

researchers used correlation scales to examine the interrelationship between learning anxiety and self-efficacy. Domestic researchers drew on relevant scales from abroad to investigate the relationship between college students' English learning anxiety and self-efficacy. Relevant studies have shown that foreign language learning anxiety is significantly negatively correlated with self-efficacy, and test anxiety is significantly negatively correlated with self-efficacy.

Methods: Through the study of the relevant literature, it is found that the Foreign Language Classroom Learning Anxiety Scale (FLCAS) and the Self-Efficacy Energy Scale (GSES) each have good reliability and validity, and are widely used to study English learning anxiety and self-efficacy. This survey uses the above two scales to analyze and explore the current situation of English learning anxiety through a questionnaire survey conducted by first-year university students to understand the existence of their English learning anxiety and the likely factors that cause this anxiety, and to discuss strategies to reduce their English learning anxiety. The questionnaire is completed in the form of collective testing on a multiple-time basis. Before the questionnaire is distributed, students are required to carefully read the questionnaire guidance, emphasize that the answer is not right or wrong, good or bad, and ask students to fill in according to the real situation, do not miss any item, cannot communicate with classmates, and complete the questionnaire independently. Students complete the entire questionnaire according to their actual situation. After the test, the questionnaire was collected by the researchers on the spot. A total of 300 students who attended the course before and after this study participated in the answer sheets, and 300 valid questionnaires were recovered, and the recovery rate reached 90%.

Results: College students' self-efficacy in English learning is at a moderate level, and among its three dimensions, the level of effort is the highest and the level of ability is the lowest. Anxiety about English learning among college students is also at a moderate level, with the highest level of self-assessment and the lowest level of reading attitude among its five dimensions. English learning self-efficacy was significantly positively correlated with English scores, and English learning anxiety was significantly negatively correlated with English learning self-efficacy and English scores, respectively. Both English learning self-efficacy and English learning anxiety can significantly predict English scores, and English learning self-efficacy has a stronger predictive power for English scores. This study found that there are some implications for both English learners and English teachers. For English learners, having a certain amount of confidence and excessive anxiety about English learning can help learners improve their English learning performance; It is very important for English teachers to help students increase confidence in English learning and alleviate anxiety about English learning, such as teachers can design difficult and appropriate learning tasks for students in English teaching.

Conclusion: This study reveals the relationship between self-perceived English proficiency, anxiety and self-efficacy, which has theoretical and practical significance. Theoretically, it provides a new research perspective on reducing anxiety and self-efficacy among English learners. Practically, it provides advice for teachers to maintain students' motivation to learn and reduce anxiety.

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THE TRAINING MODEL OF INTELLIGENT MENTAL HEALTH ELDERLY CARE SERVICES AND MANAGEMENT TALENTS FROM THE PERSPECTIVE OF INDUSTRY-EDUCATION INTEGRATION

Yu Fei Chen

Anhui Health College, Chizhou, Anhui, 247099, China

China's aging degree is continuing to deepen, and the "14th Five-Year Plan" period will enter a moderate aging stage. In order to cope with the increasing pressure on the elderly, China proposed the "9073" pension model, focusing on the construction of a home community institution coordination, medical and health care combined with the old-age service system, to achieve 97% of the old-age service directly or indirectly rely on the community old-age service system to provide. How to make the elderly mentally and physically healthy is the key to ensuring the quality of life of the elderly and the health and longevity. In this study, 300 elderly people in smart elderly care centers were selected as research objects. Research Contents: Questionnaire on General Living Conditions, Life Happiness Measurement Scale (MUNSH), Clinical Symptom Self-Assessment Scale (SCL-90), And the Influence of Manager Service Methods on the Mentality of the Elderly. The survey data were descriptive statistics, t-test and analysis of variance, correlation analysis, linear regression analysis, multiple stepwise regression analysis and path analysis through SPSS14.0. Through the analysis, it is found that the mental health of the elderly in the smart

elderly care center is at the middle and upper levels, and the elderly are generally happy; The Elderly Department of the Wisdom Elderly Care Center is generally satisfied with the old age life; The mental health status of the elderly in the wisdom pension center is related to a variety of factors, such as age, physical condition, number of children, marital status, economic status, education level, interpersonal relationships are relatively close, and have little to do with gender, occupation, etc. However, through the survey, it was also found that there are many problems in the service of smart elderly care centers. Based on the above empirical investigation and analysis, the construction of the service system for the elderly in the wisdom pension center puts forward countermeasures and suggestions from the perspectives of social pension, community service, family atmosphere and personal adjustment.

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THE APPLICATION OF MENTAL HEALTH EDUCATION IN CULTIVATING SELF-MANAGEMENT LITERACY OF MIDDLE SCHOOL STUDENTS

Bin Peng & Zhenhua Wei

*Faculty of Education, Xi'an Siyuan University, Xi'an, 710038, Shaanxi, China
Graduate School, the University of Perpetual Help System DALTA, Las Piñas Campus,
Las Piñas City 1740, Philippines*

In recent years, with the upsurge of self-literacy at home and abroad, this is the answer to what kind of people education should cultivate. Self-management literacy for secondary school students defines mental health literacy as the knowledge, attitudes and behavioral habits developed by individuals in promoting their own and others' mental health and coping with their own and others' mental illnesses. This conceptual framework encompasses mental illness response - mental health promotes self-management literacy; In terms of content, it contains three aspects: knowledge, psychological attitude and psychological behavior habits. In addition to the management given by students in the process of receiving school education and teaching, they should also learn to strengthen their own management. Literacy can be considered as the cultivation process of various qualities such as ability, quality, etc., which is cultivated through the way of nurture. We can know that the ability of self-management is also cultivated in the process of acquired development, so what is the current status of self-management ability of middle school students? What are the worrying problems that have emerged, what have caused these problems, how we should cultivate the self-management ability of middle school students, and so on, are all worth thinking about. In this study, 600 secondary school students were surveyed using a questionnaire. SPSS 19.0 statistical software was used for data entry and descriptive analysis, one-way ANOVA, t-test, correlation analysis, multivariate step-by-step analysis; AOS 23.0 was used to analyze the structural equation model, and the relationship model of self-learning management, self-mental health management, self-life management and mental health was established. Through the investigation and analysis of the problems and causes of the cultivation of students' self-management ability, a comprehensive analysis is carried out, and combined with the characteristics of students' own development, the goals of self-management are formulated to improve the ability of self-management, so as to promote the further development of students' mental health.

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PSYCHOLOGICAL STATE AND DEBUGGING COUNTERMEASURES OF COLLEGE STUDENTS BASED ON EPIDEMIC PREVENTION AND CONTROL

Yifan Wang¹, Cui Zhang¹ & Mengxia Wang²

¹School of Foreign Studies, Suzhou University, Suzhou, 234000, China

²School of Humanities and Education, Nanchang Institute of Technology, Nanchang, 330000, China

The COVID-19 pandemic has a certain impact on the mental health of college students, and full attention should be paid to the changes in the psychological state of college students. Under the influence of the epidemic, college students are prone to psychological problems such as fear, anxiety, emptiness,