

MENTAL HEALTH OF ENTERPRISE EMPLOYEES AND ENERGY SAVING ENVIRONMENTAL BENEFIT UNDER CARBON EMISSION REDUCTION TARGET

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Background: Carbon emission reduction targets will inevitably lead to some limitations on production emissions, which will easily bring some psychological constraints or negative emotions to the employees, or even cause the employees to collapse. If an individual perceives that freedom is threatened, he or she will regain freedom by resisting external information, which has the opposite effect from the information requirement. The appearance of comparative information will restrict people's freedom of choice. The discomfort of restricted freedom will lead to a series of negative emotions, including psychological resistance. Psychological resistance depends first and foremost on whether the individual perceives the restricted freedom, as well as the judgment of the purpose of the behavior. As a kind of negative psychology, the negative emotion caused by psychological resistance will make individuals more inclined to not accept information intervention, and spiral strengthen or weaken the willingness to participate. Psychological resistance has a negative effect on the production intention of energy-saving products. Energy-saving behavior not only involves the individual's own economic interests, but also belongs to pro-environmental behavior with social impact. Based on the information feedback of social comparative energy use of different spatial distance comparisons, when individuals are in a state of high level of interpretation when facing the comparisons of distant spatial distance compared with their own spatial distance), people attribute their behaviors more to stable characteristics than to situational factors, and supportive reasons play a dominant role in the decision-making of distant spatial distance, thus reducing psychological resistance and thereby improving their behavioral intentions for energy conservation; When an individual is at a low level of interpretation when confronted with the information of a close comparison object compared with the person who is far away from his own space), and uses incidental, peripheral and backgrounded features to interpret recent events, the reason for refusal is more influential in the decision-making of close space, resulting in a higher likelihood of refusal to be persuaded, which will increase psychological resistance and thus reduce the goal of energy-saving behaviors. Therefore, if social comparative information arouses the receptors' psychological resistance, the information may be ignored or belittled by the receptors, and the receptors will not be easily influenced by the information, that is, it is not easy to generate energy-saving behavior intention. Therefore, under the target of carbon emission reduction, analyzing the relationship between employee's mental health and enterprise's energy-saving environmental benefits is beneficial to improve employee's mental health, reduce employee's psychological resistance and improve enterprise's energy-saving environmental benefits.

Objective: In order to improve the psychological state of employees and reduce their psychological resistance to carbon emission reduction targets, two hypotheses are put forward: H1: When employees are presented with feedback of comparative information, compared with the comparator in short space, the comparator in far space causes lower psychological resistance of employees. H2: When employees experience strong psychological resistance, it will reduce the intention of energy-saving behavior.

Subjects and methods: Randomly selecting 200 employees of a manufacturing enterprise, the recruited subjects were first asked to fill in the self-constructed scale, and then were divided into two types of self-constructed subjects according to certain rules: independent self-constructed and dependent self-constructed. Then, they were randomly assigned to fill in two kinds of spatial distance scales for the two types of self-constructed subjects, that is, they read the relevant "comparative energy consumption information", and then fill in the psychological resistance scale, the energy-saving behavior intention scale and personal statistical information. The Self-Construction Scale measures the individual's level of idiosyncratic self-construction, including 24 questions. The classification of self-construction types is as follows: The mean value of the independent dimension minus the mean value of the dependent dimension is used to divide the subjects into independent and dependent ones. The scale of psychological resistance was measured from two aspects: obsessive-compulsive feeling and inference of manipulation intention. At the same time, 80 employees were randomly interviewed for 30 to 60 minutes, including the current environmental status, the understanding of carbon emission reduction, the energy-saving environmental benefits of enterprises, environmental attitudes, and the understanding of work content. Finally, the environmental attitudes and psychological responsibility of employees were statistically sorted out, and the correlation between the two was statistically analyzed to analyze the relationship between the mental health of employees and the energy-saving environmental benefits of enterprises.

Results: The resulting statistics are shown in Tables 1 and 2. The correlation between the acts of energy conservation and emission reduction and the environmental attitude and sense of responsibility has reached a significant level, which shows that the more positive the attitude of the employees of enterprises towards carbon emission reduction, the stronger the sense of responsibility they have for the production of energy conservation and emission reduction under the support of carbon emission reduction targets, the easier it is to implement the acts of low carbon and energy conservation.

Table 1: Statistical results of self-construction and psychological resistance of employees.

Variable name	Self-construction	Magnitude of effect	Standard error SE	Statistic T	Significance P
Space distance	—	-0.179	0.146	-0.1218	0.223
Psychological resistance	Independent type	0.212	0.089*	—	Does not contain 0
	Dependency type	0.077	0.076*	—	Contain 0

Table 2. Interview statistics.

Variable	Mean value	Standard deviation	1
Behavior of energy saving and emission reduction	3.633	0.566	1
Environmental attitude	4.398	0.469	0.460**
Sense of responsibility	3.639	0.217	0.386**

Conclusions: Under the target of carbon emission reduction, in order to improve the intention of energy-saving behavior and realize energy-saving production, employees' psychological resistance needs to be reduced. Emission reduction in the process of economic activities not only effectively reconciles the contradiction between the expanding social production and limited environmental capacity, but also promotes the sustainable development of economy and environment. Under the background of carbon emission reduction, employees are more willing to adopt emission reduction technology to reduce their own emissions when their psychological resistance is low. It plays an important role in reducing the psychological resistance of employees and promoting the mental health of employees to improve energy-saving environmental benefits.

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AN ANALYSIS OF THE EFFECT OF SCHOOL HISTORY ARCHIVES ON COLLEGE STUDENTS' IDEOLOGICAL AND POLITICAL EDUCATION FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: The combination of positive psychology and ideological and political education is not only beneficial to the all-round development of college students, but also to solve their psychological problems. College students' inner enthusiasm, Marxist philosophy and Chinese traditional culture are the premise, theoretical support and cultural foundation of the combination of positive psychology and ideological and political education. School history is the summation of historical events accumulated by all teachers, students and staff through various educational practices in the process of school development. Among them, important historical figures and events are recorded in the school's historical archives. School history files contain the essence of a school's history and culture and the spirit of a university. To some extent, the development of schools reflects and promotes the political, economic and cultural development of the