

and investigation method have been applied comprehensively in the research process. Through the way of in-depth analysis of the contents of literature and the actual situation of ideological education and mental health education in some of the current colleges and universities, it is understood that the ideological education and mental health The connection between ideological education and mental health education, the defects existing in the current teaching process of ideological education and mental health education in colleges and universities, and on this basis, based on the synergy theory, a method to improve the quality of the integration of the two is formulated, and then the immediate effect of this method is tested by means of comparative experiments, so as to obtain a more suitable combination path for the development of the current ideological education and mental health education in colleges and universities.

Results: The study shows that in the current process of education and teaching in colleges and universities, strengthening the link between ideological education and mental health education is one of the effective ways to ensure the healthy development of students' physical and mental health in colleges and universities. Compared with the traditional situation where ideological education and mental health education develop independently, promoting the integration between ideological education and mental health education not only enables students to understand more truly the true meaning of ideological education and mental health education and develop a more positive attitude towards life, but also helps students to better face up to the social responsibilities they should take in the process of study and development, so that Students can better cherish their own time at university and truly devote their time to their studies, providing effective support for their future healthy development while achieving efficient use of educational resources.

Conclusions: Students in higher education are the pillars of society's future development, and there is an extremely close connection between the quality of their physical and mental development and the effects of social development. This study mainly focuses on the integration of current university ideological education and mental health education, with the fundamental aim of effectively improving the teaching quality of current university ideological education and mental health education through the way of constructing a reasonable integration system of ideological education and mental health education, and providing effective support for students' physical and mental health. From the perspective of education and teaching, this study makes the development path of current ideological education and mental health education in colleges and universities clearer and provides effective support for the cultivation of high quality talents.

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ANALYSIS ON THE CHANGES OF ATHLETES' MENTALITY IN BASKETBALL SKILL TRAINING METHODS

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Background: With the precise introduction and implementation of the concept of literacy education, the content and form of physical education have mostly changed significantly, for example, in the current basketball skills training is mostly integrated into the concept of psychology, through the appropriate changes to the concept of psychology to observe the rationality of the use of its skills training methods, to improve the effectiveness of basketball skills teaching. Generally speaking, in traditional basketball physical education, both teachers and students pay more attention to skill training in basketball physical education in the learning process, and ignore the psychological changes in daily training, while in the actual basketball games or related games, the changes in psychological state will greatly affect the overall quality of skill training in basketball physical education, thus in the current basketball physical education, physical education teachers in the In the process of teaching basketball skills training, the physical education teacher should also add appropriate psychological knowledge to it, and by observing the changes in the psychological state of each student, different forms of basketball skills training methods can be developed for them, and with the precise control of this method, the overall quality of basketball physical education can be effectively improved. When students are learning basketball skills training, they need to be clear about the training content and objectives at the right time, and regardless of the changes in the objectives and content, the purpose of the sport is to put the ball in the basket, which means that in the actual game students will experience different psychological ups and downs, and they need to combine their psychological state with skills training in their daily training, using reasonable

control of the content to effectively enhance their daily training and game. Therefore, it is an inevitable trend to add psychological content to the current basketball physical education skills training to effectively enhance the students' basketball game and training.

Objective: In researching the topic 'Analysis of skill training methods in basketball physical education from a psychological perspective', the researcher should set appropriate objectives for the topic and use rigorous planning of these objectives to enhance the level of research. Generally speaking, for this topic research exploration, the topic objective is mainly to reasonably integrate the scientific combination of skill training methods and psychology in basketball physical education, to comprehensively enhance the scientific nature of skill training, to place appropriate skill training to different states of psychological changes, and to comprehensively enhance the effectiveness and relevance of basketball physical education. Before exploring the topic of "Analysis of skill training methods in basketball physical education from a psychological perspective", researchers should clarify the different types of skill training methods within basketball physical education at the right time, combine various types of training methods with students' psychological states, and adjust daily training techniques according to students' specific psychological changes, so that more students can feel the psychological changes in actual combat during training, and comprehensively improve their technical and tactical literacy. In addition, basketball is taught in accordance with its own psychological profile. In addition, in accordance with the content of basketball physical education itself, different types of training objectives need to be set for students before formal teaching, combining the objectives with skill training methods to improve the overall level of basketball physical education training. Some students in basketball skills training, affected by the intensity of training and the state of the game, it is difficult to feel the psychological changes in the training process, in the psychological state of the ups and downs, their skills training quality will suffer a greater impact, so teachers need to use appropriate methods to allow students to feel the change in their training state in the training, can be after the training is completed to place their training state or technical training movements to the appropriate time. The internal platform of basketball physical education is set up, and with the help of a reasonable analysis of this platform, the problems encountered by different students in their daily skills training can be accurately identified, and after identifying the psychological changes produced by different students, their skills training methods can be adjusted according to their deformed state, effectively enhancing the relevance of this training and helping each student to achieve the previously set basketball skills training goals.

Subjects and methods: The subject of "Analysis of skill training methods in basketball physical education from the perspective of psychology" is a study of different types of basketball skill training methods, combining this training method with psychology to effectively improve the effect of skill training. Some students have better psychological quality and can show their previous skills training methods in games, while others are affected by their psychological quality and have difficulty in showing their skills training effects in formal games or confrontation training. In the case of different game conditions, students need to show their psychological changes in the skill training, using the scientific control of psychological changes can effectively achieve the research objectives of the topic "Analysis of skill training methods in basketball physical education from a psychological perspective".

After confirming the object and objectives of the study, the researcher should confirm the research methodology. Specifically, the research on this topic mostly uses literature research method, practical investigation method and experimental comparison method, for example, when studying the relationship between skill training methods and psychology in basketball physical education, the literature research method is used, using the reasonable use of this method to effectively strengthen the effect of the use of skill training methods when the psychological state changes; when exploring the actual use of each skill training method in basketball physical education. In the investigation of the actual use of each skill training method in basketball physical education, the practical investigation method can be used to fully investigate the application effect of the skill training methods under different psychological states; then use the experimental comparison method to complete the integration of different skill training methods and changes in psychological states, according to the changes in the numerical information presented to find out the difference between different students in the skill training methods, timely adjustment of students' basketball skill training methods, using the precise use of this type of research method. The use of this type of research will effectively enhance the students' daily basketball training and guide them to better demonstrate their skills in games or rivalry training.

Results: In exploring the research on the topic of 'Analysis of skill training methods in basketball physical education from a psychological perspective', researchers need to identify the relationship between skill training methods and psychology in basketball physical education at the right time, and find out the impact of psychological level on basketball physical education, where different psychological states can have a greater impact on the level of basketball skills and the use of basketball tactics in

basketball physical education. Specifically, during the research on the topic of "Analysis of skill training methods in basketball physical education from the perspective of psychology", researchers need to clarify the skill training methods in basketball physical education at the right time, find the degree of integration with psychology according to different teaching stages, and enhance its integration with psychology. For example, during daily skills training, teachers can analyse the psychological state of different students and train them according to their daily performance in terms of attitude, concentration and self-confidence, using the improvement of this content to effectively enhance the self-confidence of many types of students and improve the application of their skills training methods. In addition, formal basketball games or rivalry training can produce varying degrees of change, and students' skills training results are also susceptible to such psychological changes, so teachers should design a variety of psychological skills training methods for students to enhance their basketball sport learning through the improvement of such training methods, effectively solving the previously existing skills training level performance problems. It is worth mentioning that after completing the research on 'Analysis of skill training methods in basketball physical education from a psychological perspective', researchers can review the corresponding changes in the current skill training methods within basketball physical education, use reasonable control and attention to such changes to explore students' mastery of skill training in basketball, improve the rationality of the application of skill training methods, and effectively improve the overall quality of basketball physical education. The overall quality of skill training is improved, helping students to master more professional basketball skills and enhance their professionalism in basketball learning.

Conclusions: For the study "Analysis of skill training methods in basketball physical education from a psychological perspective", students should not only master more skill training methods in their daily basketball physical education learning, but also clarify the relationship between changes in psychological state and skill training methods in this method, and use the control of this method to improve the overall quality of skill training. Generally speaking, students in basketball sports skills training need to be timely to clarify the impact of psychological changes on their various skills movements, in daily training and life to increase a number of psychological training, its content contains will training, relaxation training and self-referral, etc., the use of this initiative can be timely adjustment of their own state, effective improvement of their skills in the confrontation or game use level, in the case of psychological precision regulation, the With precise mental conditioning, the technique training methods become more effective. At the same time, for the relationship between skill training methods and psychology, the majority of basketball physical education teachers in their daily teaching also timely investigation of the actual situation of different students, according to their specific situation to adjust their skill training methods, and then put the training methods into practice, in the appropriate skill training methods and psychological integration, basketball sports teaching effect will become more ideal. In addition, the psychological state of different students differs greatly, so basketball PE teachers can use appropriate activities to improve the psychological state of students during daily skills training, identify the different performance of each student during skills training, and use reasonable control of such performance to find appropriate skills training methods and improve the relevance of daily skills training. Therefore, through the in-depth research on the topic of "Analysis of skill training methods in basketball physical education from a psychological perspective", the results of different skill training methods and the changes in students' psychology can be seen, and with the help of reasonable control of such changes, the problems of substandard skill training in confrontation or competition can be effectively solved. Integration.

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AN ANALYSIS OF STUDENTS' COGNITIVE PSYCHOLOGICAL BARRIERS IN TRANSLATION TEACHING

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Background: As society continues to develop, the field of translation continues to face strong impacts, especially in translation teaching, and new requirements are put forward in order to cultivate more professional translators who meet the current requirements. However, in the process of actually carrying out translation teaching, the quality of students' translations is inextricably linked to their mental activities. At the same time, influenced by factors such as personal expression ability and ideological cognition, it is very easy for students to produce mental barriers that can cause misinterpretation