

the role of “sneaking into the night with the wind, moistening things silently”.

**Objective:** In recent years, with the deepening of educational reform, higher vocational education has developed rapidly, and the situation of college students’ mental health is not optimistic. How to cultivate high-quality talents with outstanding skills and healthy body and mind, and how to strengthen the mental health education of college students are the urgent issues to be solved in the current college education. This study believes that although the characteristics of art education and mental health education are different, they have the same blending point. The realization of the integration and penetration of the two plays a guiding role in the development of secondary vocational students’ mental health and sound personality.

**Subjects and methods:** In order to have a more comprehensive understanding of college students’ mental health and their understanding of art education, art activities and art classes, this study evaluated 262 college students in 6 classes of grade 1 of art major in a university through Symptom Checklist 90 (SCL-90) and college students’ art curriculum evaluation scale, including 127 boys and 135 girls. SCL-90 is mainly used to examine the subjects’ abnormal behavior and the possibility of psychological and mental diseases. The scale has 90 self-assessment items, including a wide range of psychiatric symptomatology, involving feelings, consciousness, thinking, emotion, behavior and even diet and sleep. The 9 factors of the test reflect the psychological symptoms in 9 aspects respectively. The higher the score, the more serious the symptom.

**Results:** According to the assessment, the number of students with psychological problems in 6 classes of grade 1 of art major is shown in Table 1.

**Table 1.** Number of students with psychological problems in each class

Class	Light	Moderate
A	9	0
B	11	4
C	9	0
D	13	1
E	12	1
F	7	1
Full grade	61	7

**Conclusions:** The results show that the overall psychological level of the subjects belongs to the normal category, in which 23.28% of the students have mild psychological distress, and the number of girls is slightly more than that of boys. 2.67% of the students had moderate psychological distress. The main problems focused on paranoia, hostility, interpersonal sensitivity and obsessive-compulsive symptoms. 11.45% of the students had paranoia, manifested as projective thinking, hostility, suspicion, delusion, exaggeration and other symptoms. 9.92% of the students had hostility, which showed that they often felt bored, fell objects, and had a bad temper. 8.39% of the students were sensitive to interpersonal relationships, had a sense of inferiority in interpersonal communication, were restless, and were clearly dissatisfied with communication, negative performance and negative expectations. 8.39% of the students had obsessive-compulsive symptoms, which were mainly manifested in thinking about unnecessary things. In addition, they may have obsessive-compulsive symptoms of meaningless thoughts, impulses and behaviors, and they could not get rid of them.

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## RESEARCH ON THE POSITIVE INFLUENCE OF THE CONSTRUCTION AND PERFECTION OF COLLEGE TEACHERS ON COLLEGE STUDENTS’ MENTAL HEALTH EDUCATION

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**Background:** College students are in the transitional stage of late youth and early adulthood in terms of psychological development. Therefore, college students face great challenges in all aspects of psychological development, such as life adaptation, personality independence, emotional development and interpersonal

communication. Relevant documents have pointed out that college students' mental health education should focus on construction and education. Mental health education should take classroom teaching and extracurricular education guidance as the main channels and basic links, and form a network and system of mental health education that closely combines in class and extracurricular, education and guidance, consultation and self-help. The Ministry of education clearly requires all colleges and universities to carry out the mental health education course as a public compulsory course among all freshmen, and clarifies the purpose of the course, teaching content, teaching mode, teaching management and other relevant specific contents. The opening of public compulsory courses of mental health education has further strengthened the attention of university educators to the mental health problems of college students, greatly improved the efficiency of mental health knowledge publicity and popularization, covered freshmen without dead ends, expanded the popularity of mental education, and made the work of mental health education in colleges and universities enter a new stage. The course of college students' mental health education is a process based on the humanistic "student-centered" concept, which emphasizes the combination of psychological knowledge and self-experience on the basis of mobilizing students' knowledge, emotion and intention in an all-round way, and the construction of students' self-cognition, experience and debugging system. The particularity of college students' mental health education course puts forward higher requirements for the teaching and reform of this course. The teaching quality of a course largely depends on the teachers' understanding, construction and design of the course. Therefore, building a team of high-quality teachers of mental health education is the top priority of the teaching reform of the course. As for the construction of the team of college students' mental health teachers, it is necessary to build a relatively stable college students' mental health education team with a small number of capable full-time teachers as the backbone, full-time and part-time integration, professional complementarity and other ways. However, in the actual teaching work, there are many difficulties in the formation and development of the teachers' team of mental health courses in colleges and universities.

**Objective:** College students' mental health education course is the most effective, fastest and most comprehensive way to popularize mental health knowledge. Although this course has been highly valued by the national education department, there are still various problems in the actual implementation process. Among all the problems, the construction of teaching staff is the key, which can only be solved by perfecting the institutional setting. Carrying out the construction of curriculum standardization. Provide systematic and continuous professional training for teachers. Encourage the development of "double qualified" teachers. Perfecting the teaching evaluation system. Only by guiding the "combination of teaching and research" can we promote the improvement of teachers' professional ability, so as to promote the reform and development of college students' mental health education curriculum. This study will focus on the construction and improvement of college teachers, and further analyze its positive impact on college students' mental health education.

**Subjects and methods:** 200 students with mental health problems in a university were selected as the research object to evaluate the mental health status of college students before and after the construction and improvement of the teaching staff. Hamilton Depression Scale (HAMD) and Hamilton Anxiety Scale (HAMA) were used as the main evaluation methods. Among them, the HAMD scale adopts the version of 17 items, including 7 factors. The evaluation grade is divided into three grades, i.e., > 24 (severe depression), > 17 (moderate depression) and > 7 (mild depression). A score lower than 7 indicates no depression. HAMA scale includes two factors. The higher the score, the more serious the anxiety. Relevant data are calculated and counted by Excel software and SPSS20.0 software.

**Results:** After the construction and improvement of the teaching staff in colleges and universities, the total scores of HAMA and HAMD of students decreased significantly ( $P < 0.05$ ), indicating that the construction and improvement of the teaching staff in colleges and universities can effectively improve the bad psychology of students.

**Table 1.** Comparison of anxiety and depression of tourists before and after travel

Score	Factor		P
	Before construction	After construction	
HAMA total score	19.23±4.52	9.61±3.93	0.019
HAMD total score	23.49±5.25	22.19±4.53	0.826

**Conclusions:** For the reform and development of college students' mental health education curriculum, the construction of teaching staff is the key. It can provide practical and beneficial guarantee for the construction of teachers' team by improving the institutional setting. Let the teachers' team participate in the design of the curriculum module to realize the standardization of the curriculum. Provide more professional practice and training opportunities for teachers. Establish a perfect curriculum evaluation

system to improve the professional ability of teachers, so as to promote the long-term development of college students' mental health education curriculum.

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## THE INFLUENCE OF MODERN LOGISTICS MANAGEMENT OPTIMIZATION STRATEGY ON ALLEVIATING EMPLOYEE ANXIETY UNDER SUPPLY CHAIN MANAGEMENT MODE

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**Background:** From the perspective of psychology, anxiety is a kind of psychological feeling and action tendency when facing future uncertainty. It is mainly characterized by widespread persistent anxiety or repeated panic, and the anxiety psychology shown by different audiences has individual differences. Cognitive level, psychological endurance, educational requirements, age structure, genetic factors, etc., will make individuals produce anxiety under the stimulation of internal and external environmental factors. According to the statistics of who, the number of patients with anxiety disorder shows an increasing trend, and the affected population also tends to be younger and more serious. Among them, employees have become the main sufferers of anxiety disorder, which is due to the multiple pressures of work and personal life. The psychological state of anxiety disorder employees will affect their evaluation of their own value and work content, and work with a more negative emotional attitude. Moderate psychological anxiety will urge employees to constantly examine their own shortcomings and problems in work, and then solve problems with a more proactive attitude and behavior. However, excessive psychological anxiety will cause employees to fall into an emotional quagmire, resulting in emotional disorder and out-of-control behavior, which will lead to a series of psychological problems and affect the completion of work tasks and the investment of mental state. Job content, interpersonal relationship, enterprise management system, job burnout, performance appraisal standards and other multiple factors will affect the emotional changes and evaluation of employees, and become the potential cause of anxiety disorder. The competition of modern enterprises is more about the competition of supply chain management level and logistics management. The idea of supply chain management has changed the way and mode of logistics management, in which supply chain logistics management is particularly important. However, under the current supply chain management mode, the modern logistics management strategy is less concerned about the psychological health of employees. The formulation of the strategy does not better meet the psychological needs of employees, which makes them more anxious, and then causes great damage to their work and mental health. Therefore, the research explores the optimization strategy of modern logistics management under the supply chain management mode in order to alleviate employees' anxiety and improve their mental health level.

**Subjects and methods:** The research take the employees suffering from anxiety disorder in a logistics enterprise as the research object. Firstly, it classifies their anxiety degree and anxiety causes and collects information. Then it analyzes the problems existing in the current logistics management mode and studies the countermeasures, and optimizes the management strategies in combination with the supply chain management mode and the psychological status of the employees, in order to meet the work and psychological needs of the employees, Improve their sense of well-being and recognition of their work. The experiment lasted for three months. After the experiment, the data of the psychological anxiety changes of the subjects were analyzed with the help of the self-rating anxiety scale, so as to better study the influence mechanism between the psychological state of the anxious employees and the enterprise logistics management mode. With the help of social statistical analysis tool SPSS23.0, the psychological anxiety relief of employees under different logistics management modes is statistically analyzed.

**Results:** To some extent, the enterprise logistics management mode is an important embodiment of the fairness of resource distribution, and the psychological emotion of employees is closely related to the physical environment, psychological environment and enterprise management system. The key point of active intervention for employees with anxiety disorder is to fully affirm the contribution and value of employees to the enterprise. Experiments show that the improvement and innovation of enterprise logistics management mode can effectively meet the psychological needs and emotional values of employees and alleviate their anxiety symptoms. Table 1 shows the statistical results of the psychological anxiety levels of the subjects before and after the experiment. Grade 1-5 indicates the degree of psychological anxiety from light to heavy.

The results in Table 1 show that after the optimization of modern logistics management strategy with the help of supply chain management mode, employees' anxiety in the three dimensions of human management,