

## AN EMPIRICAL RESEARCH ON THE INFLUENCE OF MENTAL HEALTH EDUCATION ON THE CULTIVATION OF LIFE VALUE

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**Background:** Psychology is the active reflection of subjective to objective, and it is directly affected by factors such as life values. Behind the psychological problems of college students lies the confusion of the values of life. The relationship between the values of life and mental health of college students needs to be studied in depth. To understand the standards of college students' mental health, we should pay attention to the following three aspects; one is the relativity of standards. There is no obvious boundary between mental health and unhealthy of college students, but a continuous process. The second is the overall coordination. To grasp the standards of college students' mental health, we should investigate their internal and external relations based on their psychological activities and strive for overall coordination. The third is the development of psychology. Some psychological problems are unavoidable developmental problems that people encounter in their growth and development. With the continuous growth of individual psychology, they will gradually adjust and become healthy.

Facing the complicated domestic and international environment, college students' values have been subjected to fierce collisions in the multicultural communication and dissemination. Because their minds are not yet mature and their values have not been finalized, they are prone to psychological conflicts and imbalances. Cultivating the core socialist values of college students and improving the mental health of college students are both important contents of current ideological and political education in colleges and universities. Values affect people's thinking and behavior, and thus affect their mental health, but the current socialist core values of college students and college students' mental health the empirical research is very scarce. The process of forming the quality of college students is a process of being educated, but whether the information of education is accepted and absorbed depends on the choice of the college students themselves. Life values are an important basis and standard for college students to choose educational information.

**Objective:** From the perspective of improving the degree of recognition and practice of the socialist core values of college students, explore ways to improve the level of college students' mental health, and study the impact of college students' mental health education on the cultivation of their life values.

**Subjects and methods:** This study uses the College Students' Value Scale and Mental Health Self-Rating Scale (SCL-90) as research tools to test 500 college students in a city, and use the social science statistical software SPSS20.0 to check the questionnaire the collected data are analyzed and processed, and each evaluation item adopts a 5-level scoring system according to the severity: 1 is asymptomatic, 2 is mild, 3 is moderate, 4 is severe, and 5 is severe. Discuss the main characteristics of college students' life values and mental health and the relationship between them, in order to understand the impact of college students' mental health education on the cultivation of their life values.

**Study design:** Take 500 college students as a sample, their age is between 17-25 years old. A total of 500 questionnaires were distributed in this survey, and 487 valid questionnaires were returned, with an effective response rate of 97.4%. When selecting samples, we strive to achieve a balance between the categories of liberal arts, sciences and sciences, genders of men and women, and subjects of each grade, so as to increase the representativeness of the sample.

**Methods:** The survey of this research adopts an anonymous method to implement group assessment. Before the assessment, formulate standard instruction, give necessary explanations to the subjects, and obtain their informed consent, and let the subjects fill out the form independently according to their actual situation. The questionnaire is completed in 30-40 minutes on average. After the questionnaire is completed, it will be collected on the spot. Use the social science statistical software SPSS20.0 to analyze and process the data collected in the questionnaire, and compare the results of different questionnaires of college students.

**Results:** Comparing the statistical results of related factors of college students' mental health status and personal values of life, the data results obtained are shown in Table 1 and Table 2.

It can be seen from Table 1 that there are some students with psychological problems in the mental health of college students. This reflects that among the college students, the psychological quality of students is poor, and psychological problems are more common. Colleges and the society need to pay certain attention to it. Carry out and improve the mental health education of college students.

College students are more inclined to self-discipline as qualified citizens, and their civic awareness is relatively strong. This may be related to the group to which the college students themselves belong. College students receive higher education and belong to a higher education group. They pay more attention to the country and the collective, and their civic and collective consciousness are stronger. The factor score of

marriage and family orientation is relatively low. This shows that college students pay relatively little attention to marriage and family. This may be related to the current tasks of college students. College students are currently studying at school, and learning is their main task. College students devote more energy and time to learning.

**Table 1.** Statistical Table of Mental Health Status of College Students.

Factor	Number of people	Proportion/%
Depression	48	9.86
hostility	46	9.45
Paranoid	49	10.06
anxiety	53	10.88
terror	61	12.53

**Table 2.** Statistical Results of Value Factors of College Students.

Factor	Average	Standard deviation
Money material orientation	3.19	0.73
Self-cultivation orientation	4.13	0.86
Work achievement orientation	3.77	0.67
Marriage and Family Orientation	3.69	0.52
Friendship and love orientation	3.80	0.76
Contributing country orientation	4.04	0.78

**Conclusions:** In order to strengthen the pertinence of mental health education for college students, we should adhere to the mainstream value orientation of socialist collectivism: comprehensively improve the quality of mental health education and counseling teachers; grasp the main content of life values education from the perspective of mental health education and counseling, Choose scientific counseling methods; strengthen the education of life values in career development planning counseling; form a joint force of society, school, and family to create a good atmosphere for the cultivation of correct life values of college students; strengthen the theory and theory of the impact of college students' life values on mental health Empirical Research.

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## INNOVATION AND PRACTICE OF UNIVERSITY SCIENTIFIC RESEARCH MANAGEMENT IN THE NEW ERA UNDER THE BACKGROUND OF COGNITIVE PSYCHOLOGY

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**Background:** Cognitive psychology is based on the individual's psychological structure and psychological process as the research object, which explores the information processing process of human cognition. When people are regarded as the information processing system, it reveals the internal psychological mechanism of information processing in the human cognition process, namely The research scope of information acquisition, storage, processing, extraction and application, according to human cognitive processes, includes mental processes such as perception, attention, presentation, memory, thinking, speech, reasoning, and problem solving. Cognitive psychology is applied to scientific research management in colleges and universities to solve the problems of lack of integrity in scientific research, poor initiative, low comprehensive quality and business level, and backward management mode of scientific research personnel in colleges and universities.

First of all, in view of the problems in scientific research management in colleges and universities, we can conduct research based on human-oriented thinking in cognitive psychology, and find the main reason for the lack of integrity from the perspective of individual thinking. Due to the large variety, large number and heavy tasks of scientific research projects undertaken and participated in by universities and colleges,