

symptoms improved significantly (SASRQ score was 4.8 on average), showing an obvious downward trend.

**Conclusions.** The research shows that the innovation of the first-class curriculum of ideological and political education has a positive effect on students' learning anxiety symptoms. Through the study of ideological and political courses, students can reduce anxiety and improve social, thinking and value cognition. Therefore, attaching importance to the innovation of ideological and political education and providing support measures in higher education can help alleviate the symptoms of students' learning anxiety and promote their all-round development.

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## The reform of English translation teaching mode in the context of "internet plus" and the alleviation of students' learning fear and escape symptoms

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**Background.** In recent years, research on the influencing factors of students' English learning has found that students' psychological factors are the core factor affecting their learning effectiveness. The innovation of English translation teaching mode in the context of "Internet plus" is of great significance to promote the improvement of English translation teaching quality, which can enhance students' learning enthusiasm, effectively alleviate students' learning fear and escape symptoms.

**Subjects and Methods.** We selected 120 students from a certain university who have phobia and avoidance symptoms towards English learning as the research subjects. They were divided into an experimental group and a control group. During the research period, the experimental group used the established English translation teaching mode for teaching, while the control group used the traditional teaching mode. The mental health status of two groups of students is analyzed after the three-month experimental period.

**Results.** The study used Excel 2010 and SPSS 23.0 to organize and analyze the data. The results showed that there was no statistically significant difference between the experimental group and the control group in 12 dimensions such as somatization and anxiety ( $P>0.05$ ). After intervention, the scores of all dimensions in the experimental group were lower than those in the control group, and the differences were statistically significant ( $P<0.05$ ).

**Conclusions.** From this, it can be seen that after the innovative reform of the English translation teaching model, the experimental group's CCSMHS scores in all dimensions have significantly decreased. This innovative approach can effectively improve students' mental health status.

## Power distribution in universities on mixed depression among students from a psychological perspective

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**Background.** The allocation of power in universities has a direct impact on students' mental health, and whether the allocation of power is reasonable or not can lead to mixed depression symptoms in students' learning process. Mixed type depression usually not only has symptoms of depression, but also is accompanied by manic symptoms. The fundamental way to improve the internal governance structure of universities is to establish a power balance mechanism, effectively ensuring the balanced allocation of students' political, academic, and democratic power, and forming a scientific and reasonable power structure.

**Subjects and Methods.** The study selected 50 students respectively from two universities as the research subjects, divided into an experimental group and a control group. The experimental group conducted a balanced allocation of internal governance structure, while the control group adopted traditional management methods. The depression status of two groups of students is compared and analyzed after one month of intervention.

**Results.** The study used Excel 2010 and SPSS 23.0 to organize and analyze the data. The results showed that there was no significant difference in mental health indicators between the experimental group and the control group before the power allocation reform ( $P>0.05$ ), and after intervention, the values of mental health indicators in the experimental group were significantly higher than those in the control group ( $P<0.05$ ).

**Conclusions.** According to the results, it can be seen that the internal power allocation in universities has a certain impact on the mixed depression of college students, and after replanning and rational allocation, the psychological health status of college students can be significantly improved.

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## Traditional culture and fine arts on posttraumatic stress disorder students

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**Background.** Car accidents have a serious impact on the physical health and mental state of patients, leading to traumatic stress

disorder. A good environment is beneficial for students to cultivate healthy and sound personalities, and has a positive impact on their mental health. Traditional culture and artistic environment can effectively alleviate patients' anxiety.

**Subjects and Methods.** The study selected a total of 98 students with traumatic stress disorder caused by car accidents from our hospital from January to December 2022 as the study subjects. The selected research subjects were divided into two groups: the control group and the experimental group. There was no significant difference in age, gender, etc. between the two groups of students ( $P>0.05$ ). The experimental group received intervention using environmental therapy combined with general treatment, while the control group received routine intervention treatment.

**Results.** The study used SPSS23.0 statistical software for data analysis, and the results showed that there was no significant difference in the total PCL-L scores between the two groups of patients before the intervention ( $P>0.05$ ). After the intervention, the scores and scores of both groups decreased, and the experimental group was lower than the control group ( $P<0.05$ ).

**Conclusions.** Traditional culture and art environment influence psychological intervention, which starts from various aspects such as psychological and physiological support, active care and encouragement of injured patients to express their feelings, and release and relax treatment, comprehensively improves patients' understanding of the disease, enhances their treatment compliance, and improves their psychological state.

## English online teach mode on learning effect of the student with hyperactivity disorder

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**Background.** Attention deficit hyperactivity disorder (ADHD) is teenagers' most common mental and behavioral disorder. Students with ADHD often tend to fidget with their hands and feet while attending in-person English classes. This behavior can impede their ability to engage effectively in learning, consequently leading to suboptimal academic outcomes. The online teaching mode is studied to improve the English learning effect of students with hyperactivity disorder.

**Subjects and Methods.** The study divided 100 ADHD students in a city into an experimental group and a control group, in which 50 ADHD students in the experimental group were taught in English online teaching mode. In comparison, 50 students in the control group received English offline teaching mode. The study used the attention deficit hyperactivity disorder rating scale (SNAP-IV) to measure and finally compared the final scores of the two groups of students from September 2021 to January 2022 with the SNAP-IV score.

**Results.** The data were analyzed by SPSS23.0 statistical software. The final English scores of the experimental group and the control group were  $(80.24\pm 1.24)$  and  $(75.31\pm 1.36)$  respectively, and the SNAP-IV scores of the experimental group and the control group were  $(12.2\pm 2.7)$  and  $(15.1\pm 2.3)$  respectively. The experimental group was superior to the control group, and there was a significant difference between the two groups ( $P<0.05$ ).

**Conclusions.** Online English teaching can effectively reduce students' divergent attention and improve students' learning concentration.

## Russian language and literature teaching on bipolar disorder students based on educational psychology

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**Background.** Bipolar disorder is a common mental disorder with manic episodes and depressive episodes. Because the Russian language and literature in colleges and universities are obscure, it is easy to aggravate the illness of students with bipolar disorder. Educational psychology was cited in Russian language and literature teaching to reduce student disease.

**Subjects and Methods.** In this study, 100 students with bipolar disorder in a city were divided into an experimental group and a control group, in which 50 students in the experimental group were taught the Russian language and literature teaching mode based on educational psychology. In comparison, 50 students in the control group were taught by traditional Russian language and literature teaching mode. The study also used the Mania Scale (BRMS) and Hamilton Depression Scale (HAMD) for psychological measurement and finally compared the BRMS and HAMD scores of the two groups for four months.

**Results.** Statistical software SPSS23.0 was used to analyze the data. The scores of BRMS and HAMD in the experimental group were  $(6.26\pm 1.71)$  and  $(3.74\pm 1.58)$ , while those in the control group were  $(8.90\pm 1.64)$  and  $(5.95\pm 1.20)$ . The experimental group was better than the control group, and there was an apparent difference between the two groups ( $P<0.05$ ).

**Conclusions.** Teaching Russian language and literature in colleges and universities based on educational psychology can effectively alleviate the illness degree of students with bipolar disorder and improve their learning concentration.