

Objective: Positive psychology is not only a revolution in the field of psychology, but also a new milestone in the history of human society. It is a new science that studies the traditional psychology from a positive angle. It adopts scientific principles and methods to study happiness, advocates the positive orientation of psychology, in order to study the positive psychological quality of human beings and pay attention to their health, happiness and harmonious development.

Subjects and methods: Route planning is an important work for sailors. It is necessary to consider the influence of environment, hydrology and weather threat, and try to achieve comprehensive optimization by taking economy, concealment and safety as three indexes. This not only needs to carry on the drawing work, but also because people's thinking is influenced by time and environment, they often think carelessly or inconsistently, and finally appear the inactive phenomenon, which affects the scientific of route making. Based on ant colony algorithm and positive psychology, this study investigates the effect of ocean route auto-generation. Through investigation and analysis, the problems of ACO used in route automatic generation include grid division of sea area, pheromone of grid points, search strategy, updating of pheromone, route selection and route smoothing. Before the calculation of the algorithm model, the initialization parameter matrix is first set: C, that is, the corresponding points of 9 longitude and latitude coordinates, followed by nine ports. A series of parameters should be set in the model, and the maximum iteration number should be set to max = 100, and the number of ants should be m = 15. Step 1: Variable initialization. Sort n port coordinates based on x, y decomposition, if the number of ports is 3, you can get the original matrix of coordinates as shown in Table 1.

Table 1. Original coordinate matrix

	X	Y
City 1	0	120
City 2	120	0
City 3	100	230

Based on the above weighted adjacency matrix, a symmetric matrix D of n can be obtained, where each element represents the distance between the two ports, as shown in Table 2.

Table 2. Symmetric matrices

	Port 1	Port 2	Port 3
Port 1	0	120	100
Port 2	120	0	230
Port 3	100	230	0

Results: Taking positive attitude and maximum profit as the objective function, the model normalizes the finite dimensions of pure return, loading rate, shipping period, transportation cost and average inventory into dimensionless experimental results. Through the MATLAB software running results, the former normalization results closer to L, the latter results show a downward trend, therefore, through a large number of experiments, we can get the conclusion, the former optimization results for the best experimental results.

Conclusions: The application of ACO to route generation can not only greatly improve the speed of route generation, but also reduce the labor of sailors under the intervention of positive psychology, and at the same time, it can consider all kinds of factors comprehensively, which may not produce the situation of careless consideration as the artificial generation. More importantly, it can embody the various ideas of experts through search rules, so that the generated route has the thinking of experts.

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REFORM AND PRACTICE OF COLLEGE ENGLISH TEACHING PARADIGM BASED ON EDUCATIONAL PSYCHOLOGY

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Background: English practical teaching is an important way for students to internalize what they have learned into their practical ability and an inseparable part of the talent training system in universities. Practical teaching is an inseparable part of the personnel training system in colleges and universities, and it is also an important link between colleges and universities, students and jobs. Psychology is the theoretical basis of pedagogy, which promotes the development of pedagogy. There is a basic internal relationship between pedagogy and psychology. Psychology makes positive research on development as a fact, which provides pedagogy with the theory and method of education and teaching reform and development, improves the efficiency of classroom teaching, promotes the growth of pedagogy knowledge, and promotes the scientific method of educational research. Educational psychology is scientific and rigorous. As an important part of psychology, educational psychology plays an important role in promoting teaching itself. Because the successful education is not the external formal education, but through grasps student's psychological motive and the behavior, studies their study psychological characteristic, then grasps the teaching process well. However, an important problem in modern education is that many teachers are far away from their students, which can easily lead to teachers' failure to understand the students' psychology and knowledge, and finally to improve the teaching quality.

Objective: The combination of educational psychology and college English teaching practice can make teachers explore the objective law of English teaching and learning more effectively and improve the effect of teaching and learning. In college English teaching, teachers should first apply the principles of educational psychology to stimulate students to form a positive psychological state of preparation for English learning. Secondly, the teaching of English intensive reading, listening and speaking and basic knowledge should be combined with the principles of educational psychology. In a word, teachers should be good at discovering, mastering and analyzing students' psychological characteristics, removing students' psychological obstacles as far as possible, and adopting effective teaching methods to arouse students' interest and motivation in learning, so as to achieve good teaching results.

Subjects and methods: The subjects were 200 college students. Each student was 19 - 23 years old. They were randomly divided into experimental group and control group. Each group had 100 students. Based on the theory of educational psychology and considering the psychological characteristics of the students, the experimental group is given English teaching paradigm reform and practice. The control group received traditional teaching. After the end of the experiment, statistics of the two groups of students' academic performance, using Excel software statistical results.

Results: Pedagogy and psychology can learn from each other in educational research methods because they have found the combination of research object and mode of thinking, that is, the ultimate goal of pedagogy and psychology is to promote the development of the individual and seek to promote the development with learning as the condition and means. The results of the two groups before and after the experiment are shown in Table 1.

Table 1. Achievement of two groups of students

Groups		Average value
Experimental group	Before experiment	75.06
	After the experiment	89.14
Control group	Before experiment	75.02
	After the experiment	77.18

As can be seen from Table 1, before the experiment, there was no significant difference between the two groups, but after the experiment, the average academic performance of the experimental group improved significantly, and the control group did not change significantly.

Conclusions: The knowledge of linguistics is a comprehensive knowledge of psychology, pedagogy, sociology and so on. Therefore, a college English teacher should not only study the knowledge of English language and pragmatics, the culture of the English-speaking countries and the English teaching methods, but also understand the cognitive psychology, psychological language and social language involved in educational psychology, and try to make these theories better guide the teaching work. Based on this, this paper puts forward the reform strategies of college English teaching paradigm under educational psychology:

- (1) Optimizing teaching contents and expanding practice contents. According to the training objectives of applied talents, with the cultivation of applied ability as the core and the principle of "effective use of public courses, adequate use of basic courses and application of specialized courses", we shall further reorganize and optimize the teaching contents and give students space for independent learning and individualized learning.
- (2) Systematization of teaching structure. Construct a four-in-one teaching system of "multimedia

classroom teaching experimental teaching + network-assisted teaching + curriculum design". Students through the classroom multimedia theory of learning, basically the content of the study has a preliminary understanding. Students can also learn more about the assigned course topics in the online class after class.

(3) Diversified teaching methods. In the classroom teaching, we design the discussion questions carefully according to each knowledge point, organize the students to do a good job in class discussion, help students to understand the knowledge points, enhance students' self-confidence and thirst for knowledge, and consolidate the knowledge they have learned. In the teaching process to introduce cases to inspire students to solve the problem commonly used in English thinking ability. In this way, it strengthens students' ability to analyze and solve problems, enhances their sense of achievement and interest in English learning, and further understands the importance of English learning.

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ANALYSIS OF THE INFLUENCE OF ART PSYCHOLOGY ON COLLEGE STUDENTS' ANXIETY DISORDER

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Background: Anxiety disorder is a kind of emotional distress and slow action. Reduce the symptoms of thought delay and speech neurosis. Anxiety disorder seriously affects patients' life and work, and brings a heavy burden to families and society. At present, there are more and more college students suffering from depression due to various reasons and pressure, and art creation is a process of perceiving beauty, understanding beauty, creating beauty and appreciating beauty. Therefore, we can use painting psychology to open students' psychology, and solve students' psychological problems with care and help. With the deepening of educational reform in colleges and universities, building an open and scientific concept of art education is a continuous concern in the development of art colleges and universities. Art psychology is a science that studies art and its laws from the perspective and method of psychology. It starts with feeling, perception, representation, thinking, language, imagination, emotion and will, discusses the interaction between various elements in the process of art creation, explores the interaction between individual body and mind and art creation, and studies social culture. The interaction between human collective emotional spirit and art activities. It makes the ambiguous creative process clear, structured and phased, and provides a clear path for training art workers. Considering the general environment of art education reform in colleges and universities, the opening of art psychology course will help to improve the scientific and feasibility of art education in colleges and universities. Art psychology is a science that studies art and its laws with the views and methods of psychology. It is an interdisciplinary subject combining art, psychology and other related disciplines. As an important part of psychology, art psychology originated in the late 19th century. With the development of modern art education, art psychology has gradually been valued by art educators since the 1950s, and began to be applied to the cultivation of students' intellectual development and psychological state. Since the 1990s, the research of art psychology has gradually been concerned by Chinese academic circles. In 1994, Ding Ning published his book "art psychology", which explained the history, current situation, contemporary development and trend of the discipline, and also launched a psychological discussion on art creation, art form and art acceptance. In the first 10 years of the 21st century, the research of domestic art psychology is developing in a rich, comprehensive and profound direction. The representative is the main research orientation of contemporary art psychology proposed by scholar Zhang Xiaodong. He believes that with the change of the nature of traditional art creation and art form, today's art psychology should not only investigate the art psychological phenomena in human development and national culture, but also systematically study the art psychological phenomena in the fields of industrial design, commercial economy, information communication, art therapy, art education and so on. To form a research system of art psychology with multiple value orientations. With the efforts of many experts and scholars, the research of art psychology in China continues to develop in the direction of science, openness and integration on the basis of the integration and optimization of a variety of traditional psychological views and in combination with the influence of the society, nationality, culture, education and other environment of the times.

Objective: Painting psychology is the product of the influence of painting art on psychology. Painting is a special language that expresses the things people observe and experience by hand in two-dimensional space. When people present some external things by means of painting, their internal psychological characteristics are reflected in painting. Secondly, people's response to external stimuli depends not only on the characteristics of stimuli, but also on the psychological factors such as the relatively stable personality