

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.

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

Results: It can be seen from Table 1 that the total score of life events, immature defense mechanism, age, position, negative life events, family life events and gender are the main factors affecting the score of SCL-90. Therefore, life events are one of the important factors affecting subjects' mental health, but the degree of influence of life events is not absolute. It is only an external cause, but also through internal causes. Life events mainly affect the mental health of subjects from two aspects: one is the frequency and intensity of life events borne by individuals, and the other is the individual's cognition, defense style and tolerance to life events. Therefore, unit leaders should reduce the occurrence of life events of archivists, especially avoid the occurrence of negative life events.

Table 1. Multiple linear stepwise regression results of many factors affecting mental health

Project	B	Beta	t	P
Total score of life events	0.462	0.478	12.030	0.000
Immature defense mechanism	17.000	0.493	14.818	0.000
Age	-1.013	0-.153	-4.716	0.000
Post	18.832	0.152	4.685	0.000
Negative life events	8.391	0.123	3.829	0.000
Family life events	1.281	0.155	3.949	0.000
Gender	7.524	0.067	2.041	0.000
Constant phase	44.218	-	3.581	0.000

Conclusions: In the new era, archives managers should not only have a high sense of responsibility, good professional ethics and rigorous working attitude, but also have solid theoretical knowledge and professional skills of archives management, so as to further promote the development of archives management. Units should help archivists understand their defense characteristics, master some methods to maintain psychological balance and solve practical problems, make corresponding adjustments, correct bad defense mechanisms, establish a mature defense system and better deal with life events, which will undoubtedly promote archivists' psychological maturity and improve their ability to withstand setbacks, so as to continuously improve the overall quality of archivists.

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STUDY ON THE INFLUENCE OF DIFFERENT SPORTS MANAGEMENT MODES ON COLLEGE STUDENTS' MENTAL HEALTH AND OPTIMISM

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Background: College students are the main group of students in China. Although college students are also students in school, there are obvious differences with middle school students and primary school students. When a high school student enters college life after graduation, it shows that the student has gradually mastered the basic knowledge of life and can be responsible for his own life and study. It also means that the student will be separated from the careful care of his parents and study and live alone. Most college students will have strange psychology when they first enter the university. Under the influence of strange environment, a large number of college students will have anxiety and anxiety. The generation of anxiety and anxiety is called negative psychological activities in psychology. Generally speaking, the negative psychological activities of college students are usually influenced by the environment and individuals. The environment includes campus environment and living environment. There are natural environment and learning environment in the campus environment. The learning environment is more likely to make college students have negative emotions. Personally, when facing more complex learning contents, college students will inevitably be restless, produce evasive psychology, and are unwilling to learn new