

quantitative score of the three groups was the highest, followed by the first group, and then the second group. The score of the control group was the lowest, and the average scores of each group were 84.9, 79.2, 76.1 and 72.0 respectively.

Table 1. Statistics of positive psychological test results of students in each group

Test time	Experimental group 1	Experimental group 2	Experimental group 3	Control group
Before experiment	71.5±2.4	71.2±3.8	72.0±4.5	71.9±3.1
After experiment	79.2±2.8	76.1±3.3	84.9±3.6	72.0±3.4

Conclusions: In order to improve the training effect of English majors in China, it is necessary to improve the positive psychology of English majors, so as to stimulate their learning interest and subjective initiative. This study integrates the knowledge of cognitive psychology, designs and carries out a group intervention teaching experiment. The experimental results show that there is little difference in the scores of positive psychological tests among students in each group before the experiment. However, after the completion of the experiment, the average value of positive psychological quantitative score of the three experimental groups is the highest, followed by the first experimental group, and then the second experimental group. The score of the control group is the lowest, and the average scores of each group are 84.9, 79.2, 76.1 and 72.0 respectively. It shows that the countermeasures of integrating the theories and methods of cognitive psychology into the teaching of music specialty do help to improve the psychological enthusiasm of the students of the specialty, and specifically, the countermeasures of cognitive psychological intervention for teachers and students at the same time have the most significant effect.

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STUDY ON THE INFLUENCE OF THE WORKING MODE OF GRASS-ROOTS PARTY CONSTRUCTION ORGANIZATION IN COLLEGES AND UNIVERSITIES ON THE MENTAL HEALTH OF STUDENT PARTY MEMBERS

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Background: In recent years, our party has clearly proposed to “strengthen the construction of social psychological service system and cultivate a social mentality of self-esteem, self-confidence, rationality, peace and positive progress”. Moreover, with the advancement of domestic economic development and social reform, many new problems, new situations and new contradictions have emerged in society. For college students, they are facing the economic pressure brought by learning costs, the employment pressure brought by the fierce competition in the human resources market, and the learning pressure of the survival of the fittest, which lead to the aggravation of their psychological load. Some college students even have psychological diseases such as depression, schizophrenia, affective disorder, cognitive disorder, thinking logic disorder and so on. From the above, it can be seen that college students’ maintaining a healthy psychological state has a positive effect on themselves and society. The reason for this research is that the party building work of grass-roots organizations is different from that of grass-roots organizations. However, this research may also have a different impact on the mental health of students. This research may also have a different impact on the party building work of grass-roots organizations, find some working modes of grass-roots party construction organizations in colleges and universities that have the least negative impact on the mental health of student party members.

Subjects and methods: First, understand the main working mode of grass-roots party construction organizations in colleges and universities in China by telephone and online communication with several

heads of grass-roots party construction organizations in colleges and universities. Then a group social experiment was designed and carried out. The subjects were 300 undergraduate students of different grades and genders in a humanities and social sciences university with a high proportion of student party members in China. These students were divided into intervention group 1, intervention group 2, intervention group 3 and control group. Before the experiment, the basic information statistics and difference significance test of students in each group shall be carried out first. After confirming that there is no significant difference in basic information among students in each group, the follow-up experiment can be carried out. Otherwise, the experimental group needs to be adjusted or even the research object needs to be re selected. After the beginning of the experiment, the grass-roots party construction organization of the members of the control group was required to work according to the traditional working mode, and the intervention groups 1, 2 and 3 were required to fully delegate power respectively. Partial decentralization combined with guidance. Do not delegate power and carry out work in combination with the mode of guidance. The experiment lasted for one semester. Before and after the experiment, one-on-one interviews were conducted with all students to understand their self-evaluation of their mental health. The self-evaluation was calculated according to the five points. One point represents very unhealthy and five points represent very healthy. In addition, the measurement type features are displayed in the form of mean \pm standard deviation for *t*-test, and the counting type features are displayed in the form of number or proportion of number for Chi square test. The significance level of difference is set to 0.05.

Results: After the work mode intervention experiment is completed, the invalid interview data are screened out, the effective data are entered into the computer, and python 3.0 is used 0 programming language, and Table 1 is obtained.

Table 1. Comparison of mental health level of students in each group before and after the experiment

Test time	Intervention group 1	Intervention group 2	Intervention group 3	Control group
Before intervention	3.15 \pm 0.14	3.17 \pm 0.18	3.15 \pm 0.16	3.16 \pm 0.16
After intervention	3.63 \pm 0.17	4.05 \pm 0.13	3.42 \pm 0.14	3.18 \pm 0.21

It can be seen from Table 1 that there is little difference in the quantitative scores of mental health of students in each group before the intervention, which means that the grouping of research objects is more reasonable and the data of each group are comparable. After the intervention experiment, the average value of the quantitative score of mental health in the intervention group 2 was the highest, the score of the intervention group 1 was the second, the score of the intervention group 3 was the third, and the score of the control group was the lowest. Specifically, the average values of the quantitative scores of mental health in the above groups were 4.05, 3.63, 3.42 and 3.18 respectively.

Conclusions: In view of the phenomenon that different working modes of grass-roots party construction organizations in colleges and universities will have different effects on the mental health of student party members, this study carried out a group social experiment. After the intervention, the average scores of the first group and the third group were the lowest, and the quantitative scores of the second group and the third group were more than 18.05, respectively. After the intervention, the average scores of the first group and the third group were the lowest, and the scores of the second group and the third group were the lowest, respectively. The above data proves that the way of partial decentralization and professional guidance for student party members by grass-roots party construction organizations in colleges and universities is most conducive to the mental health of students.

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NEW FEATURES AND TRANSLATION STRATEGIES OF ENGLISH LANGUAGE TRANSLATION FROM A PSYCHOLOGICAL PERSPECTIVE

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Background: Cognitive psychology is an applied psychology discipline that studies the processing of