

Results: The results of this survey use the influence values of 1 to 5 grades and specific quantitative factors, 1 indicating irrelevance, 2 indicating slight influence, 3 indicating general influence, 4 indicating obvious influence, and 5 indicating full influence. In order to reduce the relatively large error caused by individual subjectivity in the evaluation, the evaluation values of 1,000 college students are adopted and the average values are rounded off to obtain the results. The specific statistical table is shown in Table 1.

Table 1. Influence of network crisis signals on psychological crisis signal identification in college students

Factor	Direct language signal	Indirect language signal	Network behavior signal
Grade	5	4	5

Conclusions: The advent of the Internet era has brought people a lot of convenience, and played an important role in psychological counseling and social support system, but at the same time, the negative impact of bad online comments on the parties is difficult to avoid. First of all, we should actively use the network to collect psychological crisis signals of student's network, early intervention. At the same time for the bad intentions of the netizen comments need tit for tat, and ultimately can guide the helpers out of the psychological crisis, to meet a better life.

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A STUDY ON THE INFLUENCE OF AFFECTIVE DISORDER ON ENGLISH CULTURAL TRANSLATION

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Background: Cultural factors play an important role in the translation of English literary works. Translators should fully understand the cultural differences of different countries and nationalities, and adopt accurate and appropriate translation in the translation process to make the translation closer to the original work, which can not only fully reflect the style and connotation of the original text, but also meet the needs of readers. Affective factors cause many obstacles to students' translation. If teachers and students can understand these affective factors, they can guide college English translation and improve the translation effect. The "affective obstacles" of English translation seriously restrict the effect of students' English translation, which has attracted the attention of psycholinguistics and English teaching. The factors affecting affective disorder are: value cognition deviation; power; translator's temperament and personality; traumatic emotional experience; the negative transfer of Chinese acquisition to English; China's current education system, etc. We can help students overcome the emotional barriers in English translation and improve the efficiency of English translation from four aspects: strengthening the education of internal translation motivation and cultivating translators' interest in English; shaping the translator's healthy personality and cultivating the translator's good character; establish an equal relationship between teachers and students and teach teachers "good teaching"; reform the current education management system and establish appropriate evaluation methods. Affective disorder in English learning refers to the destruction of the law of English learners' emotional activities, the disorder of attitude in the process of English learning, and the emotional state of negative feelings, feelings, emotions and attitudes that hinder the smooth progress of cognitive acquisition. Usually, the emotional activities of normal people are coordinated with other psychological activities. Once emotional activity fails, it can cause obstacles to other activity processes. When a person is in a state of excitement, self-confidence and has a clear learning goal, his learning potential will be brought into full play and his efficiency will be very high. On the contrary, negative emotions such as anxiety, excessive self-protection and low interest. The disharmonious relationship between teachers and students will affect, or even seriously affect, the efficiency of English acquisition. The main meaning of affective disorder is that the patient has the problem of depression or mania. If there is the problem of depression, the main manifestations are depression, lack of happiness, low self-esteem, self-blame, self-sin, no hope for the future, decreased attention and memory, decreased appetite, difficulty in falling asleep, pessimism, despair and even negative thoughts. When there are manic problems, they may have high emotions, always be very happy, have high self-evaluation, and think they have strong skills, plan to do some big things, act recklessly, love to spend money, do things like a tiger's head and a snake's tail, etc. The main characteristics of these affective disorders are particularly unstable emotions, and sometimes they are unusually happy than ordinary people, sometimes people are

significantly unhappy than ordinary people, so it is called affective disorder, also known as mood disorder.

Objective: Under the trend of globalization, exchanges and interactions between countries are becoming more and more frequent. English is also an important tool and bridge for national political, economic and cultural exchanges and cooperation. In order to ensure effective communication, English learning is essential. Among them, English translation plays an important role. In order to ensure the accuracy of translation, translation staff must stand in a cross-cultural perspective and master appropriate and feasible translation skills through the effective transformation of perspective. Realize the stable improvement of translation ability and level. Sociolinguistics and psycholinguistics believe that language learning and use is a psychological process. Many scholars believe that affective factors are one of the most important factors affecting the effectiveness of foreign language learning, because people are always closely related to their will quality, self-confidence, motivation and so on. In real life, many people can't learn language well. In fact, it's not intellectual, but emotional.

Subjects and methods: 100 students majoring in English translation were randomly selected as subjects, regardless of gender and age. 100 subjects were randomly divided into control group and intervention group, with 50 people in each group. Choose the same English translation teacher with the same teaching content. The students in the intervention group were intervened with special affective disorder factors, while the students in the control group were trained in daily English translation. During the teaching period, the teachers shall not treat the students of both sides differently, and the whole process shall be recorded by monitoring video. After class, the two groups of students were interviewed and analyzed from three aspects: translation flexibility, students' learning enthusiasm and students' learning initiative.

Methods: The influence of affective disorder on English translation was analyzed by Excel.

Results: According to the survey results, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence and 4 means full influence. The specific statistical table is shown in Table 1.

Table 1. Students' influence on English translation under the intervention of affective disorder factors

Factor	Translation flexibility	Learning enthusiasm	Learning initiative
Student	4	4	4

Conclusions: Today, with the development of economic integration, the application frequency of English in daily work and life is gradually increasing, and the importance of English translation is also highlighted. English translation is not a simple process of language conversion, but also needs to integrate the emotional application of human language in translation to ensure the accuracy of language conversion. Therefore, the research based on positive affective factors and translation skills in English translation is of great significance to the development of English translation.

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ON THE ROLE OF MUSIC INTERVENTION IN ALLEVIATING HERDSMEN'S PSYCHOLOGICAL PROBLEMS -- TAKING MONGOLIAN CHINESE BILINGUAL SINGING OF GRASSLAND SONGS AS AN EXAMPLE

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Background: Music therapy refers to the establishment of a therapeutic alliance with visitors through music as the medium under the guidance of music therapists, so as to have an impact on individual physiology, psychology and cognition through various targeted music activities, music imagination and music rhythm resonance, so as to achieve the purpose of adjusting mood, alleviating physical and mental symptoms and promoting physical health. It is an effective means of psychological intervention. Benign music can improve the excitability of cerebral cortex, reduce blood pressure, slow down basic metabolism and respiration, secrete dopamine and endorphins, so as to improve people's mood, help to eliminate the unconscionable states such as tension, anxiety and depression caused by psychological and social factors, and there are obvious gender differences when using music to regulate mood. Music therapy is generally