

Table 1. Score changes of self-designed scale of college students before and after teaching intervention

Subscale	Before teaching intervention	After teaching intervention
English translation level	49.13±6.69	89.62±7.12[*]
Mental health level	37.28±6.41	92.47±7.05[*]

Note: Compare with before teaching intervention, [*] $P < 0.05$.

Conclusions: In the context of educational psychology, innovative English translation teaching is no longer just teaching knowledge in the form of reading from the book. It completely abandons cramming teaching methods. It mainly uses information-based and diversified English translation teaching methods to set up multiple teaching forms such as admiring classes or flipping classes, so as to enhance the interest and attraction of English translation teaching classes and enhance students' initiative and enthusiasm in English translation learning. The research takes the innovative English translation teaching based on the relevant theories of educational psychology as an intervention method, which successfully verifies the effectiveness of this innovative educational means and can significantly improve the scores of college students' self-designed scales. This shows that innovative English translation teaching in the context of educational psychology can effectively improve college students' English translation level and mental health level, and have a significant positive impact on students' learning effect.

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RESEARCH ON THE APPLICATION OF INNOVATIVE INTEGRATION OF IDEOLOGICAL AND POLITICAL EDUCATION IN THE CONSTRUCTION OF STUDENTS' PERSONALITY PSYCHOLOGY UNDER DIGITAL MEDIA

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Background: In essence, digital media is an information carrier, which mainly records, processes, disseminates and obtains all kinds of information in the form of binary numbers. The development direction of digital media mainly includes consumer industry and manufacturing industry. It is mainly used in the practical work of digital media visual design, intelligent interface, digital image, game design, business communication, virtual display and so on. Digital media has five main characteristics, one of which is the diversity of communicators. Traditional analog methods tend to monopolize due to the scarcity of channels. Digital media communicators no longer need to occupy too much electromagnetic spectrum space, so they have significant diversity; The second is the mass content, which enriches the depth and breadth of the content; Third, it refers to the interactivity of communication channels. Digital media can no longer only realize single-phase communication like traditional media, but can complete real-time two-way communication; Fourth, it refers to the personalization of the recipient, who can choose to receive different digital media content output according to their own interest preferences; Fifth, it refers to the intelligent communication effect. Digital media can track and analyze the audience's viewing behavior and viewing effect more accurately. Ideological and political education, as a key element of students' personality shaping and psychological construction, plays an important role in the process of teaching and educating people. While ideological and political education has been paid more and more attention, the Ministry of education has issued the guiding outline for ideological and political construction of college courses, which specifically points out that the ideological and political construction of courses should be comprehensively promoted in all colleges and universities, all disciplines and majors, take the comprehensive improvement of talent training ability as the core point, and focus on the feelings of family and country, political identity, constitutional and legal awareness, moral cultivation, cultural literacy, etc, Realize the effective optimization of Ideological and political content supply; Strengthen teachers'

awareness and ability to carry out ideological and political construction of curriculum, and ensure the basic strength of innovation and integration of ideological and political education; Systematically carry out education on socialism with Chinese characteristics and the Chinese dream, core socialist values, mental health, etc. As one of the main branches of psychology, personality psychology can show excellent application effects in the process of studying individual specific behavior patterns. Personality not only refers to an individual's personality, but also includes his beliefs, self-concept and other aspects. Personality refers to a cluster of individual behavioral characteristics, whose constituent characteristics have certain individual differences and uniqueness, which can lead to different psychological or behavioral responses when different individuals face the same situation or event. The characteristics of personality can be divided into five types: extroversion, neuroticism, kindness, strict self-discipline and openness.

Objective: Analyze the application effect of Ideological and political education innovation and integration in the construction of students' personality and psychology under the digital media, and then excavate the most appropriate and reasonable ideological and political education innovation and integration measures combined with the digital media, so as to promote the smooth construction of students' personality and psychology, and ensure the integrity of students' personality and mental health.

Subjects and methods: In the two universities, 52 college students, a total of 104, were randomly selected as the research objects of students' personality and psychological construction. The research takes the concept and technology of digital media as an auxiliary force, applies it to the innovation and integration of ideological and political education, and then uses it to intervene college students, to explore the impact of the innovation and integration of ideological and political education under digital media on their personality and psychological construction. In order to quantify the actual influence of the influence, the research specially designed and adopted the evaluation scale for the integrity and effectiveness of college students' personality and psychological construction. The total score of the self-designed scale is set at 80 points, and the five personality characteristics are the evaluation indicators of the subscale, with a score of 16 points. The higher the score of the subscale and the total score, the higher the integrity and effectiveness of the students' personality and psychological construction.

Results: According to Table 1, before the innovation and integration of ideological and political education under the digital media, 104 college students scored low on the self-designed scale, and their scores on the five subscales of extroversion, neuroticism, kindness, strict self-discipline and openness were relatively consistent, all at a low level. After the intervention, the scores of each dimension of the self-designed scale and the total scale of college students showed different degrees of improvement, both at the qualified level. This shows that under the influence of the innovation and integration of ideological and political education under the digital media, the integrity and effectiveness of students' personality and psychological construction have been reliably guaranteed. See Table 1 for details.

Table 1. Self-designed scale scores of college students before and after the innovation and integration of ideological and political education under digital media

Subscale indicators	Before intervention	After 1 week of intervention	1 month after intervention	3 months after intervention
Extraversion	4.67	5.29	7.92	13.52
Nervous	3.25	3.88	5.98	12.99
Agreeableness	4.91	5.43	7.21	14.02
Strict self-discipline	2.98	3.58	6.73	13.86
Openness	3.14	3.77	6.01	14.15

Conclusions: After the innovation and integration of ideological and political education under the digital media, the scores of all dimensions of the self-designed scale of college students showed a significant upward trend, of which the largest increase was openness, with an increase of 350.64%. The innovative integration of ideological and political education under digital media can achieve good application results in the construction of students' personality and psychology.

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THE UTOPIAN SPIRIT OF ENGLISH LITERATURE IN THE CONTEMPORARY CONTEXT

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