

learning ideas, and it is difficult to effectively and accurately study oral English and writing.

**Objective:** The academic ability of educational technology mainly refers to teachers' cognition and awareness of educational technology in scientific research, and the ability to integrate educational technology means and theories with professional academic research. Some studies have pointed out that foreign language teachers' educational technology academic ability can have a great impact on students' learning anxiety. English learning anxiety is a very common phenomenon among Chinese students. English learning anxiety has brought a great negative impact on students' English learning, which has seriously affected their English performance. Starting from the group of college students, this study summarizes the causes of college students' English learning anxiety and its impact on English learning, and puts forward the training plan for college foreign language teachers' educational technology academic ability, so as to provide suggestions for alleviating college students' English learning anxiety in the future.

**Subjects and methods:** 200 college students with learning anxiety in many colleges and universities were selected to evaluate college students through the English learning anxiety evaluation scale aimed at the characteristics of college students' English learning. The scale includes four dimensions, namely, worry, nervousness, fear of speaking English and fear of classroom questioning. It has 33 items, and the score is 1-5 points by applying the five-grade scoring method. The higher the score, the more consistent with the students' own situation. Relevant data are calculated and counted by Excel software and SPSS20.0 software.

**Results:** The average score of students' English learning anxiety is 3.11, which is higher than the national norm. The score range of each factor of the tested college students is between 3.12 and 3.18, which reflects that the tested college students have a medium level of English learning anxiety. See Table 1.

**Table 1.** Evaluation results of English learning anxiety

Factor	Maximum	Minimum value	Average	Standard deviation
Worry	1.13	4.69	3.16	0.69
Nervous and tense	1.52	4.91	3.2	0.7
Afraid to speak English	1.59	4.73	3.14	0.64
Fear of classroom	1.6	4.74	3.19	0.73
Total learning anxiety	1.93	4.29	3.13	0.57

**Conclusions:** Educational technology academic ability is a necessary ability for college foreign language teachers to engage in scientific research, which is mainly reflected in the fact that teachers can use the relevant theories of information technology and educational technology to solve specific problems in academic research. The cultivation of this ability is not a simple stack of technical training or software knowledge transfer, but requires the continuous and comprehensive investment of colleges and universities and the active and active participation of teachers, and can be realized through the optimization of hardware environment and the careful design of software environment. From this perspective, this study investigates and analyzes college students' English learning anxiety, and draws some conclusions and suggestions. Of course, the work of this study is still preliminary, and this study will also be long-term and continuous. In the future work, we need to pay more comprehensive and profound attention to it.

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## RESEARCH ON THE POSITIVE INFLUENCE OF CHINESE SPORTS SPIRIT INTEGRATED INTO SOCIALIST CORE VALUES ON COLLEGE STUDENTS' MENTAL HEALTH

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**Background:** In recent years, the number of college students with mental health is increasing year by year. Most college students are 19 to 23 years old. They are not mature enough and are prone to mental health problems in the face of external pressure and pressure from themselves. The mental health of college students is mainly divided into two parts, one part comes from their own psychological pressure, and the other part is the belief in health. Self-psychological pressure refers to the psychological and physical tension of college students in the face of external stimuli. This psychological phenomenon is also a stress response of college students to external stimuli. Health beliefs specifically mean that when individuals use positive behaviors to hinder their physical and psychological diseases, they can delay the

development of diseases and promote self-healing. Generally, the most common psychological problems encountered by college students are interpersonal sensitivity, anxiety, depression and other negative emotions. It is very important for the overall development of college students to maintain their psychological health level, so it is necessary to pay attention to and take corresponding measures to ensure the healthy growth of college students. Socialist core values refer to people's fundamental views and attitudes towards the nature, composition, standards and evaluation of socialist values. Some studies have found that core attention values have a positive impact on college students' mental health, and can reduce students' anxiety, depression and other negative psychological emotions. The Chinese sports spirit is a kind of Chinese spirit of "winning glory for the country, making selfless contributions, being scientific and realistic, observing discipline and law, unity and cooperation, and tenacious struggle". Under the influence of Chinese sports spirit, college students will also have a positive impact on their mental health because of their positive characteristics. Therefore, the study explores the positive role of the combination of Chinese sports spirit and socialist values in college students' mental health, and provides new ideas for improving college students' mental health.

**Objective:** The research combines the actual learning environment of college students, integrates the Chinese sports spirit into the socialist core values, and explores its positive impact on college students' mental health. To provide effective strategies to improve the mental health level of college students, and help college students maintain a high level of overall mental health.

**Subjects and methods:** The research adopt the method of combining comparative test and element difference analysis. Through the method of comparative test, the college students who have received the education of combining Chinese sports spirit and socialist core values are taken as the experimental group, and the college students who have not received the education are taken as the control group. On this basis, we use the factor difference analysis method to analyze the factors that affect college students' mental health. During the research, the researchers will track and collect the students' mental health data in real time by means of on-the-spot investigation such as interview, observation and questionnaire. In addition, this study will also use the factor difference analysis method to analyze the force of factors according to the different influencing factors of college students' mental health. In this study, SPSS software was used to analyze the positive impact of the combination of Chinese sports spirit and socialist core values on college students' mental health.

**Results:** The impact of the integration of Chinese sports spirit into socialist core values on college students' mental health is shown in Table 1.

**Table 1.** The influence of Chinese sports spirit integrated into socialist core values on college students' mental health

Dimension	Variable	Control group	Experience group	<i>P</i>	<i>t</i>
Psychological pressure	Learning aspect	27.23±8.13	23.35±8.24	0.032	-0.513
	Life aspect	30.12±9.15	28.23±9.51	0.013	-0.884
	Social aspects	11.37±4.05	9.67±4.23	0.003	0.957
Health belief	Rationality	3.57±1.25	3.78±1.27	0.002	0.485
	Controllability	3.52±1.14	3.92±1.62	0.023	-0.435

From the data in Table 1, it can be concluded that from the perspective of psychological stress, the psychological stress of learning, life and social intercourse of the experimental group are lower than those of the control group, and the *P* values are 0.032, 0.013 and 0.003 respectively, which are less than 0.05, showing a significant difference. From the perspective of health belief, the rationality and controllability scores of the experimental group were higher than those of the control group, and the *P* values were 0.002 and 0.023, both less than 0.05, which were statistically significant.

**Conclusions:** College students' minds are not yet fully developed, so they often have bad psychological emotions due to small things in their daily life. This research adopts the method of comparative experiment and factor difference analysis to analyze the impact of the education mode of integrating the Chinese sports spirit into the socialist core values on the mental health of college students. The results showed that this educational method had a significant positive impact on the psychological pressure of college students' learning, life and social life, and the rationality and controllability of health beliefs. The results show that the education method of integrating the Chinese sports spirit into the socialist core values can have a positive impact on the mental health of college students, so as to improve the mental health level of college students.

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## CHANGES IN ENGLISH LINGUISTICS UNDER THE INTRODUCTION OF TWO-WAY CULTURE IN THE INTERNET AGE

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**Background:** The dragon in Chinese is the traditional totem of the Chinese nation, with the symbols of emperor, protection God and rain God and so on. In English, the dragon is a fierce beast with strong destructive power. However, in some foreign film and television works, the image of the dragon has been different from that of the traditional European literature. This paper explores the effect of two-way cultural introduction on language change.

**Subjects and methods:** In the film and television works *A Song of Ice and Fire*, the understanding of dragon image can clearly see the changes in the meaning of the same image in different language environments brought by the two-way introduction of culture.

**Results:** The image of Dragon in *A Song of Ice and Fire* eliminates the cruelty in the English context and gives the dragon more combat power and human charm. Through the two-way introduction of internet culture, foreign cultures have gradually increased their acceptance of the positive image of the Chinese dragon, and the Chinese dragon and the dragon in the traditional English context form a more obvious distinction. The dragons in *A Song of Ice and Fire* have gradually become useful guardians under human domestication.

**Conclusions:** In the process of world economic globalization, the internet has completed the communication between different cultures through its unique perspective, and has also gradually transformed the world culture from the unilateral input of a strong party to the two-way import of cultures.

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## AN ANALYSIS OF THE IDEOLOGICAL AND LOGICAL EVOLUTION OF CHINA'S NATIONAL IMAGE CONSTRUCTION IN THE OPENING CEREMONY OF THE WINTER OLYMPIC GAMES UNDER THE SOCIAL PSYCHOLOGY

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**Background:** Logical thinking is a process in which people reflect reality with the help of concepts, judgments and reasoning in the process of cognition. The theory reveals the essence of things with scientific abstract concept categories and expresses the results of understanding reality. Logical thinking is a kind of definite, not ambiguous, organized and based thinking. In logical thinking, it is necessary to use the thinking forms such as concept judgment and reasoning and the methods such as comparison, analysis, synthesis, abstraction and generalization. The degree of mastering and applying these thinking forms and methods is also the ability of logical thinking. In fact, logical thinking mainly refers to the way of thinking that follows the rules of traditional formal logic, which is often called “abstract thinking” or “thinking with eyes closed”. In logical thinking, negation is used to block some ways. Logical thinking is a rational activity of the human brain. The thinking subject abstracts the information about things obtained in the stage of perceptual knowledge into concepts, uses concepts to judge, and infers according to certain logical relations, so as to produce new knowledge. Logical thinking has the characteristics of standardization, rigor, certainty and repeatability. The ideological and logical evolution of national image construction needs to be based on the common discourse space. The international mainstream political culture and value norm system is formed in a series of negotiations and consultations among countries all over the world. It is often used as the main reference for judging the image of a country. Influenced by the psychology of convergence, when a country expresses its views and positions, it often adjusts the language content to integrate it into the international mainstream views, so as to achieve resonance between both sides and avoid ambiguity and prejudice. With