

overseas Chinese will have obvious mental pressure after returning home. After returning home, the overseas Chinese are facing the influence of social and international public opinion. Most people complain about the returned overseas Chinese in a reprimanding tone, believing that transnational behavior is easy to aggravate the domestic epidemic. At the same time, the overseas Chinese are facing international malicious remarks against China, and they are under great mental pressure after returning home. At the same time, with the continuous improvement of Chinese people's ideology and culture, overseas Chinese face great changes in domestic ideology after returning home, and they can't adapt in time, resulting in serious mental pressure. During this period, the attention of the media from all walks of life to the return of overseas Chinese has increased significantly, and the social pressure brought by the voice of the media will also significantly change the social psychology of overseas Chinese. Moreover, in the severe economic social environment, the social life problems faced by overseas Chinese after returning home will also aggravate their mental pressure. In order to help returned overseas Chinese relieve their mental stress, this paper studies and analyzes the relevant factors of returned overseas Chinese's mental stress, in order to find the path and method of relieving their mental stress.

**Objective:** To explore the main changing factors in China's economic changes under the epidemic situation, collect the mental stress status of overseas Chinese after returning home, and count the social voice with overseas Chinese returning home as the keyword on social media, so as to determine the social psychology of overseas Chinese, and analyze the correlation between the social psychology and economic factors of overseas Chinese mental stress.

**Study design:** 20 returned overseas Chinese were investigated in the follow-up mode to evaluate the mental stress status of overseas Chinese after returning home, evaluate the social psychology of overseas Chinese, and determine the economic factors of economic changes under the epidemic through grey correlation analysis. Logistic multiple regression analysis was used to evaluate the correlation between social psychology and social activities, product supply and demand and consumption ability of returned overseas Chinese.

**Results:** The multi factor analysis between the psychosocial and economic factors of the mental stress of returned overseas Chinese is shown in Table 1. Table 1 shows that social activities, product supply and demand, consumption capacity and economic factors can affect the mental pressure of returned overseas Chinese.

**Table 1.** A multifactor analysis of the psychosocial and economic factors of the mental stress of returned overseas Chinese

Factor		OR (95%CI)	P
Social activities	Increase	1.00	<0.05
	Reduce	2.17(1.06-4.75)	
Product supply and demand	Balance	1.00	<0.05
	Unbalance	3.61(1.39-5.77)	
Consumption capacity	Strong	1.00	<0.05
	Intensity	3.34(1.73-5.91)	

**Conclusions:** Economic recovery and development under the epidemic is a macro issue considered by the country, while personal psychological anxiety and stress are micro issues that the country must consider. In the study, the mental stress of returned overseas Chinese was followed up to evaluate their psychological and emotional changes after returning home. Combined with the country's economic development under the epidemic, the impact of relevant economic factors on their mental stress was analyzed. The results show that in the logistic multiple regression analysis, the mental stress of returned overseas Chinese is affected by many economic factors. Therefore, it can be learned that under the epidemic situation, the national strategy of micro personal emotion regulation through economic recovery and development is correct, and under the influence of economic factors, personal emotional pressure will be significantly affected. Maintaining economic growth can effectively alleviate personal mental pressure.

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## ANALYSIS ON THE NECESSITY OF CULTIVATING THE MENTAL HEALTH OF STUDENTS MAJORING IN ADMINISTRATION

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**Background:** Mental health training is an important part of moral education in colleges and universities. In the process of mental health training, cultivate students' positive psychological quality, which can promote the improvement of college students' employment competitiveness and help solve the employment problems of graduates. Positive psychological quality comes from positive psychology. It is a positive psychological state that individuals show in the process of learning and growth. In the face of the challenges brought by work, individuals maintain self-confidence and succeed through action. They show the quality of perseverance in setting goals. In the process of realization, they will make flexible adjustments according to the situation, correctly understand the objective things around them, always maintain a positive state, and maintain a toughness to overcome difficulties and succeed in the face of difficulties. Positive psychological qualities are self-confidence, hope, optimism, resilience and so on. Self-confidence can also be called self-efficacy factor, which is the belief that individuals achieve their goals by using the resources around them. Self-confidence comes from rich experience accumulation, which requires individuals to be fully prepared before completing the task and before starting the task in the process of practice, so as to take into account the possible things, so as to show a kind of self-confidence. In addition, in the process of hard action, we should have positive faith and hope for what we have done. We should maintain an optimistic attitude towards what will happen and analyze what we have at present. In the face of difficulties, we should have a kind of psychological toughness and be able to actively adjust the current direction of efforts, so as to achieve the goal.

In the teaching of administration major in colleges and universities, the employment situation of students majoring in administration is not ideal, and many students have low expectations for the major. Limited by the specialty itself, students have a low sense of professional identity and low sense of self-worth. They feel that the occupation of administration is relatively simple, and the administrative work is cumbersome and boring. Therefore, they are confused about the direction of future employment, and are not very satisfied with the knowledge learned in this specialty. They regret choosing this specialty. The salary income of the administrative management major is not high, which leads to the idea of changing careers in the employment choice of the administrative management major students. They feel that they have wasted campus time and are anxious about their work, resulting in employment anxiety. In addition, students majoring in administrative management have a relatively shallow understanding of the professional role of administrative management. They think that this profession is only a supporting role in serving people, which can not reflect their own value. They think that anyone can do this job, which is not challenging and has a large psychological gap. From the psychological status of college students majoring in administration, we can see that students' satisfaction with their major is not high, and students have mental health problems. It is very necessary to solve students' mental health problems and carry out mental health training. Therefore, in order to guide students to establish correct three views and have a clear professional understanding, it is necessary to carry out mental health training.

**Objective:** To analyze the mental health problems of college students majoring in administration, study the causes, and explain the necessity of mental health training. On this basis, we should reform the teaching of administrative management, change students' views on the political management profession, find out the role orientation and self-identity, so as to reduce the emergence of mental health problems. Improve students' professional quality, seriously study and practice in the teaching process of administrative management, improve students' psychological tolerance, guide students to establish correct values, mature and improve their own personality, improve students' mental health level under the influence of positive psychological quality, and increase students' employment competitiveness.

**Research objects and methods:** The research objects are students majoring in administration in school. 180 students majoring in administration were randomly selected from 4 universities. Understand the students' personal situation, learning situation, views on the major of administrative management and employment plan, and carry out the reformed administrative management teaching for the selected students. The experimental time is 2 months, and the relevant experimental data are recorded during the experimental period. The fuzzy evaluation method is used to evaluate the impact of administrative management teaching on the mental health problems of administrative management students after the reform. The quantitative score of relevant influencing factors is 0-4. The score has a positive correlation with the degree of influence, and the experimental data are processed by SAS software.

**Results:** The cultivation of mental health plays an important role in the teaching of administrative management. Teaching reform should be carried out according to the mental health problems of students majoring in administration. After the teaching reform, the mental health level of students has been improved. The self-confidence score of freshmen is 3. The results are shown in Table 1.

**Table 1.** Evaluation of students' positive psychological quality after teaching reform

Grade	Self-confidence	Hope	Optimistic	Toughness
Freshman	3	3	3	4
Sophomore	3	3	4	3
Junior	4	4	3	4

**Conclusions:** Integrate mental health training into administrative management teaching, and carry out targeted teaching reform according to the mental health problems of administrative management students. After the teaching reform, students' learning enthusiasm has been significantly improved, students' sense of professional identity has increased, and students' mental health has been improved.

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## THE POSITIVE INFLUENCE OF THE CONSTRUCTION OF THE LONG-TERM MECHANISM OF “THREE COMPLETE EDUCATIONS” ON STUDENTS’ MENTAL HEALTH

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**Background:** In college education, the cultivation of students' mental health is an important educational content outside the teaching of professional courses. In college learning, the learning tasks faced by students are different from those in the past. Under the multiple influence of environment and learning pressure, students are prone to negative emotions such as psychological anxiety and depression. At the same time, the negative attitude brought by students' negative emotions makes it difficult for students' academic achievement to be significantly improved. In the current college education, the cultivation of students' mental health mainly lies in the high-efficiency ideological and political education. Ideological and political education is the main way to help college students accept and digest correct values, in which the responsibility of ideological and political teachers is extremely important. According to the current situation of ideological and political teaching in colleges and universities, the attention of colleges and universities to ideological and political education still cannot reach the ideal state, which leads to the difficulty of fully solving the psychological problems of students in ideological and political teaching in colleges and universities. And with the continuous progress of modern society, enterprises or units in the society begin to improve the overall high-quality requirements of talents, so it is more necessary to improve the ideological concept of college students. In order to achieve this step, teachers' teaching concept also needs to be improved in line with social development. Teachers' teaching concept directly affects students' psychological and emotional changes in the process of learning, so it is imperative to change teachers' teaching concept.

In order to better carry out ideological and political education and cultivate students' mental health, the party put forward the concept of “three complete educations” in the spirit of the 16th National Congress, hoping to strengthen the ideals and beliefs of college talents with the help of the whole staff, whole process and whole process education mode in the “three complete educations”. The study puts forward the need to build a long-term mechanism for the “three complete educations”, including the institutionalization, procedure and standardization of the “three complete educations”. It is worth affirming that the construction of the long-term mechanism of “three complete educations” will greatly improve the ideological and political education environment in colleges and universities and help teachers obtain more perfect teaching ideas. At the same time, in the construction process of the long-term mechanism of “three complete educations”, it can gradually help teachers acquire new knowledge, establish teachers' unique teaching system, and improve teachers' professional level and teaching ability. Ideological and political education has been significantly improved under the long-term mechanism of “three complete educations”, but how to use the ideological and political education under the long-term mechanism of “three complete educations” to alleviate students' negative psychological emotions and cultivate students' healthy psychology is unknown. Therefore, taking students' mental health as the research object, this paper analyzes the positive impact on students' mental health in the construction of the long-term mechanism of “three complete educations”, in order to provide reference and suggestions for the construction of college teaching system.

**Objective:** This paper discusses the construction direction of the long-term mechanism of “three