

Results: At present, the assessment and evaluation of Party and government managers in Colleges and universities usually adopts four standards: morality, ability, diligence and performance, and puts forward relevant detailed standards. The evaluation standard is not only the criterion for examining and evaluating the work performance of managers, but also the specific behavior requirements for managers. Therefore, it has a strong guiding role. The evaluation criteria can meet the self-esteem needs of managers and their desire for achievement. The guiding and feedback regulating role of assessment standards is the most basic, but not all managers are happy to accept it. Resistance to evaluation, from low-level reaction to strong reaction and even anger, may occur among managers.

Conclusions: In short, the assessment and evaluation of Party and government managers in Colleges and universities is a person to person thing, which is inevitably affected by psychological factors. The key is that on the premise of correct evaluation standards, in addition to requiring the evaluation personnel to be as objective and fair as possible, scientific methods should also be adopted in the evaluation procedures and technology to make the evaluation achieve its due purpose and play its due role.

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EFFECTS OF FOREIGN LANGUAGE ANXIETY, TENSION AND COGNITIVE LOAD ON FOREIGN LANGUAGE LYING

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Background: Lying is a common social behavior. It refers to the behavior that people deliberately conceal facts, distort or fabricate false information out of thin air to mislead others. When people lie, they will induce fear and fear related emotions, such as tension, guilt and so on. Affected by these emotions, people will have many physiological changes when lying, such as increased skin electrical level, increased blood pressure, faster respiratory rate, higher pitch and pupil dilation. People have a higher cognitive load when lying. Psychological conflict theory holds that people have low cognitive load when telling the truth and high cognitive load when lying. This is because people will produce two psychological intentions when lying, one from the understanding of facts and the other from the understanding of lies. Two completely opposite psychological intentions will bring strong psychological conflict.

Subjects and methods: This paper uses the false statement paradigm to explore the cognitive neural differences between Chinese and English bilinguals when telling the truth and lying in their mother tongue and foreign language, involving foreign language anxiety, cognitive load and stress induced by lying. The purpose of this study is to explore the cognitive neural differences between Chinese and English bilinguals when they tell the truth and lie in Chinese and English.

Results: (1) The P200 amplitude of Chinese English bilinguals speaking the truth in English is greater than that in their mother tongue, indicating that the subjects are affected by foreign language anxiety when speaking in English. (2) There was no significant difference in the amplitude of P200 between lying in English and telling the truth, but there was a significant difference in the amplitude of P200 between lying in mother tongue and telling the truth, indicating that the stress induced by lying in foreign language was not as great as that induced by lying in mother tongue. (3) The CNV amplitude of Chinese English bilinguals lying is greater than that of telling the truth, indicating that the cognitive load of subjects lying is greater than that of telling the truth. (4) The CNV amplitude of Chinese English bilinguals lying in English is greater than that in Chinese, indicating that the tried foreign language lying has a greater cognitive load than lying in their mother tongue. Correlation analysis shows that English proficiency is an important variable affecting the cognitive neural differences between Chinese and English bilinguals when lying in their mother tongue and foreign language.

Conclusions: This study explores the cognitive neural differences between Chinese and English bilinguals in telling truth and lying in their mother tongue and foreign language, and provides evidence for the cognitive neural differences in lying in their mother tongue and foreign language. At the same time, analyze the EEG amplitude in different time periods, consider the emotional arousal and cognitive load, and find their role in this process. The results of this study have important implications for lie detection research. When people lie in a foreign language, they will show more obvious lying characteristics due to the high cognitive load. Affected by foreign language anxiety, whether it is true description or lying, subjects will show some characteristics similar to lying when speaking a foreign language.

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DISCUSSION ON PHYSICAL EDUCATION AND MENTAL HEALTH EDUCATION

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Background: The goal of modern physical education is physical education and health. It embodies the basic requirements of the state for college students in sports and health knowledge, physical health, sports skills, mental health, social adaptability and so on. The latest significance of the World Health Organization to health is: health is not only the absence of disease, but also includes physical health, mental health, social adaptability and moral health. Physical education is characterized by the dynamics of teaching activities, the practicality of physical activities, the three-dimensional nature of interpersonal communication, the complexity of psychological operation, the complexity of psychological experience and so on. It plays a special role in helping students improve their psychological state, correcting psychological defects, improving psychological quality and overcoming psychological obstacles, which can not be replaced by other educational methods.

Subjects and methods: According to the relevant investigation of the State Education Commission and the current situation of College Students' mental health. According to the psychological problems and social needs of students and the characteristics of physical education, this paper puts forward the measures of mental health education for students in physical education. This paper discusses and discusses the establishment of students' mental health education mechanism, research institution, target series, content series, evaluation system, monitoring mechanism and how to implement mental health education in physical education.

Results: This paper holds that the basic common sense of psychology should be introduced into physical education directly or indirectly. Give full play to the special advantages of sports, and let students directly participate in practical activities, so as to experience and understand the truth. And has a strong purpose and pertinence. For example, increasing some movement difficulties in physical education teaching, setting up some difficulties, encouraging students to work hard and find ways to solve them is to cultivate students' spirit of not being discouraged and advancing in the face of difficulties.

Conclusions: With the rapid development of science and technology and the continuous improvement of social civilization, after the problem of food and clothing has been solved, the problem of health has been placed in a very important position. Facing the increasingly fierce competition and various pressures in today's era, people should not only have strong physique, but also have good psychological quality, that is to say, they should have healthy psychology and sound personality. This paper aims to explore how to use the characteristics and advantages of physical education to strengthen students' mental health education and cultivate a new generation of qualified talents with strong physique and mental health.

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ON COLLEGE STUDENTS' HUMANISTIC QUALITY EDUCATION FROM THE PERSPECTIVE OF SCIENTISM AND HUMANISM

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Background: Since the 20th century, there have been two main paradigms of scientism and humanism in the field of educational research. These two paradigms form opposite poles in the attribute of educational facts, research purpose, research methods, the relationship between researchers and research objects, and the overall and local research perspectives. College career is an inseparable life experience of every college student. Here, whether they like it or not, they should start to face the real life independently and solve their own life problems independently. However, when they face life with great enthusiasm and realize their dreams, they will find that the boat of life is so complex and sometimes even difficult to control. After painful reflection, some people began to adjust their goals, reshape their lives and meet the new life with a positive attitude; Some people choose to escape and abandon themselves and confront life with negative psychology and behavior. Positive acceptance and efforts are the starting point for a better life, while negative confrontation may accomplish nothing. Therefore, in the university stage, establishing a good concept of mental health is related to the growth of each student.

Subjects and methods: This study will use the relevant theoretical knowledge of scientism and humanism, comprehensively refer to the relevant theories of psychology, ethics and sociology, and explore according to the following ideas. Firstly, classify and attribute the data results of the network questionnaire, and analyze the current situation of College Students' mental health and the problems