

Individuals with a high baseline level of mental health problems ($M+1SD$) decreased in the positive energy group and the control group, and the decline in the positive energy group was significantly greater than that of the control group (0 simple slope = -4.88, $t = -2.18$, $P = 0.033$).

In summary, the results show that the baseline level of mental health problems affects the effectiveness of college students' positive energy guidance work.

Conclusions: Select 68 freshman students and divide them into a four-week positive energy health guidance work group and a control group based on the class, and observe their impact on the mental health problems and positive energy levels of college students, and whether there is a baseline effect and gender difference in the effectiveness of the guidance work. The results showed that: (1) Four weeks of positive energy training can improve the positive energy level of college students and alleviate their mental health problems; (2) College students' mental health problems' baseline level affects the effect of positive energy guidance work; (3) Four weeks MBSR affects college students. There is no gender difference in the effect of guiding work.

Acknowledgement: The research is supported by: Wenzhou Business School's party history construction and Ideological Education special project. Study on the intervention of hope-trait group psychological counseling on Suicidal ideation in college students (NO. 2021XJSZ12).

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RECOGNITION OF PSYCHOLOGICAL CRISIS SIGNALS OF COLLEGE STUDENTS BASED ON DATA MINING

Huiping Pan^{1,2} & Jingbo Duan^{1,2}

¹*College of Computer Science, Guangdong Business and Technology University, Guangdong 526060, China*

²*Center for International Education, Philippine Christian University, Manila 1004, Philippine*

Background: Major public health emergencies refer to major infectious disease outbreaks, mass diseases of unknown origin, major food and occupational poisonings, and other events that seriously affect public health that occur suddenly and cause or may cause serious damage to public health.

The outbreak of the new type of coronavirus pneumonia, in addition to causing huge economic losses and serious casualties, will also cause severe psychological trauma to the public. The recognition and intervention of psychological crisis signals of college students can play a role in alleviating pain, regulating emotions, correcting cognition, and guiding correct attitudes. In the prevention and control of the epidemic, the remote data mining psychological service model of college students' psychological crisis signal identification and intervention may play a more important role.

Generally speaking, the construction of the psychological crisis signal identification and intervention system for college students in my country's public health emergencies is still in the theoretical and exploratory stage, and it lacks a comprehensive, complete and systematic framework and system. For public health emergencies such as this new coronary pneumonia, the remote data mining service model for the identification and intervention of psychological crisis signals of college students has played a major role in the prevention and control of the epidemic. In addition to network platforms and psychological hotlines, it may also be possible to combine remote data mining psychological consultation and other technologies to provide necessary help and support for front-line medical staff struggling in the epidemic area or callers with such needs. In addition, the rapid and effective organization of crisis identification and intervention work has also quickly alleviated the mental health problems of some people, and played a positive role in preventing serious mental health problems.

This paper takes the "anti-epidemic" hotline and network platform organized by the Mental Health Association as an example to identify and intervene in the psychological crisis signal of college students to explore the remote data mining psychological service model of psychological crisis signal identification and intervention for college students.

Subjects and methods: During the epidemic of psychology volunteers, from a database of experts who have voluntarily signed up for the service, those who have experience in identifying and intervening psychological crisis signals for college students were selected from hospitals, universities, primary and secondary schools, and psychological counseling institutions with many years of clinical experience. 123 volunteers with experience and psychological counseling experience participated in remote data mining for college students' psychological crisis signal identification and intervention. Among them, 57 have a psychology background, accounting for 46.34%; 10 have an educational background, accounting for 13%, 2 have a comprehensive background in psychology and education, accounting for 1.63%; 46 have a medical

background, including psychiatry, Respiratory Critical Care Medicine, etc., accounting for 37.40%; 8 in psychiatric and psychology comprehensive background, accounting for 6.5%.

Study design: Online Psychological Counseling Health Times In order to implement the work requirements of the relevant departments of the National Health Commission, the Meinian Health Group has jointly established a psychological counseling network free clinic platform. The online platform conducts extensive publicity through Health Times and public accounts. 123 psychology volunteers who have been trained in remote data mining crisis identification, intervention pre-job training, platform usage methods, etc. first registered on the free clinic platform. Callers in need put forward service needs in the form of scanning code appointments, register their phone numbers and other information on the online platform, and independently select the mental health scale for psychological evaluation before consultation, and the platform staff will match the information to the corresponding volunteers.

Methods of statistical analysis: Use SPSS23.0 to perform descriptive statistical analysis on the distribution of each variable, use independent sample t-test to investigate the differences between intervention treatment groups and gender differences, and use repeated measures analysis of variance to test the main effects of intervention treatment and measurement time and its interaction effects. Then, the main effect and interaction effect of intervention treatment and gender were tested by covariance analysis. Finally, use the SPSS macro program PROCESS to establish a regression equation to test the adjustment effect of the baseline level on the effect of positive energy guidance.

Results: Remote data mining is the main technology of college students' psychological crisis signal identification and intervention, listening, providing sufficient psychological support, and preliminary evaluation on the basis of good "empathy", mainly using the six-step method of college students' psychological crisis signal identification and intervention. The techniques mainly use psychological counseling and support, relaxation techniques, stabilization techniques, mindfulness meditation, etc. Remote data mining of college students' psychological crisis signal identification and intervention emphasizes listening and problem-solving. The distribution of identified psychological crisis signals is shown in Figure 1.

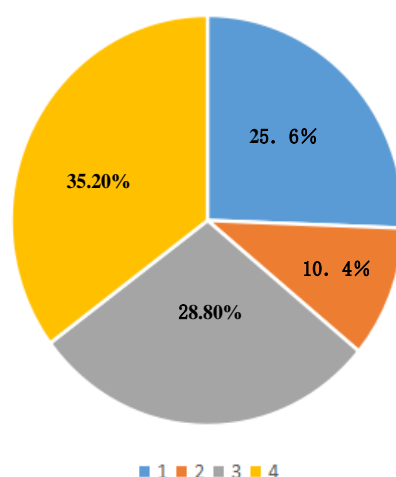


Figure 1. Fan diagram of psychological crisis signal distribution.

Figure 1 describes the proportion and classification of college students' psychological crisis signals, which are divided into 4 main types:

1. Panic caused by insufficient knowledge about COVID-19, such consultations accounted for 25.6% of the total number of consultations. It is mainly manifested as cough, fever, chest tightness, gastrointestinal discomfort and other similar symptoms of new coronary pneumonia, I still feel panic after going to the hospital to check and rule out new coronary pneumonia, or fear that the mask is not protected enough, the virus will fly in through doors and windows, or went to the hospital or supermarket during the epidemic, worry about being infected by other people. Mainly manifested as anxiety and panic.

2. Callers with a history of contact and negative emotions caused by a positive medical test are mainly those who have been to Wuhan, or have been in contact with people in Wuhan, or have been in contact with confirmed cases (4), are being quarantined or have been released from quarantine, accounting for 10.4%. Mainly manifested as severe anxiety, severe insomnia, compulsion, fear of carrying a virus or contracting a virus, etc. Even some callers already feel hopeless, have written a suicide note, and explain the funeral.

3. Somatization expression caused by the epidemic. Somatization is mainly due to the anxiety and panic caused by the epidemic, such as chest tightness, physical discomfort, inexplicable pain, body stiffness or

numbness, etc., check blood routine, do chest CT and other examinations to exclude After the new coronary pneumonia, symptoms such as chest tightness and difficulty breathing still exist. This part of the callers accounted for 28.80%.

4. Emotional and behavioral problems caused by the epidemic have become nervous, anxious, and sensitive due to the epidemic or excessive attention to the information of the epidemic. Worrying about being unable to work, having no income, or being separated from family members can lead to anxiety and depression, or being with family members can lead to conflict, depression, lack of motivation, or network dependence, inattention, restlessness, loss of control and helplessness, etc. This part of callers accounted for 35.20%.

Conclusions: Take the “anti-epidemic” hotline and network platform organized by the Mental Health Association as an example to identify and intervene in the psychological crisis signal of college students, to explore the remote data mining psychological service model of psychological crisis signal identification and intervention for college students. Method: 123 psychology volunteers who have rich experience and participated in pre-job training through an online psychological consultation platform, two telephone psychological consultation hotlines, using remote data mining psychological consultation technology, such as psychological support, relaxation technology, stabilization technology, Mindfulness meditation, etc., provided 379 callers with standardized remote data mining psychological services and random return visits. Results: Insufficient knowledge of new coronary pneumonia led to panic calls, accounting for 25.6% of the total number of consultations; calls with contact history and positive medical examinations that led to negative emotions, accounting for 10.4%; due to the epidemic Calls leading to somatic expression accounted for 28.80%; calls that caused emotional and behavioral problems in the epidemic accounted for 35.20%; Conclusion: 18% of callers indicated that their emotional status has improved after the consultation. It shows that in emergencies of public health, remote data mining with unique advantages for college students’ psychological crisis signal recognition and intervention plays an important role in the emotional relief of callers.

Acknowledgement: The research is supported by: Special for key fields of colleges and universities of Guangdong Provincial Department of education in 2020 “Research on smart campus security application based on face living detection and infrared temperature measurement” (2020ZDZX3105).

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THE TEACHING PRACTICE OF COLLEGE CLASSROOM CONTEXT BASED ON EDUCATIONAL PSYCHOLOGY

Yan Li

Department of Chinese and Media, Bozhou University, Bozhou 236800, China

Background: At present, the teaching of theoretical knowledge in the classroom teaching of high-efficiency English education for college students is more, and the proportion of psychological training combined with the actual experience and practicality of college students is less. However, the high-efficiency English education classroom is a comprehensive classroom integrating knowledge transfer, psychological experience and behavior training. The main purpose of the classroom is to promote the improvement of college students’ psychological quality. The classroom should fully respect the subjectivity of students, fully mobilize the enthusiasm of students to participate, and avoid one-way theoretical indoctrination and knowledge transfer. Therefore, in addition to theoretical teaching, how to explore a teaching method that is suitable for both the law of college education and the law of physical and mental development of college students is an urgent problem that needs to be solved.

Educational psychology is a class-based group tutoring. The tutors use the theories and techniques of group tutoring, create a good class atmosphere and the interpersonal interaction of classmates, and use activities suitable for the growth of students to help students adjust their own perceptions. Know, improve the relationship with others, learn new behaviors, prevent and solve the problems in the development of students, and stimulate students’ potential educational activities. Using educational psychology to conduct high-efficiency English education for college students is an efficient, economical method and can produce lasting results.

Existing researches that combine educational psychology with contextual teaching in high-efficiency English education for college students focus on theoretical discussions and lack practical demonstrations. Therefore, the purpose of this research is to conduct practical research on educational psychology-style high-efficiency English education, and investigate the feasibility and effectiveness of classroom group