

A STUDY ON THE INFLUENCING FACTORS AND COUNTERMEASURES OF COLLEGE STUDENTS' ENGLISH TRANSLATION ANXIETY

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Serious exam anxiety makes students worried and uneasy at ordinary times. The problems that need to be solved are confused, unable to find a clue, and unable to think normally. This will affect the test results. Excessive test anxiety is a great threat to people's mental health. It narrows the scope of people's consciousness and makes the cognitive evaluation ability unable to play normally. It often reduces students' self-esteem and self-confidence and forms a strong sense of inferiority. Especially when the duration is long, it will not only endanger people's mental health, but also greatly endanger people's physical health. In this paper, test anxiety is an unpleasant emotional experience. Some students will be troubled by anxiety when taking the exam. Based on the results of the questionnaire survey, this paper makes a case analysis, summary and Reflection on the students with serious test anxiety. The study found the causes of test anxiety, and actively studied and discussed the countermeasures.

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BIG DATA DRIVEN MENTAL HEALTH ASSESSMENT MODEL OF DEPRESSION OF COLLEGE STUDENTS

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The dynamic model of College Students' Depression Evaluation comprehensively and intelligently processes the psychological evaluation information based on big data technology. The depression is reflected in the form of dynamic curve "mental image map", showing the trend of psychological dynamic change and reflecting the track of psychological growth. In order to improve the accuracy of College Students' mental health assessment, this paper proposes a big data-driven college students' melancholy mental health assessment model. Firstly, the evaluation index system of College Students' depression is established, and the weight value of College Students' mental health evaluation index is determined by analytic hierarchy process. Finally, the fuzzy comprehensive algorithm is used to realize the mental health evaluation of college students through the maximum membership principle. The experimental results show that the model is more accurate in the evaluation of College Students' mental health and has a certain practical value.

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ANALYSIS AND RESEARCH ON THE INFLUENCE OF CLASSICAL DANCE TRAINING ON FEMALE COLLEGE STUDENTS' HEALTH, PHYSICAL FITNESS AND PERSONALITY QUALITY

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This paper analyzes the effect of sports dance on the physical quality of female college students. It has many social functions, such as fitness, entertainment, social networking, competitive performance and so on. It integrates fitness and spring heart. It is not restricted by the field equipment, and the exercise load is relatively small. Therefore, people of different ages, different physiques and different levels can participate. Through the methods of experiment and mathematical statistics, this paper studies the positive impact of sports dance special course on the physical health of female college students. Experimental

statistics and observations are mainly carried out from the aspects of body shape, body flexibility and body composition. The results show that the female college students who have been trained in the special course of systematic sports dance have significantly improved in body shape, body flexibility and body composition.

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ANALYSIS ON THE CHARACTERISTICS OF EMOTIONAL EMPATHY OF MECHANICAL STUDENTS AND RESEARCH ON THE PRACTICE OF MORAL EDUCATION

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The purpose of mechanical vocational education is to enable students to master practical ability and master certain vocational skills in the learning stage, which is of great significance for students to participate in work in the future. Situational teaching of mechanical vocational teaching course practice. Emotional factors play a key role in cultivating autonomous learning of mechanical college students. However, in the current teaching reform of machinery course, emotional factors still have not been paid enough attention. As a result, many negative emotions seriously affect the effectiveness of professional curriculum learning. Therefore, based on the analysis of the influence of emotional factors on the teaching of mechanical courses, this paper points out that the teachers of mechanical discipline should change their teaching ideas. Pay attention to the role of emotional factors in the learning of mechanical specialty, so as to effectively improve the teaching quality of professional courses.

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ANALYSIS ON THE PSYCHOLOGICAL RELIEF OF COLLEGE STUDENTS BY CARRYING OUT READING THERAPY IN UNIVERSITY LIBRARY

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After entering colleges and universities, college students are facing great changes in learning, life and interpersonal relationships. It is easy to have problems that are difficult to adapt, which will affect their mental health. By recommending reading psychotherapy books to college students, we can help college students alleviate and eliminate depression, anxiety, panic and other bad emotions under the pressure of the epidemic. Recommend personalized reading books for college students with different psychological problems, establish peer psychological mutual aid reading groups, and carry out activities such as psychological commitment, group discussion and daily reminder. Reading is one of the most accessible and psychologically acceptable invisible education methods for college students. Based on the unrestricted nature of reading, it is easy to carry out college students' mental health education with reading as the medium, which makes up for the lack of psychological counseling resources in Colleges and universities.

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PSYCHOLOGICAL RESEARCH ON TOURISM WILL ACTION AND CONSUMPTION MOTIVATION BASED ON META-ANALYSIS

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Tourism psychology is a branch of psychology. It is a new applied discipline that applies the relevant research results, relevant principles and research methods of psychology to analyze and understand the phenomenon of tourism. Tourism consumption psychology, consumption behavior, tourism service psychology and tourism enterprise employee psychology constitute the three main bodies of tourism psychology research. We have consulted a lot of literature. I also browsed a lot of Web information and found that the research on tourism consumption psychology and consumption behavior at home and