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THE NECESSITY OF MENTAL HEALTH EDUCATION IN HIGHER EDUCATION

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Background: With the advancement of social process and the acceleration of social development, the social competition situation is becoming increasingly severe. The fierce social competition makes college students face pressure from family, society, environment and other aspects. The number of college students with mental health problems is increasing year by year. The mental health level of college students is not optimistic. A considerable number of college students suspend or drop out due to mental diseases. In serious cases, a few college students cause bad social events due to mental health problems. In their daily life and study, college students are faced with pressures from academic achievements, interpersonal communication, social practice, employment competition and other aspects. Some college students have anxiety and fear when facing difficulties or obstacles that are difficult to solve, resulting in college students falling into a state of psychological anxiety or depression, which has seriously affected the normal life of college students, it reduces the quality of life of college students.

The government and society always pay attention to the education quality level of higher education, including professional knowledge and skill education and mental health education for college students, and require college students to achieve comprehensive development in professional, psychological and physical quality. As a key link, college students' mental health education is directly related to the overall promotion of higher quality education. Strengthening college students' mental health education can effectively help college students establish a good psychological mechanism and promote college students to establish a correct and mature outlook on life, values and world outlook. College students' mental health education is also a key part of college moral education and a necessary factor for the development of college moral education under the new situation. Colleges and universities are required to strengthen college students' mental health education according to the growth characteristics and psychological characteristics of college students under the new situation, so as to cultivate college students' adaptability and pressure resistance to social life.

Objective: To analyze the importance of college students' mental health education in higher education, and to explore the necessity and value of college students' mental health education in higher education system. The research deeply analyzes the significance of college students' mental health education to the healthy growth of college students, and puts forward the ways and paths of college students' mental health work in higher education, hoping to provide help for improving college students' mental health level and mental endurance.

Research design: Through the analysis of the relationship between the mental health education of middle school students in higher education and the mental health level of students, this study understands the impact of college ideological and political education on the psychological quality level of students, and explores the necessity of college ideological and political education in promoting the all-round development of higher education in China. Based on the comprehensive evaluation of teaching quality in colleges and universities carried out by a city in 2021, the research obtains the relevant evaluation information data of ideological and political education in colleges and universities from the evaluation report of colleges and universities, and analyzes the problems existing in the existing ideological and political education in colleges and universities from the perspectives of educational concept, publicity and popularization, intervention mechanism and resource allocation, on this basis, it explores the key role of ideological and political education in colleges and universities. The research uses Pearson correlation coefficient to analyze the correlation between ideological and political education in colleges and universities and the development of college students' mental health, deeply excavates the internal relationship between ideological and political education in colleges and universities and students' mental health, and discusses the necessity of ideological and political education in higher education.

Results: The statistical analysis results of the problems existing in the current mental health education in colleges and universities in the evaluation report are shown in Table 1.

Table 1. The statistical analysis results of the existing problems of mental health education in colleges and universities in the evaluation report

Survey object	Freshman	Sophomore	Junior	Senior
Educational philosophy	1	2	1	2
Publicity and popularization	1	1	1	1
Intervention mechanism	2	1	2	1
Resource allocation	1	1	1	2

Conclusions: Strengthening the development of college students' mental health in higher education can effectively enhance college students' psychological tolerance and pressure resistance, improve college students' mental health level, alleviate college students' psychological anxiety and depression, and reduce the probability of mental health problems in college students. And the development of mental health education has a direct impact on the improvement of college students' comprehensive quality and ability. College students' mental health education lays a solid psychological foundation for college students' professional knowledge and skill learning through the cultivation of college students' psychological quality and character and morality, which is conducive to the all-round and healthy development of college students.

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COPING STRATEGIES OF COMMUNITY ELDERLY CARE SERVICE SYSTEM FOR THE ELDERLY WITH MILD COGNITIVE IMPAIRMENT

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Background: With the aggravation of China's aging population, the domestic elderly population shows a stable growth trend. According to the statistical data released by the Ministry of civil affairs, by 2016, the number of elderly people over the age of 60 has exceeded 230 million, and the number of people over the age of 65 has exceeded 150 million. With the aging of population, the number of patients with some age-related diseases is also increasing, among which the problem of cognitive impairment is particularly prominent. Cognitive impairment is a kind of mental disease in which the brain cognitive level is in the transition state between normal aging and dementia. Patients often have symptoms such as the decline of advanced brain functions such as memory, emotion and logical analysis ability. Although this decline is not serious enough to affect their normal life in most cases, it will make some elderly people depressed confusion, depression and other bad emotions. Moreover, relevant studies show that the elderly living in community elderly care institutions have a higher degree of life pattern due to the lack of communication with their relatives, and the cognitive impairment of this group is more serious. At present, the mainstream solution to the problem of cognitive impairment of the elderly at home and abroad is drug intervention. However, the treatment cycle of drugs is generally longer, and the side effects and adverse reactions brought by drug treatment are significantly higher than those in the placebo group in relevant experiments. Therefore, in recent years, the research on the choice of non-drug treatment for cognitive impairment of the elderly in community elderly care institutions has gradually increased, but the specific combination of non-drug intervention can achieve more significant treatment effect has not been determined.

Objective: Aiming at the cognitive impairment of the elderly in community elderly care service institutions, this study collects, analyzes and arranges the information on the life and cognition of the elderly in many elderly care institutions, tries to find out the main factors leading to the cognitive impairment of the elderly, and puts forward non drug intervention methods with significant effect and feasibility, then the experimental method is used to verify the effectiveness and feasibility of the intervention, in order to provide some reference opinions and exploration routes for alleviating the cognitive impairment of China's elderly population and improving the means of living of the elderly in elderly care institutions.

Objects and methods: Seven professional pension institutions with different scales and management modes were randomly selected from multiple provinces and cities in China. After reaching research cooperation with the selected elderly care institutions, collect complete basic information, life state information and cognitive state information of the elderly from the institutions. Some of the features are