

BRAIN DUAL STIMULATION INDUCED PSYCHOLOGICAL CONTROL METHOD BASED ON LIGHT MUSIC AND MUSIC BEAT

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In recent years, with the development of science and technology, people's pace of life has gradually accelerated, resulting in the pressure of work and life. The accumulation of long-term pressure will do serious harm to mental health. With the continuous progress of cognitive neurology and psychology, it is revealed that people can adjust their mental state in time by regulating the state of brain activity. The research of this kind of method is paid more and more attention by psychological researchers. There are many ways to regulate the brain. Among them, music contains rich human emotions and stimulates people's hearing with its unique rhythm. Therefore, the way of inducing and regulating the brain state in the form of music is becoming more and more popular. Research shows that slow music can slow down the heart rate, reduce blood pressure and body temperature, and relieve other psychological reactions controlled by parts of the brain. According to the music beat will have a certain impact on the EEG energy spectrum, a dual stimulation induction method of light music and music beat can be proposed to judge whether it can quickly enter a highly relaxed psychological state by analyzing and comparing the collected EEG signals.

Key words: EEG signal - beats - light music - brain stimulation

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ANALYSIS ON COMMON PSYCHOLOGICAL OBSTACLES OF MIDDLE SCHOOL STUDENTS IN COLLEGE PHYSICAL EDUCATION AND THEIR OVERCOMING METHODS

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Psychological disorder refers to the disorder and imbalance of people's psychological activities caused by the changes of the external environment and the internal state of the body, and hinders the subjective experience of normal psychological activities. The common psychological obstacles of college students in physical education teaching include boredom, anxiety, numbness and indifference, rebellious psychology, inferiority complex and so on. In the process of physical education, some teachers only pay attention to the physical education of students and ignore the cultivation of students' psychological quality, which leads to students' boredom of physical education. Students' psychological obstacles not only affect the development of mental health, but also affect the quality and goal of teaching. In serious cases, they may also cause sports injury accidents. By analyzing the common psychological obstacles of college students and their causes, this paper puts forward the use of Ideological and moral education to improve students' psychological quality. Cultivate sports ability, cultivate will quality and create a good learning environment, so as to finally improve the overall level of physical education teaching, and provide reference for promoting college students' autonomous learning and effectively completing the objectives of college physical education teaching.

Key words: college physical education - psychological disorders - overcoming method

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JAPANESE LEARNING ANXIETY AND SELF-REGULATION STRATEGIES OF JAPANESE MAJORS

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Foreign language learning anxiety is a unique and complex emotional state of language learning. Many scholars have studied the factors affecting the efficiency of foreign language learning. With the development of humanistic psychology, some scholars have found that learners' affective factors are

important factors affecting the efficiency of foreign language learning. And these emotional factors affect and correlate with each other. With the development of the times and social progress, economic and cultural exchanges around the world are becoming more and more frequent, and foreign language learning has become more and more popular among college students. The position of Japanese in modern teaching has become more and more important, and more and more students choose Japanese major. Therefore, understanding the anxiety problems encountered by Japanese majors in the learning process and finding corresponding solutions in time are of great significance for Japanese majors to improve their Japanese learning efficiency and professional skills. This paper analyzes and discusses the anxiety of college students in Japanese learning, and puts forward relevant self-regulation strategies.

Key words: japanese major - college student - learning anxiety - self regulation

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THE CURRENT SITUATION AND RELATIONSHIP OF COLLEGE STUDENTS' ENGLISH LEARNING ANXIETY, LEARNING BURNOUT AND SELF-EFFICACY

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Social psychological factors are important factors affecting the effectiveness of English learning. In the process of College Students' actual learning, there are often anxiety problems in English learning, which affect their learning effect. Learning burnout refers to students' mental exhaustion, indifference and reduced self-efficacy caused by long-term academic pressure in the process of learning. Learning burnout will have a negative impact on students' learning and physical and mental health. Researchers at home and abroad have found that high school students have learning burnout due to academic pressure and other factors. Learning burnout has a significant impact on the development of high school students and social development, so it is particularly important to study students' learning burnout. This study attempts to explore the related English Learning Burnout of college students and the factors leading to their English learning anxiety and learning burnout. This paper aims to put forward some feasible countermeasures and suggestions to reduce students' English learning anxiety and burnout.

Key words: college students - english learning - learning anxiety - learning burnout - self efficacy

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MEDIATING EFFECT OF COLLEGE STUDENTS' FOREIGN LANGUAGE WRITING SELF-EFFICACY ON THE IMPACT OF WRITING ANXIETY ON WRITING ACHIEVEMENT

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Foreign language writing is a complex psychological cognitive process, which is affected by learners' writing anxiety, writing self-concept and self-efficacy. In recent years, self-efficacy and anxiety have become hot research issues in the field of foreign language learning. In foreign language writing, writing self-efficacy, that is, "the author's confidence in his ability to complete a specific writing task", plays an important role in writing achievement. Writing anxiety - the anxiety behavior of learners in the process of foreign language writing output is also considered to be the main factor affecting writing achievement. Under the guidance of social cognitive theory, this paper aims to take Chinese non-English majors as the research object. At the level of writing skills, this paper analyzes the mediating effect of writing self-efficacy and writing anxiety on writing achievement. It is hoped that corresponding measures can be put forward to improve college students' English writing self-efficacy and reduce writing anxiety, so as to improve their English writing performance and comprehensive level.

Key words: foreign language writing - college student - self efficacy - writing anxiety - writing achievement

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