

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

complete educations”, analyzes the impact of the construction of the long-term mechanism of “three complete educations” on the teaching of ideological and political education, and then analyzes the positive impact of ideological and political education on students’ mental health under the construction of the long-term mechanism of “three complete educations”.

Study design: Taking a college student as the research object, this paper uses principal component analysis to determine the specific factors affecting students’ psychological emotion in ideological and political education, so as to improve ideological and political education with the help of the theory of “three complete educations”, and puts forward the long-term mechanism of “three complete educations”, so as to optimize the teaching system of ideological and political education. Select 100 students for teaching practice, evaluate the psychological changes of students before and after teaching, and analyze the impact of the construction of the long-term mechanism of “three complete educations” on students’ mental health.

Results: The psychological changes of students in the construction of the long-term mechanism of “three complete educations” are shown in Table 1. Table 1 shows that students’ negative emotions gradually decrease and positive emotions gradually increase in the teaching process.

Table 1. Psychological changes of students in the construction of long-term mechanism of “three complete educations” ($n=110$)

Project	Before teaching	After teaching	<i>P</i>
Number of positive psychologies	41	97	<0.05
Number of negative psychologies	69	13	<0.05

Conclusions: The cultivation of college students’ mental health is the key content of college education. How to use ideological and political education to establish students’ healthy psychological concept is very important. Based on the long-term mechanism of “three complete educations”, this study discusses the impact of ideological and political education on students’ psychological problems in the construction of the long-term mechanism of “three complete educations”. The results show that the construction of the long-term mechanism of “three complete educations” can effectively help students establish a good positive psychology. Therefore, in the cultivation of college students’ mental health, using new teaching ideas to build and improve the ideological and political teaching system can significantly improve students’ positive psychology and promote students’ future development.

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RESEARCH BASED ON THE NEW CONCEPT OF DISABLED PEOPLE’S PSYCHOLOGICAL INTEGRATION AND SOCIAL SUPPORT

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Background: Under the background of the new era, the main contradiction of society has changed, and the focus of society and government is people’s mental health. With the improvement of people’s material living standards, the mental health of people with disabilities has attracted extensive attention from all walks of life. According to the latest data of China Disabled Persons’ Federation, the proportion of disabled persons in China is as high as 6% of the total population, and this proportion shows an upward trend year by year. Most people with disabilities have different degrees of psychological problems due to the influence of physical diseases or obstacles. According to the medical data, compared with the normal group, the mental health level of the disabled is lower, and they are more prone to negative psychology such as anxiety and depression, which leads to the lower overall mental health level of the disabled. The psychology of disabled people is not only affected by physiological factors, but also by employment conditions. Employment is the main means for the disabled to obtain income, which is also the way for them to integrate into society. It is believed that the level of employment and the quality of mental health of the disabled will also have a direct impact on the level of employment and the quality of life of the disabled. However, there are few studies on the influencing factors of the mental health of the employed disabled, which plays an important role in improving the mental health of the disabled.