

**Conclusion:** In the context of the rapid development and popularisation of new media, in order to ensure that the information dissemination performance of radio stations can be maximised and to maintain the overall quality level of the professional broadcast host team, it is necessary to rely on change cognition to complete the cultivation of a good state of mind, focus on optimising the stress resistance of broadcast hosts, attach importance to the enhancement of the psychological skills of broadcast hosts, the construction and creation of a strong psychological defence, and The implementation of a variety of strategies and means such as updating cultural knowledge with the times, to ensure that the broadcast host professional talents can only successfully complete the programme broadcast work under the impact of new media and better perform the communication duties of television broadcasting stations.

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## PSYCHOLOGICAL DISORDER PERFORMANCE AND CAUSES AND COUNTERMEASURES OF ENGLISH LEARNING FOR STRUGGLING STUDENTS IN COLLEGES AND UNIVERSITIES

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**Background:** As the number of students who have difficulty in learning English in colleges and universities increases year by year, the English subject, as an important part of the education system in colleges and universities, generally has attention disorder and perfunctory behaviour in English learning, which affects the overall quality of English teaching in colleges and universities and is also detrimental to the healthy psychological development of college students in the future. In this case, students who have difficulty in learning English in colleges and universities will have problems such as substandard grades, delayed graduation or even withdrawal, which will bring negative effects to the education and management of colleges and universities. In recent years, the National Education Work Conference has clearly put forward the requirements of "education for poverty alleviation", leading teachers to adhere to professional ethics, creating a strong atmosphere of moral education and promoting the harmonious development of university education. Therefore, in order to address the English learning of struggling students, firstly, such students should not be rejected by all parties, and secondly, the focus of English teaching should be combined with the future growth path of struggling students. The obstacles in autonomous learning of English majors and the basic conditions for autonomous learning are proposed. In order to make autonomous learning a truly effective way of learning, it is necessary to change the traditional teaching concept of teachers and students, cultivate students' motivation and strategy of autonomous learning, and reform the teaching evaluation system to promote the gradual implementation of autonomous learning as a new learning mode of college English.

**Objective:** Since the reform and opening up, the reform of China's higher education system is in a state of continuous improvement, and the outline of the relevant education reform and development plan clearly points out that "education work should be taught according to students' abilities", that is, to develop students' advantageous potential around their characteristics and personality differences, and to establish a learning difficulty student's psychological performance in English learning according to the mechanism for helping students with learning difficulties is based on their psychological performance. In the process of education and teaching, due to the influence of factors such as student management methods and assessment mechanisms, the lack of attention to teaching English to struggling students in actual teaching has led to a lack of timely transformation of struggling students, making academic problems of struggling students in colleges and universities increasingly common. Therefore, this paper aims to study and analyse the psychological performance of English learning for students who are struggling in higher education, and to identify the main manifestations of psychological disorder to learning, such as motivation, interest in learning and learning purpose, in order to support the development of subsequent English education countermeasures. This study aims to explore theoretically and practically a more effective English teaching system in colleges and universities, to effectively help students with learning difficulties, to improve students' commitment to learning, to facilitate the successful completion of their studies, to gradually complete the transformation of the group of students with learning difficulties, and to improve the English learning environment while promoting the improvement of English teaching in colleges and universities.

**Subjects and methods:** The study was carried out on students who were struggling in their studies, and various methods were used to analyse the academic situation of students who were struggling in their studies, including their academic performance, English subject performance, willpower, self-control and learning methods. The specific research methods used are as follows.

**Literature method.** We used literature search systems such as Zhiwang.com, university libraries and reference rooms to collect literature on the key words "students in difficulty", "learning psychology" and "English teaching in universities". We analyzed and organized the literature and introduced the relevant data into the text as the basis for the formulation of English teaching strategies for students with difficulties.

**Data analysis method.** The data collected is analysed scientifically, and the data itself is combined with the psychological performance of students who are struggling to find out the reasons for the formation of the group of students who are struggling.

**Survey research method.** The questionnaire method was used to investigate and research students with English learning difficulties, to collect and collate relevant data, and to use actual data to strengthen the validity of the study.

**Results:** Under the continuous promotion of the process of massification of higher education in China, this study analysed around the psychological performance and formation causes of English students with difficulties in higher education, and found that the main manifestations of psychological disorder to learning, combined with the available data, are.

Firstly, learning disorder, i.e. insufficient schooling; secondly, a relatively low learning mood, leading to a gradual decline in English learning initiative; thirdly, a weak will and a lack of clarity in learning purpose, leading to difficulties in making active learning behaviours; fourthly, lazy behaviour and the existence of an inert mentality among students, in which case it is difficult for students to grasp the correct learning methods and complete their learning tasks. As students develop, this perfunctory attitude to learning and inert negative behaviour may generalise to all aspects of social life. In terms of the reasons for the formation of psychological disorder to English learning, they can be attributed to four main aspects, namely students' own reasons, school reasons, family reasons and social reasons. In the absence of students' willpower and perseverance to overcome difficulties, motivation to learn English gradually weakens and interest in learning decreases.

**Conclusions:** With regard to the manifestation of psychological disorder to English learning and the formation of the causes of such disorder, targeted teaching countermeasures can be implemented around their formation and specific psychological manifestations, including: firstly, stimulating the engine and knowing oneself, so that students with difficulties can be motivated to want to learn English; secondly, improving the environment and melting the feelings, so that students with difficulties can realize the charm of the English subject; thirdly, cultivating learning interests and teaching. Thirdly, to cultivate interest in learning and teach teaching methods, so that students can form good English learning habits; fourthly, to improve students' self-efficacy, so that they can gain successful experiences.

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## A STUDY ON THE ENLIGHTENMENT OF MARXIST ANTHROPOLOGICAL THOUGHT TO COLLEGE STUDENTS' QUALITY EDUCATION

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**Background:** Since the founding of New China, China's mental health education for university students has achieved good results, but with the deepening of economic globalization, the competition in social economy has intensified, and at the same time, the value orientation has also developed towards diversification, which makes the existing mental health education unable to meet the needs of university students, resulting in university students facing great pressure in the process of growth and many psychological problems, which is not conducive to This is not conducive to the growth and development of university students. Therefore, a new way of psychological education is needed to meet the needs of university students for psychological health education and to promote the healthy growth of university students. The core of humanistic thought in Marxism is the question of the nature of man, which is a key issue in psychology and can effectively solve psychological problems and strengthen mental health education. Therefore, it is necessary to integrate humanistic thinking into mental health education, so as to provide mental health education for university students, alleviate the pressure faced by university students in the process of growth, and enable them to grow up healthily.