

THE HEALING EFFECT OF QILU LANDSCAPE PAINTING ON THE PSYCHOLOGICAL ANXIETY OF CONTEMPORARY HUMANISTIC PEOPLE

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Background: In recent years, the mental health problems of Art Majors in colleges and universities have attracted extensive attention from the educational circles and the whole society. College students are in adolescence, often depressed due to emotional problems, feel pain and suffering. Research shows that more than half of college students are willing to fall in love during college, but the probability of love failure is about 80%. Some college students are depressed and unhappy due to love failure, coupled with poor academic performance and accumulation of depression. Secondly, students have been trained in employment and entrepreneurship during their study. During the study process, they have some understanding of their future career and post. Higher vocational students carry out post practice during their study. However, in the face of the reality of employment, the previous career planning has become a talk on paper. Many college students are not ready to enter the society before graduation, coupled with high salary expectations, so that employment is very difficult. In addition, some college students lack the spirit of hard work and practical ability, and feel at a loss, anxious and even panic. Chinese landscape painting has a long history, with thousands of years of history, but it is still charming. Chinese traditional landscape painting not only has unique forms of expression, but also contains profound cultural connotation. Qilu landscape painting is the most representative and important part of Chinese traditional landscape painting. Qilu landscape painting has its own unique artistic characteristics not only in painting style, but also in expression form. Therefore, the art teaching of Qilu landscape painting from the perspective of mental health can highlight its unique advantages of art resources, better improve students' mental health, and alleviate college students' psychological anxiety.

Objective: This study takes the mental health of college students as the starting point, through searching a large number of relevant literature, analyzes the formation background and regional style characteristics of Qilu landscape painting, and takes this as the starting point, attempts to explore the art curriculum of Qilu landscape painting based on mental health, and integrate the resources and essence of Qilu landscape painting into the mental health education of college students, in order to explore the therapeutic effect of Qilu landscape painting on the psychological anxiety of contemporary college students.

Subjects and methods: 100 art college students with psychological anxiety were randomly selected and given Qilu landscape painting art course teaching based on mental health. Before and after teaching, the mental health status of college students was evaluated.

Research design: Combined with the current situation of college students' psychological anxiety and referring to a large number of domestic and foreign literature, this study uses the self-designed psychological symptom evaluation scale for art college students to evaluate and analyze the college students, so as to judge the anxiety status of college students before and after the intervention of Qilu mountain water painting art course based on mental health. There are 90 self-assessment items in the psychological symptom evaluation scale for art college students. The test factors include somatization, obsessive-compulsive symptoms, depression, anxiety, psychosis, etc. through the 5-level scoring method, the higher the score, the lower the level of mental health.

Methods: The relevant data were analyzed by Excel and SPSS20.0 for calculation and statistics.

Table 1. Score of psychological symptom evaluation scale for art college students

Factor	Self-assessment items	Before teaching	After teaching
Somatization	1,4,12,27,40,42,48,49,52,53,56,58	2.12±0.18	1.93±0.46
Obsessive compulsive symptoms	3,9,10,28,38,45,46,51,55,65	1.73±0.84	1.76±0.51
Interpersonal sensitivity	6,21,34,36,37,41,61,69,73	1.83±0.76	1.52±0.40
Depressed	5,14,15,20,22,26,29,30,31,32,54,71	1.64±0.65	1.41±0.32
anxious	2,17,23,33,39,57,72,78,80,86	2.38±0.43	2.17±0.23
hostile	11,24,63,67,74,81	1.40±0.81	1.67±0.66
terror	13,25,47,50,70,75,79,82	1.55±0.52	1.41±0.42
Paranoid	8,18,43,68,76,83	1.49±0.37	1.42±0.29
Psychotic	7,16,35,62,77,84,85,87,88,90	1.32±0.46	1.49±0.32

Results: As shown in Table 1, the scores of somatizations, interpersonal sensitivity, anxiety, depression and other factors in the psychological symptom evaluation scale for art college students after teaching were significantly improved compared with those before teaching ($P < 0.05$). The above results show that the teaching of Qilu landscape painting art course based on mental health can effectively improve college students' anxiety and other negative emotions, which belongs to a safe and fast method to improve college students' negative emotions.

Conclusions: The introduction of attention to students' psychological problems in art education can improve college students' mental health. The introduction of Qilu landscape painting art course in art education can improve students' aesthetic consciousness, promote students' mental health development, improve students' innovation ability and enhance students' self-confidence. Only in this way can we cultivate students' good aesthetic concept and promote the development of students' mental health, so as to realize the training goal of high-quality specialized skilled talents in colleges and universities.

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RESEARCH ON THE PROMOTION EFFECT OF ARCHIVES MANAGEMENT INCENTIVE MECHANISM ON ARCHIVISTS' POSITIVE PSYCHOLOGY

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Background: Mental health plays a fundamental role in people's overall quality structure. It drives and restricts people's behavior, and directly affects the effect of behavior. Archivists are the organizers and managers of the whole archival work system. Their overall quality, especially their professional level and service quality, directly affects their own social status and the recognition of archival undertakings by the society. Archives are not only the evidence of safeguarding the rights and interests of the masses and closely related to the vital interests of the masses, but also a basic work to promote the full play of the functions of units and departments. However, the lack of enthusiasm and even the lack of enthusiasm of a few archives management personnel have hindered the in-depth development of archives work, resulting in a decline in the quality of archives work. Relevant departments should take effective measures to mobilize the work initiative and enthusiasm of archives staff, enthusiastically and actively invest in daily management, and better provide archives services for the development of archives management and the masses involved. As the archives management work is usually cumbersome, it will inevitably lead to the slack of archives managers and slow the work process. Therefore, it is necessary to build relevant management mechanisms to stimulate the work initiative and enthusiasm of archives managers and promote the smooth development of archives management work. To construct the incentive mechanism of archives management, we should first strengthen the examination and supervision and the organization and leadership of archives work, introduce and implement the competition mechanism, and then correctly use the incentive measures. Secondly, give full play to the advantages of information technology, innovate archives management methods, further enhance the sense of mission and responsibility of archives departments and personnel, innovate archives management means, consolidate the foundation of archives management, do a good job in the collection, sorting and audit of archives materials, strictly check and identify archives materials, and standardize the classification and sorting of archives materials. Strengthen education and training, improve comprehensive quality, constantly improve the theoretical literacy of archives managers, and put archives education and training on the important agenda.

Objective: To study the mental health status of archivists, which plays an important role in the development of archives. However, there are few reports on the research on the mental health status of archivists at present. Therefore, the author conducted relevant investigations in order to attract the attention of relevant departments to the mental health status of archivists and provide relevant basis for leaders' management and decision-making.

Subjects and methods: 520 in-service archivists were randomly selected as the evaluation object to evaluate the psychological status of all subjects before and after the implementation of the archives management incentive mechanism.

Research design: The self-made staff general information questionnaire, Symptom Checklist 90 (SCL-90), Defense Style Questionnaire (DSQ) and Life Events Scale (LES) were used to evaluate the psychological status of all subjects before and after the implementation of the archives management incentive mechanism.