

## **A Study of the Influence of Positive Psychological Cognitive Behavior on the Effectiveness of English Teaching**

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**Abstract:** Positive psychology, as a new wave of research, is marked by the "introduction of positive psychology" by Seligman and Csikszentmihalyi's 2001 papers. It uses scientific methods to study people's positive characteristics and effectively promotes the positive direction of psychology. Pay attention to people's happiness index and harmonious life. Because the positive psychological concept is deepening in people's mind, it is also applicable to many other fields, such as human resource management, primary education in middle school.

### **1. Introduction**

With the slow deepening of the new curriculum reform, high-quality education has attracted more and more attention. How to improve the core literacy and students' comprehensive ability has become the focus of the reform of teaching. However, due to the long-term constraints and the influence of the traditional exam oriented education concept, there are many middle school English teaching focuses on grammar and vocabulary[1]. The experience of middle school students makes many students feel tired. From the positive aspects of positive psychology, this paper analyzes the positive aspects of things. It emphasizes the discovery of advantages as the key to promoting human development. Therefore, the combination of positive psychology and middle school English education is effective[2]. Through the promotion of students' emotional development, the improvement of learning enthusiasm, the enhancement of learning attitude and self-confidence, the final effective training of students' thinking ability and problem-solving ability.

### **2. The Importance of Positive Psychological Thinking in Teenagers' English Education under the New Curriculum Standard**

In the 21st century, with the rapid development of information technology, English is one of the most important information carriers, and its importance is increasingly significant. As the basic stage of English learning, middle school English learning plays an important role in the whole life of English learning. In the English curriculum standard of middle school in China, children's mood changes often realize that in order to improve their enthusiasm for learning and improve their enthusiasm for learning, the construction of evaluation system should also pay attention to the students' positive and healthy character, in order to allow. The new curriculum standard requires that we should pay attention to the development of students' healthy personality, guide and stimulate students' positive learning emotions, and form their independent thinking ability and positive emotional attitude[3]. Positive psychology not only studies positive emotional experience, positive emotional experience and positive cognitive process, but also studies positive qualities such as human virtue, development possibility and energy. This is the goal of cultivating students' emotional attitude and value under the new curriculum standard. Consistent. Therefore, bringing positive psychological ideas to middle school English education will make middle school English education more efficient, teachers happier and students healthier.

### **3. Positive Psychology**

One of the main research directions of positive psychology is positive emotional experience, and its practical application effect in positive education is also very significant. As for emotional experience, B.S[3]. (2010) once said that the early psychology tends to the morbid direction, that is, to study the methods related to negative attention and individual disease development. However, in the process of research, people will find that: positive emotional experience and negative emotional experience are the opposite. The effectiveness of positive psychology in middle school English Education

## 4. Teacher

### 4.1. PLEASE ESTABLISH A POSITIVE WORKING ATTITUDE

Teachers' work is trivial and complicated. A second year student appointed as a second year student. Suddenly, the workload increased dramatically. My work efficiency, results in order to achieve a good education, positive psychology, positive psychology development, positive spirit, positive positive positive value, through psychological adjustment, work and life difficulties, positive advocate years of experience, compared with the past, his work attitude is greatly improved, and his work spirit is also improved, in fact, promote the body of teachers. Th, healthy development.

### 4.2. PROPER POSITIONING OF TEACHERS AND STUDENTS

In the final class, students supported the idea of respecting nature and personal differences. According to the author this theoretical study and one-year practical test confirm the ultimate goal of English education[4]. In terms of content, guidance strategy and rational use of educational resources, the subjective status of students in learning schools is advocated.

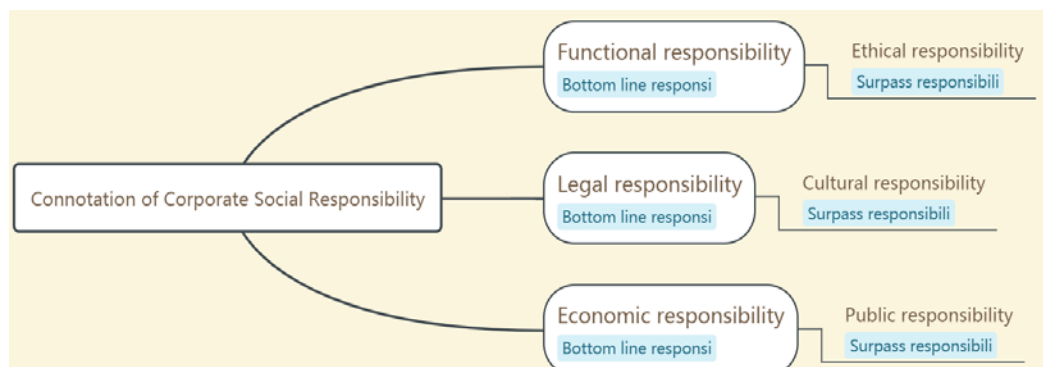


Figure 1 Enterprise business process

### 4.3. POSITIVE SIGNAL OF AC

In this year's class, I paid attention to the positive information about the language, body language and performance in class. Through positive clues, I found that more and more students use their own eyes to seek knowledge. Their desire is stronger and stronger. They don't care about language, language or expression. When the teacher confirms them, they will feel confident. At the same time, through the positive information that teachers transmit to students in the classroom, students are infected by positive emotions, English learning is booming, and the relationship with teachers is more harmonious.

### 4.4. DEVELOP THEIR OWN POSITIVE EDUCATION METHODS

Under the guidance of the middle school English teaching strategy which affirms the psychological point of view, the author has gradually established his own teaching style after four years of work through the continuous practice and exploration of classroom teaching and the feedback performance of students[5]. Through his own personality and oral style, combined with the step innovation of teaching strategy, he has formed a rigorous, fast and happy English learning atmosphere without pressure. The teacher who listened to my class must have a harmonious atmosphere when evaluating the class. In fact, this kind of teaching method is also loved and

accepted by students.

## **5. Student Aspect**

### **5.1. GIVE STUDENTS POSITIVE AND COMPLETE MOTIVATION**

A year ago, under my guidance, I always gave my children positive recognition and encouragement. In this year's teaching methods, we advocate giving students positive energy. In addition, please pay attention to the children who are not good at English and have a little sense of inferiority in English learning. Through positive encouragement and praise, I found that children gradually became interested in English[6]. When I went to see it in the morning, I took out the book silently. In addition, in the past, a large part of the students who didn't have enough activities in English learning were the students who didn't speak politely in class. Through affirmation and encouragement, the discipline of the class is amazing now, and everyone is in a peaceful and happy learning atmosphere.

### **5.2. WRITE SPACE SCRIPT TO CULTIVATE STUDENTS' FEELINGS**

In this year's class teaching, we will actively explore innovative activity design patterns, actively participate in the teaching and research of urban organizations, and join the youth growth community in Xinming district. Actively participate in, guide, research, discuss and pass. In each chapter, the celebration topics are classified, and they are practical activities as far as possible. In order to achieve excellent classroom results and stimulate students' desire to learn, the surrounding design of response education activities. Through continuous learning and exploration, compared with last year, today's classroom is really active, and students participating in activities are more enthusiastic. The lecturer affirmed the task setting of the course and the feedback effect of the students.

### **5.3. THE CREATION OF SPATIAL SCRIPT FOR CULTIVATING STUDENTS' FEELINGS**

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## **6. Environmental Aspects**

### **6.1. CONSTRUCTION OF POSITIVE STUDENT STUDENT RELATIONSHIP**

I'm a teacher who loves teachers and students. Because I'm working, I've always been in harmony with students[7]. As a teacher, I give full trust through my own language and personality. Through this research, as a teacher and tutor, I continue to maintain a close relationship with my students.

### **6.2. ESTABLISH A POSITIVE LEARNING ATMOSPHERE**

At the beginning of the second week of the second semester of the second semester, an English learning group consisting of four students from five classes and six classes I taught was established. Each group has a clear level, with uneven English foundation. Solve the problem of poor students learning English. From six groups to four English groups, they form a large group. Finally, two large groups are formed in the class[8]. Comprehensive judgment of the usual classroom

performance, homework completion, the last academic year's group performance. Finally, choose a good group. To my surprise, by the end of the semester, the differences among the groups were very small. The students with weak English learning foundation had made great progress on the original basis. In the second semester of the second academic year, on the basis of the original group, I helped the representatives of the English Department to organize the English corner of the school. Although there are only five and six students in contact at the beginning, they gradually attract others. For the fans of English class, the team of English corner is also expanding[9]. Our English counter is in patio in front of the school complex. That Wednesday and Friday were active twice a week. By holding English corner, students are encouraged to learn English at the same time. The strong atmosphere of English learning also permeates the 11th middle school campus.

## 7. Conclusion

Although affirmative psychology has only been developed for more than 10 years, the concept of affirmative psychology has been deeply rooted in people's minds. It emphasizes that people use their own positive energy to fully develop individuals physically and mentally. This new vision is revolutionary. Yes. The essence of education is to cultivate people's activities, which should be comprehensively developed in terms of psychology, body and healthy character. When the theory of positive psychology is summed up, its framework is sorted out, the unity of three main psychological factors, the positive emotion, positive personality and positive applicable environment of middle school English education, and the formation strategy of middle school English education for the teaching of positive psychology[10]. Under the guidance of the concept of learning to achieve teaching objectives, practice the essence of teaching, and provide a new perspective and direction for middle school English teaching.

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