

Subjects and methods: The study was carried out on students who were struggling in their studies, and various methods were used to analyse the academic situation of students who were struggling in their studies, including their academic performance, English subject performance, willpower, self-control and learning methods. The specific research methods used are as follows.

Literature method. We used literature search systems such as Zhiwang.com, university libraries and reference rooms to collect literature on the key words "students in difficulty", "learning psychology" and "English teaching in universities". We analyzed and organized the literature and introduced the relevant data into the text as the basis for the formulation of English teaching strategies for students with difficulties.

Data analysis method. The data collected is analysed scientifically, and the data itself is combined with the psychological performance of students who are struggling to find out the reasons for the formation of the group of students who are struggling.

Survey research method. The questionnaire method was used to investigate and research students with English learning difficulties, to collect and collate relevant data, and to use actual data to strengthen the validity of the study.

Results: Under the continuous promotion of the process of massification of higher education in China, this study analysed around the psychological performance and formation causes of English students with difficulties in higher education, and found that the main manifestations of psychological disorder to learning, combined with the available data, are.

Firstly, learning disorder, i.e. insufficient schooling; secondly, a relatively low learning mood, leading to a gradual decline in English learning initiative; thirdly, a weak will and a lack of clarity in learning purpose, leading to difficulties in making active learning behaviours; fourthly, lazy behaviour and the existence of an inert mentality among students, in which case it is difficult for students to grasp the correct learning methods and complete their learning tasks. As students develop, this perfunctory attitude to learning and inert negative behaviour may generalise to all aspects of social life. In terms of the reasons for the formation of psychological disorder to English learning, they can be attributed to four main aspects, namely students' own reasons, school reasons, family reasons and social reasons. In the absence of students' willpower and perseverance to overcome difficulties, motivation to learn English gradually weakens and interest in learning decreases.

Conclusions: With regard to the manifestation of psychological disorder to English learning and the formation of the causes of such disorder, targeted teaching countermeasures can be implemented around their formation and specific psychological manifestations, including: firstly, stimulating the engine and knowing oneself, so that students with difficulties can be motivated to want to learn English; secondly, improving the environment and melting the feelings, so that students with difficulties can realize the charm of the English subject; thirdly, cultivating learning interests and teaching. Thirdly, to cultivate interest in learning and teach teaching methods, so that students can form good English learning habits; fourthly, to improve students' self-efficacy, so that they can gain successful experiences.

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A STUDY ON THE ENLIGHTENMENT OF MARXIST ANTHROPOLOGICAL THOUGHT TO COLLEGE STUDENTS' QUALITY EDUCATION

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Background: Since the founding of New China, China's mental health education for university students has achieved good results, but with the deepening of economic globalization, the competition in social economy has intensified, and at the same time, the value orientation has also developed towards diversification, which makes the existing mental health education unable to meet the needs of university students, resulting in university students facing great pressure in the process of growth and many psychological problems, which is not conducive to This is not conducive to the growth and development of university students. Therefore, a new way of psychological education is needed to meet the needs of university students for psychological health education and to promote the healthy growth of university students. The core of humanistic thought in Marxism is the question of the nature of man, which is a key issue in psychology and can effectively solve psychological problems and strengthen mental health education. Therefore, it is necessary to integrate humanistic thinking into mental health education, so as to provide mental health education for university students, alleviate the pressure faced by university students in the process of growth, and enable them to grow up healthily.

Objectives: To help university students understand the nature of human beings correctly with the help of Marxist anthropological thought.

Since the main subject of mental health education in colleges and universities is college students, if we cannot make college students accurately understand the nature of human beings in the process of growth, it will be difficult for teachers to grasp the psychological problems of college students, thus affecting the development of education work and making it difficult to play the role of psychological education.

Marx once said, "Man is the most veritable political animal, not only a congenial animal, but also an animal that can only be independent in society." It is easy to see that the essence of man is sociality, and it is because man has sociality that he can be distinguished from animals. This requires teachers to make use of this social characteristic to study and analyse the psychological problems of university students, so that they can accurately grasp the psychological situation of university students and lay the foundation for subsequent psychological education. In this way, it is not only possible for college students to correctly understand the nature of human beings and achieve the goal of anthropological ideological health education, but also to make college students clear about their own situation and understand what needs are reasonable to achieve and what needs are unreasonable to achieve, so as to alleviate the pressure faced by college students in the process of their growth and solve their psychological problems.

All in all, in the psychological health education of college students, teachers must combine Marxism and bring the humanistic ideas into the psychological education, through the characteristics of sociology, research and analysis of the psychological activities of college students, so that teachers can target psychological education, solve the psychological problems encountered by college students in the process of growth, and play the role of psychological education, so as to Promote the healthy growth of university students.

The main purpose of mental health education in colleges and universities is to help college students develop values education through the anthropological ideas of Marxism, helping them to establish correct values and avoiding psychological problems in the process of growth.

In Marxist principles, Marx believed that value is the utility of an object to satisfy the needs of the subject. The value of life is the utility that an individual can play in society, and Marx believed that human values take many forms. Therefore, when conducting psychological education in universities, the focus of education must be on how to improve the value of students' lives, which requires teachers to conduct psychological education in two ways.

Firstly, teachers must make it clear when teaching that the value of university students' lives is to contribute to society, not to take from it. Teachers therefore need to strengthen the teaching of positive energy, so that students can grow up with a positive outlook on life and values, thus promoting their continuous growth and adding to the construction of society. Teachers also need to strengthen the teaching of professional knowledge, so that students have professional knowledge and skills, so that they can better contribute their values to society, so that students can find their own position in society, so that students have positive values.

Secondly, in order to better enable students to develop and progress, teachers can create a good environment for students to grow up and provide the conditions for them to reach their values in life. This is because in order to contribute to society and realise their life values, it is not enough to rely on their own efforts, but they also need to make use of the surrounding social environment. Therefore, when teachers carry out psychological education for college students, they must carry out educational work according to the teaching objectives, so that they can not only improve the comprehensive quality of college students, but also provide conditions for college students to realize their life values and promote their continuous development and progress.

General Secretary Xi Jinping once said in his report, "Ideological construction is the basic construction of the Party." Therefore, when colleges and universities carry out psychological education for college students, they also need to cultivate college students' ideals and personality with the help of Marxist humanistic thoughts, so as to strengthen college students' ideals and beliefs and enhance the construction of college students' spiritual civilization. In particular, humanistic thought attaches great importance to the ideological and moral education of human beings, and bringing humanistic thought into mental health education can effectively relieve the pressure faced by university students in the process of growth and solve the psychological problems encountered by university students, so that they can have positive values and provide special inspiration for the establishment of a correct personality.

As the ideal personality is the highest value in the pursuit of life, as long as the ideal personality is present, the individual will be able to optimise his or her development and have good cultivation and talent. Therefore, when carrying out psychological education in universities, teachers need to combine the meaning of anthropological thinking to carry out psychological education, so that not only can they

help students solve their psychological problems, but also cultivate ideal personality in a subtle way, so as to constantly improve the cultivation and talents of students, so that they can have the spirit of honesty and trustworthiness and dedication in their daily lives.

In addition, the integration of anthropological thinking into psychological teaching can exercise the personality of students, so that they can develop good character in the process of growth, thus promoting the continuous development and progress of students. Therefore, in order to give maximum play to the role of psychological education and solve the psychological problems of college students, teachers must fully affirm the value of college students' personality according to the meaning of humanistic thought when teaching, and strengthen the cultivation of college students so that they can grow up continuously.

The fundamental purpose of social development is to achieve the all-round development of human beings. Therefore, when colleges and universities carry out mental health education for college students, they must take the promotion of the all-round development of college students' moral, intellectual, physical, social and aesthetic development as the goal. And as psychological education is the key content of university ideological education, teachers need to take the promotion of college students towards all-round development as the primary task when conducting psychological education, so as to educate college students. Through this way, not only can the psychological problems of college students be effectively solved, so that college students can grow up healthily, but also enable college students to develop comprehensively and contribute their strength to the development of society.

In addition, universities need to strengthen the training of teachers and establish a team of excellent teachers, so as to better carry out education and avoid psychological problems in the process of growth of university students, so that university students can grow up healthily.

Subjects and methods: In order to grasp more accurately the revelation of the anthropological thought in Marxism on the mental health education of college students, the experimenters conducted a survey and research on more than four thousand college students in a university through the sampling method, and found that 23.5% of college students have psychological problems, while the proportion of people with psychological problems in China is around 20%, so it is not difficult to find that the psychological problems of college students are not significant, especially when it comes to putting It is easy to see that the presence of psychological problems among university students is not significant, especially when the humanistic ideas in Marxism are incorporated into mental health education, which can effectively reduce the probability of psychological problems among university students. However, the experimenters found that the psychological problems of university students were hierarchical in nature.

At the first level, there is a mild psychological imbalance, which causes changes in the students' psyche and strong mood swings. However, this is a common developmental problem in university students' development and is not a psychological disorder that can be resolved with better mental health education.

At the second level, there are general psychological disorders, but at this level there are no psychological problems, only anxiety and worry. This problem can be alleviated by simple psychological counselling.

The third level is mental illness. Once the psychological state of university students reaches the third level, it will seriously affect their normal life, then psychological counselling and psychological education can no longer help university students to solve their psychological problems, and professional psychological treatment is needed.

Results: Through research and studies, the social environment, cultural atmosphere and living environment all have an impact on the psychology of university students, bringing pressure on them in the process of growing up, thus causing them to have psychological problems, which is not conducive to their growth. In addition, the mental health problems of college students are also affected by their personalities and genetic factors, which eventually lead to psychological problems. Therefore, when universities carry out psychological education, they should carry out targeted education according to the actual situation of students, so as to effectively solve the psychological problems of college students and promote their healthy growth.

Conclusions: There is no shortage of college students with ideal personalities and positive values in colleges and universities, so in general college students' psychological health is in a good state. Universities need to set up role models and strengthen the education of humanistic thinking to ensure the psychological health of university students and promote their development and progress.

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STRATEGIES OF PROMOTING STUDENTS' COMPREHENSIVE PSYCHOLOGICAL QUALITY READING IN UNIVERSITY LIBRARY

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Background: The Law of the People's Republic of China on Public Libraries, which officially came into effect in 2018, as the first cultural legislation formally adopted in China after the 19th National Congress, promotes the construction and development of libraries in China will continue to be legalised. In this legislation, it is clearly stated that public libraries should provide free reading services to the society, and at the same time, they should strengthen the activities related to book exchange and reading guidance to promote reading for all. Under the requirements and guarantees of national legislation, libraries of all kinds across the country have begun to seize this opportunity to strengthen the optimal construction of public libraries, to continuously promote reading for all, to cultivate people's interest in reading, to enhance the influence of libraries in society and to strengthen mental health education for people.

Under the guarantee of legislation, reading for all has become one of the important strategic development goals of the country. Among them, university students are the key training talents of the country, moreover, the future of the country, and universities should also actively respond to the call of reading and focus on developing university libraries. In recent years, the mental health of university students is not optimistic, and universities and even society should focus on the mental health of students. In the report of the 19th Party Congress, it is clearly pointed out that the construction of a social psychological service system should be strengthened, a positive and optimistic attitude should be cultivated, and people should be promoted to form a good psychology of self-esteem and self-confidence. In 2017, the Ministry of Propaganda, the National Health and Family Planning Commission and many other departments jointly issued the Guidance Opinions on Strengthening Mental Health Services, in which it is particularly pointed out that mental health education for students in colleges and universities should be strengthened and relevant courses or activities should be actively organised, etc., so that college students can develop a healthy psyche and have a strong adaptability. In the Guidance on Mental Health Education for Students in Higher Education, it is further clearly stated that universities should attach importance to mental health education for university students, promote their healthy physical and mental development, and cultivate them to form good psychological qualities. At the same time, universities need to strengthen humanistic care for students, and in the process of education, not only teach professional knowledge, but also improve students' psychological quality and moral education.

Objective: University students have always been the focus of society's attention, and are an inexhaustible source of power for national development. In order to improve the comprehensive psychological quality of university students, it is imperative to promote mental health reading in university libraries. The mental health of university students is crucial to their personal growth, but also to the survival and development of the country. Universities are the key training area for talents, but also an important bridge between talents and society, and must pay attention to the psychological health education for students. In their daily studies, university students tend to neglect their own mental health and are not good at psychological counselling when they are confused about their own psychology. Over the years, there have been many incidents of students committing suicide and dropping out of university due to psychological problems, and universities must pay attention to them and strengthen the mental health education for university students. In order to put in place mental health education for students and to avoid activities and courses related to mental health education only remaining superficial, libraries are the most suitable platform. More than any other form of education, libraries are the most frequented places by university students. Students are involved in careful, reading and lectures, and mental health reading will be promoted in place in libraries so that university students can reduce their psychological pressure and soothe their emotions under the influence of books and avoid tragedies.

In addition to this, another major goal of mental health reading promotion in university libraries is to strengthen the transformation of university libraries. Due to the development of Internet information technology, university students are increasingly relying on the Internet for more resources and information, and less and less on libraries. The traditional form of library can no longer meet the needs of students. Only by seizing the opportunity, timely transformation and continuous innovation in the form of library services can university libraries attract more students to carry out study and reading in the library, etc. In order to enable university libraries to transform effectively and strengthen innovation, strengthening the promotion of mental health reading is one of the good measures to provide psychological help for students, which can better meet the needs of students' growth. Changing the service model of libraries from passive to active can enable university libraries to play a greater role.