

## THE IMPROVEMENT OF COLLEGE STUDENTS' NEGATIVE EMOTIONS BY INTEGRATING EDUCATIONAL PSYCHOLOGY INTO COLLEGE ENGLISH CLASSROOM

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**Background:** Educational psychology is a social psychology that studies human learning, the effect of educational intervention, teaching psychology and school organization in educational context. The focus of educational psychology is to apply the theory or research results of psychology to education. Educational psychology can be applied to designing courses, improving teaching methods, promoting learning motivation and helping students face various difficulties and challenges in the process of growth. The terms "educational psychology" and "school psychology" are often used interchangeably, but usually those engaged in theoretical work and research tend to be called educational psychologists, while those engaged in practical work in schools or school-related places are classified as school psychologists. Educational psychology pays attention to how students learn and develop, and pays special attention to students with special educational needs in practical work. Through the relationship with other disciplines, it is also helpful to understand educational psychology. First of all, educational psychology is based on psychology. The relationship between the two disciplines is like the relationship between medicine and biology, or engineering and physics. Then, from educational psychology, many special fields can be developed to study educational problems, including instructional design, educational technology, curriculum development, organizational learning, special education and classroom management. Educational psychology belongs to the category of social psychology, which mainly studies human learning, the effect of educational intervention, teachers' teaching psychology and so on. Educational psychology applies psychological theory and teaching practice results in the process of education. This theory can be applied to curriculum design and improve learning motivation to help students overcome various difficulties in the process of learning.

Generally speaking, when people feel nervous about something, their thoughts will be disturbed by it repeatedly and make all kinds of exaggerated imagination and assumptions. When it exceeds the critical point, anxiety begins to appear. English learning anxiety is a unique and complex psychological phenomenon in language learning. Anxiety is usually manifested in negative emotions such as self-doubt and tension. The anxiety of language learners in the classroom may also be caused by the psychological anxiety of language learners. For example, there are many reasons for the anxiety of language learners in the classroom. How to treat students' anxiety objectively and find out the causes of anxiety is an important research direction in English learning.

**Objective:** College students will have some bad emotions in the process of English learning. From the perspective of educational psychology, this paper studies the negative emotions of college students in English classroom. Therefore, based on the English classroom teaching method of educational psychology, this study aims to explore the psychological relief methods of college students' English learning anxiety, and provide some theoretical reference for college English classroom teaching in the future.

**Research objects and methods:** In six colleges and universities in a city, 200 college students with negative psychological emotions in English classroom were selected as the research objects. The English classroom teaching method based on educational psychology was used to teach all the subjects. All the college students were aged between 18 and 21, with an average of  $19.5 \pm 1.6$  years.

**Research design:** Before and after teaching, students were evaluated with the self-developed English learning classroom anxiety scale to judge the learning anxiety of college students in the process of college English learning.

**Methods:** The relevant data were calculated and counted by Excel software and SPSS20.0 software.

**Results:** The comparison of English learning anxiety factors among college students with high, medium and low anxiety was statistically significant ( $P < 0.05$ ). The pairwise comparison between the scores of each factor was statistically significant ( $P < 0.05$ ).

**Table 1.** Analysis of foreign language learning anxiety factors of students with different levels of anxiety

Group	Worry	Nervous and tense	Afraid to speak English	Fear of classroom	Total learning anxiety
Low anxiety	2.31	2.45	2.43	2.34	2.38
Medium anxiety	3.15	3.19	3.31	3.36	3.24
High anxious	3.75	3.67	3.56	3.72	3.68

**Conclusions:** With the rapid development of information technology and the popularity of the Internet, learners around the world can have the opportunity to choose the world's best higher education resources.

At the same time, the English classroom teaching method based on educational psychology has also created a lot of experience in promoting teaching reform. Some studies have pointed out that the English classroom teaching method based on educational psychology is expected to subvert the traditional way of education. Anxiety psychology is different from ordinary mental diseases. It will not only cause serious negative emotions to college students, but also the accumulation of all kinds of negative emotions. In order to comprehensively improve college students' English learning ability and comprehensive quality, English teaching should pay attention to the cultivation of students' nonintellectual factors, so that students can obtain positive emotional experience in English learning and learn effective learning strategies, which will play a positive role in students' lifelong development.

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## THE EFFECT OF BUSINESS ENGLISH TEACHING AND TRAINING CURRICULUM REFORM ON EDUCATIONAL PSYCHOLOGY

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**Background:** In recent years, educational psychology is closely related to psychiatry, medicine, sociology, anthropology, education and other fields. The main research content of educational psychology is the basic psychological laws of education and teaching situation and middle school teaching. It studies teaching design, educational technology, special education and classroom management based on psychology. Educational psychology. Different from psychology, educational psychology focuses on the psychological laws of student groups, and evaluates whether students can learn knowledge and master corresponding skills in daily teaching. The teaching subject of educational psychology theory is the workers engaged in education. The goal is to improve the level of teachers, improve the quality of education and teaching, and promote the reform of education and teaching. The practical significance of this discipline is to assist teachers to complete the problems in teaching work, provide scientific and reasonable theoretical guidance for teachers' teaching work, and assist teachers to analyze in practical teaching work. Educational psychology can be simply understood as all the sciences involved in the process of learning and teaching, including teaching methods, students' characteristics and teachers' characteristics. According to the type of subject, teachers can adopt different teaching schemes.

In the practical courses of business English teaching in colleges and universities, the traditional teaching methods lead teachers to take intellectual factors such as scores and test passing rate as the key indicators to evaluate the teaching effect, and do not consider nonintellectual factors, emotions, interests and hobbies and other psychological factors. With the proposal and improvement of modern educational psychology and other concepts, English teaching methods have undergone significant changes, from the previous cramming teaching to students' autonomous and active learning. This teaching method can cultivate comprehensive talents with high quality and high skills. The relevant data of the education part points out that most college students have varying degrees of psychological problems, and a small number of them suffer from serious psychological diseases. The future business English teaching and training courses need to be improved in combination with the theory of educational psychology, so that students can master professional English teaching knowledge and transfer relevant cultural knowledge and humanistic knowledge to students, which can not only help students receive relevant knowledge efficiently, but also create a good learning atmosphere and enhance students' interest in English learning. In the specific teaching work, teachers need to focus on practical activities, let students participate in the process of activities in the form of teaching in fun, and accept knowledge in a relaxed and pleasant way, as well as the views and thoughts that domain teachers want to convey to us in the activities.

**Objective:** This paper analyzes the impact of business English teaching training course combined with educational psychology on students' mental health, in order to provide a new research direction for college English teaching mode.