

and political education in colleges and universities to provide psychological guidance services for college students' new life, encourage college students to actively participate in relevant psychological education activities, improve their stress resistance and improve their psychological status. In the promotion and guidance of ideological and political teaching in colleges and universities on cultivating students' mental and physical health, the promotion score of psychological guidance service on the cultivation of sophomore students' mental and physical health is 4 points. See Table 1 for the specific results.

Table 1. The promoting and guiding role of ideological and political teaching in colleges and universities in cultivating students' mental health

Grade	Psychological guidance service	Strengthen the construction of psychological guidance teachers	Psychological education activities
Freshman	4	4	3
Sophomore	4	3	3
Junior	3	4	4

Conclusions: The cultivation of college students' mental health is inseparable from the psychological guidance of ideological and political education in colleges and universities. Teachers should pay attention to the role of psychological guidance in effective ideological and political teaching. Teach students according to their aptitude, respect and understand students, and promote the cultivation and development of students' physical and mental health.

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REFLECTIONS ON THE MODE OF INTEGRATING MENTAL HEALTH EDUCATION INTO COLLEGE STUDENT MANAGEMENT

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Background: College teachers pay more attention to college students' mental health problems. Through the analysis of the root causes of college students' mental health problems, it is found that there are three reasons for mental health problems, namely environmental changes, interpersonal imbalance and excessive pressure on learning and employment. For freshmen, especially those only child college students, after entering colleges and universities, they are separated from the care of their parents. Due to their poor self-care ability and weak adaptability to the new environment, they feel it is difficult to adapt to the changing learning environment, which has brought a lot of impact to their psychology. And the one-child college students are spoiled by their parents since childhood. They have a strong sense of self-awareness and lack relevant skills and experience in interpersonal communication. Facing students with different living habits, they will conflict because of differences in living habits, so they feel pain and depression in the process of communication, which affects their mental health development. In addition, the great pressure brought by learning and employment makes them mentally tense and have psychological abnormalities, resulting in mental health problems.

Popularize relevant mental health knowledge through mental health education, help students establish mental health awareness, understand their own psychological abnormalities, let students adjust their emotions in the process of using psychological adjustment methods, promote the normal development of students' learning and interpersonal communication, and improve their social adaptability. However, although college mental health education has a full understanding of students' mental health problems, formulated relevant educational action plans and carried out the teaching of mental health education courses, the practical effect of mental health education is not satisfactory. In the process of mental health education, there is a lack of teachers specialized in mental health education, which is usually taught by political teachers or counselors. Psychological counseling and treatment are different from general ideological and political education. This difference will affect the effect of students' psychological counseling and is not conducive to the development of students' mental health. From this point of view, mental health education has not been fully incorporated into the curriculum system of colleges and universities, the relevant teaching modes are relatively backward and not innovative, and the effect of counseling students' psychological problems is not good. The contents of the teaching courses are boring, and the teachers' teaching attitude is perfunctory, which cannot stimulate the students' interest in

learning.

Objective: To analyze the causes of college students' mental health, study the current situation of college mental health education, explore the mode of integrating mental health education into college students' management, reform the mode of college students' management, adhere to the people-oriented management concept, and look at students' management from the perspective of development. On the basis of paying attention to the individual needs of students, guide students' self-exploration and self-regulation, so as to help college students understand themselves, understand their mental health problems and self-regulation. Carry out hierarchical management according to the characteristics of students, and improve the working effect of college student management through service-oriented management mode. By deepening the level of management and project-based management, we can promote the effective development of college students' management, reduce college students' mental health problems and improve college students' mental health level.

Research objects and methods: The research objects were college students, and 400 students were randomly selected from a university. These students come from different majors, have different mental health problems, and the children of their families are different. To understand the mental health status of college students, students' current student management and mental health education

Through the fuzzy evaluation method, the impact of the mode of college student management on college students' mental health problems after the reform is evaluated. The relevant influencing factors are quantified by 1-5 grades. The higher the score, the greater the impact. The SAS software is used for data processing and analysis.

Results: Influenced by three main factors: environmental change, interpersonal imbalance and excessive pressure on learning and employment, college students have different mental health problems, especially those with only child are more likely to have mental health problems. In order to solve the mental health problems of college students, integrate mental health education into the management mode of college students, reform the previous management mode of service-oriented management, deep-level management and project-based management, respect the individual needs of students, and carry out hierarchical management according to the characteristics of students, so as to make college students aware of their own psychological problems, Improve the level of mental health in self-regulation. In the evaluation of the impact of the management mode of college students on the mental health problems of college students after the reform, the score of the impact of service-oriented management on the mental health problems of freshmen is 4 points. The relevant results are shown in Table 1.

Table 1. The influence of college students' management mode on college students' mental health after reform

Grade	Service management	Deep management	Project management
Freshman	4	5	4
Sophomore	5	4	5
Junior	4	5	5

Conclusions: In view of the mental health problems of different college students, mental health education should be integrated into the mode of college student management. Under the people-oriented management concept, we should carry out targeted and hierarchical comprehensive management for college students, so as to reduce their mental health problems and improve their adaptability.

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ON THE CHANGE OF GENDER CONCEPT OF MEN AND WOMEN IN ETHNIC MINORITIES FROM THE PERSPECTIVE OF NATIONAL TRADITIONAL CULTURAL PSYCHOLOGY

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Background: National psychology is the sum of personality, emotion, hobbies, habits and other psychological characteristics formed by a nation in the long-term historical development. This is one of the characteristics of human society. The psychological state of national cultural characteristics is condensed in the formation and development of all nationalities. Through the national material and cultural