

## BY MEANS OF POSITIVE PSYCHOLOGY IN ENGLISH TEACHING TO STIMULATE STUDENTS' INTEREST

Saiying Qu

*Silicon Lake College, Kunshan, 215300, China*

**Background:** In the context of information technology and economic globalisation, English plays an important role as a basic carrier of information, and the learning of English plays a fundamental role in students' lifelong development and growth. In addition, in the context of the new teaching reform in China, it is further proposed that English learning should focus on students' emotional development, fully stimulate students' interest in English, promote students' self-confidence and sense of achievement in English learning activities, help students further develop their comprehensive language application skills, enhance their humanistic and practical skills, and cultivate a good spirit of innovation. It is more important that English language learning helps students to develop a positive attitude and emotion, to develop a cross-cultural perspective, to understand the customs of other countries and to develop a relatively perfect personality. In combination with the current situation of English teaching, most English courses generally focus on the teaching of vocabulary and grammar knowledge, and students' interest in learning English is low. For this reason we need to take active and effective measures to change the current situation of English teaching in junior high schools.

The birth and development of positive psychology has led to a re-examination of emotions such as positivity and negativity, as well as a further emphasis on analysing and looking at problems through a positive lens, rather than focusing solely on the negative, and not simply focusing on aspects such as problem formulation and shortcoming correction, but needing to actively identify various strengths elements and make the most of all favourable conditions to facilitate students' all-round development. The integration of positive psychology into the fields of education, economics and politics has been used to good effect, so the integration of positive psychology into English language teaching can provide an effective solution to the problems of the year.

**Objective:** As English education is a fundamental subject, teachers need to further develop students' basic skills, attitudes, emotions and knowledge. Promoting the infiltration of positive psychology into English education in this study will help students to further improve the quality of English teaching and learning, as well as promote a sense of sustained well-being for both students and teachers. In addition, by expanding the application of positive psychology in English language education, the theory of English language education will be improved and innovative development of English language education will be supported. This study integrates English language education and positive psychology in a comprehensive manner, proposing new concepts in English language education and enhancing and expanding theories related to English language teaching. This research focuses on the professional theories and practices of positive psychology as the main object of study, providing an in-depth analysis of the significance and application of positive psychology in English teaching, supporting the continued dissemination and development of positive psychology-related theories, and assisting English teachers to actively innovate traditional modes of thinking and construct positive educational concepts. By studying the application of positive psychology in English, it can also fully mobilise students' interest in learning English, support their own learning of English, fully mobilise their own interest in English, encourage them to learn English on their own, and help them to develop the ability to learn English independently and sustainably. This is why this research activity has a positive effect on students' learning of English. To this end, there is a need to support the construction of a good English learning environment, to create a warm and harmonious English teaching environment, to improve the original teacher-student relationship, to create some kind of positive emotion between teachers and students, and to support the sustainable construction of English education. The main purpose of studying the effective infiltration of positive psychology in English teaching is to integrate the positive ideas embedded in positive psychology into English teaching activities to further improve the quality of English teaching, and can contribute to the continued enrichment and expansion of English teaching theory. The reasonable integration of positive psychology in English teaching can further mobilise students' interest and improve their motivation to learn English. Interest, as the best teacher in teaching activities, requires in-depth study of the effective guidance of positive psychology ideas for English teaching activities, changing the passive learning mode in English teaching, fully stimulating students' inner learning aspirations and desire to learn, and forming a good learning atmosphere, English teachers The teaching work of English teachers is very complex, and some teachers even take on the dual responsibility of classroom teacher and teaching practice, which increases the burden and pressure on teachers, but combining positive psychology can penetrate positive educational thinking and educational philosophy, so that teachers can fully engage in teaching practice. It creates a positive learning environment, fosters interest in learning among students and teachers, helps students develop a positive personality and supports their healthy development.

**Subjects and methods:** This study focuses on the English classroom and English learning students. A meticulous theoretical inventory is implemented, and the overall design framework of the thesis is formed by systematically reviewing various literature and analysing the shape and context of the thesis research, systematically analysing the connotations of basic concepts related to positive psychology, and conducting in-depth research on various theories of positive psychology, including positive emotional experiences and positive personality traits. The current situation of English teaching is investigated at the level of the specific teaching environment, English teachers and students. As the main participants in teaching activities, teachers need to carry out in-depth investigation and research at the level of positive teacher-student relationships, positive educational concepts and the current situation of teaching. As for the students, the survey can be conducted in terms of classroom participation, students' interest and motivation in learning, and teacher-student relationships, while the teaching environment can be investigated systematically in terms of the spiritual and physical environment. On the basis of comprehensive processing of data from the questionnaires, students' English learning and teaching conditions can be accurately grasped. With the help of on-site observations and visits to teachers and students, existing problems and causes of English teaching can be comprehensively summarised and analysed, effective solutions can be studied, targeted solutions can be proposed, and concrete measures for the effective application of positive psychology to English teaching activities can be explored.

The first is the literature research method. This paper mainly relies on the literature research method to collect all kinds of literature, and then implement a multi-dimensional comparative analysis and comprehensive collation of relevant literature, to analyse the research trends and the latest development, and to find effective entry points, so as to provide a reliable and sufficient theoretical reference for this systematic research. The second is the survey research method, applying the questionnaire survey method, selecting some students and teachers as the main respondents and releasing the teaching status questionnaire to collect perfect information data. With the help of the observation and analysis method, in-depth investigation and listening to English teaching classrooms are implemented to form an accurate understanding of the current English teaching activities in schools, to explore the relevant issues in depth, to provide an effective reference basis for the thesis research, and to propose effective teaching strategies based on positive psychology. The third method is action research, which is an in-depth study of the effective application of positive psychology in English teaching. Through specific teaching practices, we explore effective teaching methods and teaching strategies, explore and practice them simultaneously, promote the full integration of theory and practice, summarise the results of various research experiences, and prove the importance of positive psychology for English teaching.

**Result:** Based on the current state of teaching and the new era of classroom teaching standards, this paper starts from the level of positive psychology, focuses on the development of students' psychological level, systematically studies the current state of English teaching, goes deeper into English teaching classrooms, reasonably integrates theories related to positive psychology for specific English teaching activities, proposes how to effectively integrate positive psychology in English teaching activities, obtains rich experiences with the help of examples, and reasonably formulates development strategies. This study provides an effective reference and new ideas for the development of English language teaching reform. Positive psychology has been developed over a long period of time and has gradually penetrated into the human heart. It is a revolutionary new perspective on development that focuses on stimulating some positive forces in people and promoting the all-round development of the individual student. The essence of education is the development of the human being, in terms of healthy personality, physical and psychological development, which is in line with the values advocated by positive psychology. In this study, we investigate the theories of positive psychology, systematise the research framework, combine the elements of positive psychology with effective application in English teaching activities, develop improved teaching strategies, promote English teaching activities based on positive psychology to successfully achieve the desired educational goals, highlight the essence of education, and provide a new developmental direction and research perspective for English teaching activities.

**Conclusion:** In this research project, English teaching activities are systematically studied from the perspective of theories related to positive psychology, and the innovative development of English teaching activities is supported by the basic theories related to positive psychology, and the specific application of positive psychology in English teaching is proposed. This study is a new way of thinking. The study of the application of positive psychology in English language teaching further reveals that the application of positive psychology in English language teaching can help to stimulate students' interest in learning, create a harmonious teacher-student relationship and promote the development of English language teaching. The extent to which teachers have a good grasp of positive psychology and the scope for its application in English language teaching can affect the effectiveness of positive psychology in English

language teaching, so it is important to explore effective teaching methods that incorporate the needs of English language teaching and promote the successful integration of positive psychology into the English language teaching classroom. In future research and development, as positive psychology continues to be innovated, developed and perfected, English teaching practice strategies will be explored in depth on the basis of positive psychology to facilitate the successful achievement of the intended educational goals of English teaching based on the guidance of positive psychology, to implement the essence of education, and to provide a new direction and development perspective for the smooth implementation of English teaching activities.

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## FOREST RESOURCES PROTECTION BASED ON PEOPLE'S PSYCHOLOGICAL HEALTH PERSPECTIVE

Haiou Song

*Department of Environment Science, Hebei University of Environmental Engineering,  
Qinhuangdao 066112, China*

**Background:** In the development process of the times, we are always moving towards a more perfect and healthy direction, just to be able to pursue a better life. In today's development process, the people's psychological pressure is also gradually rising, which is mainly influenced by the changes in the social environment and the pressure from all sides in our usual production and life, making our psychological quality much different than before.

Especially in the context of the continuous development of our technological and economic strength, the living environment around us has changed to a greater or lesser extent. Industrial production is one of the most important causes of the living environment, and it is difficult for us to have a happy body and mind in such a chaotic living environment. Not only is our health affected by environmental pollution, but also by the indiscriminate felling of forests by unscrupulous elements, which has led to a sharp decline in forest areas. Forests are the main barrier to ecological protection and have a direct impact on the environment around us. Excessive deforestation will inevitably lead to a reduction in the quality of our living environment, so in the context of economic globalisation, it is important that all countries actively set good forest conservation targets.

The rise in economic standards has led most people to pay more attention to their own health and to the effective functioning of their living environment. As a result, many people are already psychologically aware of the need to protect the environment, and this has led to a more successful implementation of the traditional forest conservation process. This is largely due to the psychological support of the people, and with more people's support, forest conservation in China is set to grow even further.

**Objective:** Forest conservation is a very important part of the development of modern society. In particular, with the rapid development of the global economy, the sustainable development of forest resources has gradually become an inevitable trend in social development. The protection and management of forest resources has become the ultimate goal of our time, and has become one of the most dynamic and promising sectors in contemporary society, leading to an increase in economic strength and comprehensive national power.

The lack of more scientific and effective management measures has largely led to the over-exploitation of forest resources and the waste of forestry resources in the process of development, bringing serious problems and challenges to the development of forestry in China, and seriously leading to the complete loss of the renewable capacity of forest resources and serious desertification. This has led to a complete loss of renewable forest resources and serious desertification, which has further constrained our normal production and life.

In the process of economic and social development, more and more people in China are becoming involved in the protection of forest resources, and the main purpose of this work is to promote the harmonisation of ecological, social and economic benefits, and to lay a good foundation for the sustainable development of forest resources. Many young people of the new generation are psychologically inclined to take part in the protection of forest resources, hoping that they can further develop the ecological environment through their own efforts. In this new era of development, both psychologically and physically, people are more focused on scientifically and effectively enhancing the role and value of forest resources, ultimately providing a more complete contribution to the steady development of the economy and society.