organization. It is a good answer to why the feelings brought by the same music work are very different. Relevant research shows that there is an inevitable relationship between college students' music cognitive psychology and the teaching effect of Solfeggio and ear training. However, when college students master the teaching content of solfeggio and ear training, they are not mature in music cognitive psychology, which affects the improvement of students' Solfeggio and ear training level.

Objective: Solfeggio and ear training is a basic discipline in the field of music education, which has its own unique discipline characteristics. In recent years, the research on students' learning psychology of Solfeggio and ear training has gradually become one of the focuses of attention. However, at present, the academic circles mostly focus on the analysis and countermeasures of Solfeggio and ear training learning obstacles and negative factors, and pay less attention to the research, utilization and teaching exploration of positive factors in Solfeggio and ear training learning psychology. This paper is based on the analysis and research of the positive factors in the learning psychology of secondary vocational music students, and the relevant teaching exploration in the Solfeggio and ear training teaching of secondary vocational music majors.

Subjects and methods: 200 college students were randomly selected as the evaluation objects and randomly divided into experimental group and control group, with 100 people in each group. The experimental group was taught Solfeggio and ear training based on music theory, and the control group was given general teaching. Before and after the experiment, the subjects were evaluated with the mental health Symptom Checklist 90 (SCL-90). The total score of the scale is the sum of the scores of 90 items, and the critical point of evaluation is 160. When the score is higher than 160, it indicates that the subjects have some psychological problems. Then calculate the total average score of 90 items through the total score, that is, the average score of 90 items in the scale. If the factor score is > 2, it indicates that it is positive. When the positive item is > 43, it indicates that the subject has some psychological problems. The relevant data are in Excel and SPSS20.0 software for calculation and statistics.

Results: The positive psychology of the two groups was evaluated, and the results are shown in Table 1. After teaching, the average scores of evaluations and the number of positive items in the experimental group were significantly lower than those in the control group ($P < 0.05$).

Table 1. After teaching, the total average score and the number of positive items of the two groups were compared

	Experience group	Control group	*P*
Total average score	1.29	1.86	<0.05
Number of positive items	19.25	25.34	<0.05

Conclusions: Solfeggio and ear training is an independent subject in music teaching. Like other music disciplines, teaching should conform to students' learning psychology of solfeggio and ear training. The positive factors of Solfeggio and ear training learning psychology in students' learning motivation and interest make the author realize that our Solfeggio and ear training teaching can not only pay attention to the negative factors in learning psychology. In particular, we need to study the positive psychological factors such as students' interest and motivation, and try our best to create a good teaching environment and induce students' interest in learning according to these positive factors. Our teaching should be student-centered, gradually adjust and optimize the teaching means according to the learning situation, and carefully design our teaching content and teaching progress. The results showed that after teaching, the average scores of evaluations and the number of positive items in the experimental group were significantly lower than those in the control group ($P < 0.05$). The results show that after solfeggio and ear training based on music theory, the improvement of mental health level is much higher than that of students receiving ordinary teaching.

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RESEARCH ON THE OPTIMIZATION PATH OF COLLEGE EDUCATION MANAGEMENT SERVICE CONSIDERING AUDIENCE PSYCHOLOGY

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Background: As an important place for students to learn knowledge and acquire correct values, colleges

and universities have attached great importance to their educational management service quality. At present, college students have different degrees of anxiety, which has a very negative impact on their physical and mental health. Anxiety is an abnormal bad psychological emotion existing in people. It is mainly an irritable emotion formed by excessive concern about the future, fate and life safety. Its clinical manifestations are anxiety, panic, tension, anxiety and other psychological manifestations. Medical psychologists believe that anxiety usually refers to people's adverse feelings such as risk, pressure and pain that exceed their acceptable range, and it is difficult for people to face and solve these problems. Generally speaking, the essence of individual anxiety is a very reasonable emotional response. Under normal circumstances, people cannot worry too much. But if people have long-term anxiety, they can easily develop this anxiety into emotional and physiological diseases. At present, the main causes of anxiety are all aspects of pressure, high standards and strict requirements, health concerns, smart phones and so on. At present, the most common forms of intervention are personalized psychological intervention, lectures on professional knowledge of mental health and so on.

In view of the widespread anxiety of college students, college education management services need to be continuously upgraded and improved. The specific strategies are as follows. The optimization of university education management services should adhere to people-oriented and user demand-oriented, integrate and optimize the optimal allocation of various resources, build mature campus wireless applications and wired seamless connections, and create the digital campus integration of fixed network and wireless network terminals, so as to realize data sharing and information interconnection, provide various information services in real time, efficiently, accurately and timely, and significantly improve the efficient management level and efficiency. So as to promote the transformation and upgrading of traditional education and management, and then promote the development of internal governance system and governance ability of colleges and universities. Learning the mode and concept of the Internet will help to innovate and develop traditional industries, take the needs of students and teachers as the guide, innovate and develop the education, teaching and management system and mechanism of colleges and universities through modern information technology and Internet thinking, and finally build an intelligent, diversified and intelligent campus, promote the transformation and upgrading of traditional education and management of colleges and universities, and then complete the upgrading of colleges and universities from inside to outside and from bottom to top. The optimized management of educational services is centered on students and teachers. It no longer blindly pursues students' achievements, but considers students' comprehensive quality and pays attention to whether students can grow healthily. Real time monitoring of students' all-round academic performance and living conditions can fundamentally prevent the spread and deterioration of students' anxiety.

Objective: This paper analyzes the impact of the optimization path of college education management service on the psychological anxiety of students' audience, in order to improve students' adaptability to the new development requirements of the rapidly changing era and enhance their psychological tolerance.

Subjects and method: 100 students with different degrees of anxiety were selected as the research object to analyze the impact of the optimization path of college education management service on the psychological anxiety of the audience. The experimental cycle lasted for 12 months. The study used State Trait Anxiety Inventory (STAI) to analyze anxiety, and used APRIORI algorithm and EPINFO data statistical analysis software to evaluate and count the improvement effect of anxiety. STAI scale can be divided into state anxiety and trait anxiety. The improvement effect evaluation indicators are set as four levels: no improvement, slight improvement, improvement and obvious improvement. The improvement rate is the ratio of the number of people with slight improvement, improvement and obvious improvement to the total number of people. In order to avoid the influence of subjective factors on the research results, the data of all subjects were taken for analysis. The optimization path of college education management service includes four strategies: adhering to people-oriented and user demand-oriented (measures 1), integrating and optimizing the optimal allocation of various resources (measures 2), wireless application and wired seamless connection (measures 3), and digital campus integration (measures 4).

Table 1. Effects of four optimization paths of college education management service on audience psychological anxiety after 12 months

Measures	State anxiety	Trait anxiety
Measures 1	86.0	85.0
Measures 2	92.0	88.0
Measures 3	90.0	89.0
Measures 4	92.0	91.0

Results: Table 1 shows the impact of four optimization paths of college education management services

on the psychological anxiety of the audience after 12 months. It can be seen from Table 1 that the four measures have improved students' state anxiety and trait anxiety to varying degrees, which may be because the optimization measures of education management services in different colleges and universities have alleviated residents' psychological anxiety to a certain extent.

Conclusions: The intervention methods of conventional psychological diseases can alleviate the phenomenon of psychological anxiety, but their application scope is greatly limited, and the implementation is difficult, the effect is poor, and the real-time performance is low. The promotion value in the actual operation process is not particularly great. Adhering to the four strategies of people-oriented and user demand-oriented, integrating and optimizing the optimal allocation of various resources, wireless application and wired seamless connection, and digital campus integration can improve students' state anxiety and trait anxiety to varying degrees. Residents' psychological anxiety can be intervened through different measures.

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THE INFLUENCE OF THEORETICAL RESEARCH ON ENGLISH SCIENCE AND TECHNOLOGY TRANSLATION FROM THE PERSPECTIVE OF ECOLOGICAL TRANSLATION THEORY ON ALLEVIATING AUDIENCE PSYCHOLOGICAL ANXIETY

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Background: Anxiety disorder of college students is a very complex psychological and emotional disorder. Its clinical manifestations are usually motor agitation and sympathetic hyperactivity. The causes of the disease are depression, mental stimulation, personality. Congenital heredity, etc., which are manifested in negative emotions such as anxiety, shame, disappointment, anxiety, fear and so on. After entering the university, college students are facing great changes in learning styles. At the same time, with the increase of learning pressure and learning tasks and their poor psychological tolerance, their mental health problems are becoming increasingly prominent. The international health organization claimed that the number of patients with anxiety and depression among college students still showed a growing law of change, and the incidence group showed a younger trend. With the increasingly serious phenomenon of students' anxiety, colleges and universities must take corresponding measures to intervene students' anxiety. At present, college teachers do not pay attention to students' psychological needs in the teaching process, which leads to a serious phenomenon of students' anxiety. A large number of studies at home and abroad show that there is a great correlation among higher vocational college students' emotional intelligence, psychological anxiety and learning adaptability.

Ecological thanatology, as a discipline of ecological translation, is a new discipline produced by the integration of various disciplines in the new era. Applying the theory of ecological thanatology to English scientific and technological translation requires translators to respect the objective laws, gradually understand and make use of the laws, and actively understand and transform the world through their own subjective initiative. From the perspective of ecological thanatology, the principles to be followed in English scientific and technological translation are as follows: first, pay attention to the balance and unity before and after language translation. In order to achieve the consistency between the source language and the target language, the translator needs to consider the readers' feelings and cultural background. In the process of language conversion between the two types, it needs to be adjusted according to the actual ecological environment. The emergence of obscure words in translation may lead to readers' misunderstanding of the original content of the article, and even disrespect for the culture of other countries. Second, pay attention to the balance and unity of culture in the process of translation. There are great differences in the culture of each country in the world, which leads to different social public opinion tendencies and religious beliefs of the people of each country. In the process of translation, the translator needs to not only master the translation theory of EST, but also understand the economy, politics and culture of the country to which the translation content belongs. Third, pay attention to the harmony and unity of state relations. Translators should pay close attention to international affairs and obtain the communication intention and tendency of national scientific and technological exchanges, so as to facilitate them to clearly express their communication intention in the process of translation.

Objective: The purpose of this study is to improve students' adaptability to English translation from the perspective of ecological analysis.

Subjects and method: 100 students with different degrees of anxiety were selected as the research