

cultivate cross-cultural writing awareness and reduce anxiety from a cognitive perspective. Therefore, we can overcome students' cognitive obstacles caused by cultural differences through the analysis of college students' common cognitive psychology in foreign language translation learning, and let students treat cultural differences more dialectically and objectively, have a positive psychological impact. Nowadays, the social background of globalization also puts forward new requirements for college students' foreign language translation ability, that is, to cultivate translation talents in a new era who can meet the requirements of foreign communication and talks, communicate smoothly with foreign friends and translate foreign documents effectively. In order to achieve this training goal, college students are not only required to have sufficient word reserves and grammar knowledge reserves, but also required to have a vision of cross-cultural communication and combine the cultural background of other countries in foreign language translation in order to achieve better translation results.

Subjects and methods: The students majoring in Chinese Language International Education in a school were divided into experimental group and control group. The students in the experimental group received the foreign language translation course based on cognitive psychology from the perspective of cross-cultural communication, and the students in the control group received the traditional foreign language translation teaching course. The teaching duration of the two groups lasted for three months. Each month was evaluated with Self-rating Anxiety Scale (SAS) and Perceived Stress Scale (PSTR), and then used SPSS23.0 software was used to analyze the statistical data, $P < 0.05$, indicating that the difference was statistically significant.

Results: It can be seen from Table 1 that before the experiment, there was no significant difference in the scores of SAS and PSTR between the experimental group and the control group ($P > 0.05$). The students in the experimental group and the control group had mild anxiety and high degree of stress. After the experiment, there was a significant difference in the scores of SAS and PSTR between the experimental group and the control group, and the difference in the scores of self-assessment scale between the two groups widened ($P < 0.05$), indicating that the foreign language translation course based on cognitive psychology from the perspective of cross-cultural communication can help students improve their psychological quality and reduce their anxiety and tension in cross-text translation.

Conclusions: With the deepening of economic globalization, cross-cultural communication can successfully eliminate the phenomenon of self-culture centered in the communication process caused by cultural differences among countries. Look at the world from the perspective of cross-cultural communication, cultivate students' cross-cultural communication ability, help students overcome cognitive obstacles caused by cultural differences, make students treat cultural differences more dialectically and objectively, and have a positive psychological impact.

Table 1. Scale scores of students in each group in different periods

Group	Before the experiment		After the experiment	
	SAS	PSTR	SAS	PSTR
Experience group ($\bar{x}\pm s$)	51.28±4.19	67.14±3.46	37.29±3.07	45.79±4.04
Control group ($\bar{x}\pm s$)	50.69±3.98	68.27±3.71	42.86±3.16	57.36±4.23
<i>P</i>	0.06		0.03	

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THE SHAPING OF THE POSITIVE PSYCHOLOGY OF CITIZENS BY THE INNOVATIVE DESIGN OF ENVIRONMENTAL PLANNING UNDER THE BACKGROUND OF URBAN RENEWAL

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Background: Positive psychology refers to a positive psychological and emotional state manifested by an individual in the process of personal growth and development. The discipline that studies this psychological and emotional state is positive psychology. The difference between this discipline and other psychological theories is that most branches of psychology tend to focus on the abnormal and pathological parts of the human psyche and look for causes and solutions, but positive psychology focuses more on the positive parts

of the human psyche, and improve people’s psychology and quality of life by stimulating people’s economic psychology, and relieve various psychological problems to obtain happiness. Relevant studies have shown that people with strong positive psychology show stronger enthusiasm, activity ability and subjective experience under the same objective conditions, and at the same time have fewer psychological problems, and are more willing to take measures to avoid and avoid psychological and external difficulties. A positive approach that does not resist. Positive psychology has become an important research direction in improving people’s psychological state and relieving psychological problems.

Urban renewal generally refers to the solutions proposed by a region or city to deal with the problems that arise in its own development process. Combined with the actual development situation in my country, the current focus of urban renewal is from old city renovation to organic renewal, from large-scale construction. To small-scale updates and the shift from a single development dimension to multi-dimensional development. In this context, the environmental planning and design of Chinese cities should also carry out corresponding innovations. My country’s urban environmental planning and design has gone through several stages: the budding period, the slow development period, the start-up construction period and the comprehensive development period. Now the reform and innovation of urban environmental planning and design should not only consider the local economic and population development and other factors, but also the mental state of the residents is taken into consideration. Combined with the theory of positive psychology, people’s positive psychology will be affected by the external objective environment to a certain extent. Therefore, if the planning and design of the urban environment can fully consider the residents’ psychological factors and mobilize the residents’ positive psychology, then the residents in the corresponding area will feel happy, security and production efficiency may have considerable improvements.

Objective: To study the impact of different innovative designs of urban environment planning on residents’ positive psychology, and to explore the possibility of using urban environment to improve residents’ psychological state through reasonable innovation.

Subjects and methods: The study looked for a total of 214 citizens with similar psychological states as the research objects, and divided them into two equal groups. One group was the experimental group, and they all lived in the community with innovative design of environmental planning, and the other group was the control group. For communities designed with general environmental planning, the observation period of the study is half a year. Before and after moving in, the research subjects will be investigated on their psychological state and positive psychology, and their changes and differences between groups will be studied. The psychological scales and survey methods involved in the study included the SCL-90 scale, the Positive Psychological Capital Questionnaire (PPQ), and investigator interviews.

Results: Table 1 shows the test results of the positive psychological capital questionnaire of the two groups after six months of research. It can be seen that the performance of the experimental group is higher than the control group in four aspects, and the differences in optimism and hope are statistically significant Significance ($P < 0.05$).

Table 1. Results of positive psychological capital questionnaire after six months

Item	<i>P</i>
Self-efficacy	>0.05*
Optimism	<0.05*
Resiliency	>0.05*
Hope	<0.05*

Note: * means that the experimental group scored better than the control group

Conclusions: As a discipline that pays attention to people’s positive psychological state and emotions, positive psychology has a lot of research on how to influence people’s positive psychology through the external environment, and how to improve people’s spiritual and living state and relieve psychological problems through positive psychology. Based on these research results, the research studies the innovative design of urban environment planning combined with positive psychology theory. Under the current background of urban renewal in my country, the planning and design of urban environment presents different requirements and characteristics, and the psychological state and sense of well-being of residents are also factors that should be considered in urban environment planning in the new era. Through comparative experiments, the study found that urban environmental planning and design that fully considers residents’ positive psychology can mobilize residents’ positive psychology and bring about better psychological states than traditional planning and design. Therefore, in the future urban environment planning, residents’ It makes sense to take positive psychology into consideration.

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LEGAL REGULATION OF DATA COLLECTION OF ATHLETES IN INTERNATIONAL SPORTS EVENTS FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is a science that combines pedagogy and psychology, and is also a bridge connecting the two. The main research objects of educational psychology are students and teachers and the learning process, while the research questions are the psychological phenomena and problems of students and teachers in the learning process, as well as the correlation and laws between objects and problems. The study of educational psychology on students' learning motivation, emotional factors, cognitive structure and other psychological activities is of great significance to the improvement and development of teaching activities. So far, educational psychology has done a lot of research in the field of teaching activities. Some studies have shown that curriculum design based on educational psychology can effectively improve students' autonomous learning ability and efficiency, and also have a positive effect on students' psychological state. In fact, the teaching process and the identities of students and teachers exist not only in schools, but also in all walks of life in society. Therefore, the theory of educational psychology can be applied to other industries and fields. For example, in the sports world, the daily activities of athletes and students have obvious similarities. At the same time, both of them are generally relatively young and receive training in a relatively closed environment. Therefore, educational psychology should also be practical in the sports world.

In the current sports world, with the development of technology, new technologies such as big data are gradually applied to all aspects of the sports world. According to research, data technology has many applications today in athlete training, injury care, value development, fan service, drug violations, and on-the-spot refereeing. These data applications are based on the data collection of athletes. Athletes will continue to be collected from various channels, including their physiological data and other private data. These data need to be effectively protected because they are if it is improperly used by malicious parties, it will cause great harm to athletes and their personal rights, and will also have a great negative impact on society and the industry. In view of this, it is necessary to ensure the data security of athletes through appropriate legal regulations, and whether the legal regulations related to data collection have a positive impact on the mental state and professional performance of athletes is a worthwhile research direction.

Objective: To study whether the legal regulation of athlete's data collection has an impact on the athlete's psychological state and professional performance, and to explore whether the improvement and popularization of legal regulation can improve the athlete's psychological state and professional performance from the perspective of educational psychology theory.

Subjects and methods: 88 trained athletes were recruited from a sports team as research subjects and divided into two groups of equal numbers. One of the groups will conduct a detailed explanation of the laws and data protection technologies related to the collection of athletes' data, and at the same time popularize the possible negative effects of data collection and conduct data collection. This group is used as the experimental group in the study. The other group conducted data collection and popularized the possible negative effects of data collection, but did not explain the legal regulation of data collection and related protection techniques. This group served as the control group. The occupational performance and psychological status of the two groups were observed in the following two months, and a comparative analysis was carried out. The measurement tools used in the study were the SCL-90 scale and the performance data of athletes in their respective fields.

Results: Figure 1 shows the change trend of the occupational performance scores of the two groups of athletes after the start of the experiment. It can be found that there is no significant difference in the occupational performance of the experimental group before the experiment, but after that, the experimental group is steadily higher than the control group, and the difference in performance in the second month showed significant ($P < 0.05$).

Conclusions: Under the trend of the times such as big data and data informatization, athletes, as public figures, their personal information is constantly being collected and used, showing a trend of transparency. Under this trend, how to protect the personal information security of athletes through correct legal regulation is an important issue. While legal regulation can ensure the safety of athletes' information, whether it has an impact on the physical and psychological states of athletes at the psychological level, thereby affecting their sports state, is also a question worthy of study. Starting from the theory of