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## RESEARCH ON THE INTERVENTION MECHANISM OF THE INNOVATION OF COMPUTER ROOM MANAGEMENT MODEL IN COLLEGES AND UNIVERSITIES ON MANAGERS' MENTAL HEALTH AND WORK EMOTIONS

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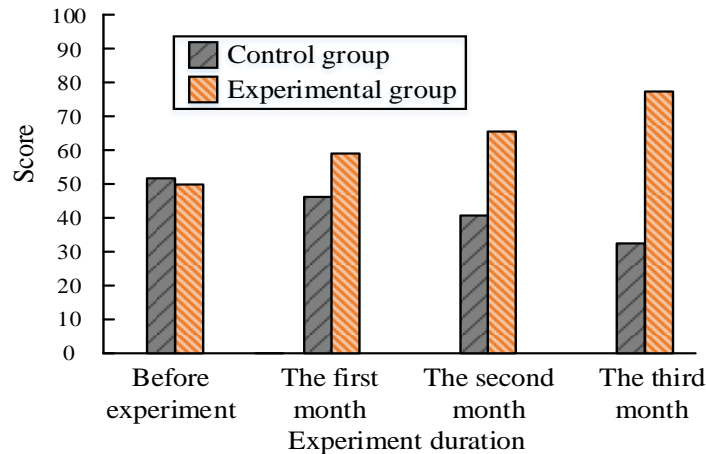
**Background:** Mental health is one of the important contents of contemporary people's health standards. Mental health and physical health also have evaluation standards, but there is no concrete and objective physical health. Mastering and understanding the definition of mental health is of great significance to enhance and maintain people's health. When mastering the measurement standard of mental health, it can be used as a basis to diagnose their own and others' mental health. When there is a certain distance between one or several aspects of mental status and the evaluation standard, it can be overcome to reach the health level. Mental health plays an important role in people's life. Healthy psychology can improve people's quality of life, feel the value of life, and promote people's positive development. There is a close relationship between mental health and work emotion. Irritable work content can destroy the individual's positive mood and emotion, resulting in negative emotions. Under the influence of long-term negative emotions, it will affect their own mental health, and easy to form anxiety, depression, irritability and other symptoms. A positive and healthy psychological mood can cope with work with a heavy burden, has a better ability to solve work, achieves twice the result with half the effort, and is conducive to prolonging the enthusiasm in work. At present, with the rapid development of information technology in society, information-based teaching of courses is also emerging. The demand and dependence of various professional courses on computers are increasing. Various level tests and vocational qualification certificates are upgraded from paper-based tests to computer tests, and the requirements for the management and maintenance of computer rooms are also increasing. At present, the miscellaneous computer room management has brought negative physical and mental impact to managers, and the negative working mood is becoming more and more serious, which is not only not conducive to the development of computer room management and teaching, but also harmful to individuals. In order to improve the level of computer room management and maintenance, meet the needs of classroom teaching, improve the use efficiency of computer room and ensure the physical and mental health of managers, the computer room management mode needs to be innovated.

**Objective:** From the perspective of protecting individual physical and mental health and cultivating positive working mood, the research puts forward innovative approaches and optimization methods for university computer room management, and verifies the feasibility of the innovative model through experiments, aiming to ensure the smooth development of school information teaching, ensure the psychological health of managers, and improve the emotional state of management in the stable period.

**Subjects and methods:** The study selected 5 computer administrators from 10 colleges and universities as the research objects to participate in the experiment of the impact of the computer room management innovation mode on the managers' mental health and work emotion. The experiment duration was set as 3 months. The experiment randomly divided 10 colleges and universities into two groups: the experimental group and the control group, with 25 people in each group. Before the experiment, the pre-experiment, post experiment and experiment process nodes were evaluated by the mental health test scale. The scale evaluated the psychological status through the aspects of self-cognition, attitude towards others, performance of coping with pressure and views on future planning. The scale contained 100 questions in total. Each evaluation question had only two answers: "yes" or "no", and 1 point was given if the evaluation was "yes". If the evaluation is "no", no score will be given. Therefore, the total score of the scale is 100, and the lowest score is 0. The higher the score, the higher the psychological health. The score range of 0-20 indicates that the psychological health of the subjects is extremely poor, 21-40 indicates that the psychological health of the subjects is poor, 41-60 indicates that the psychological health of the subjects is at a balanced level, 61-80 indicates that the psychological health of the subjects is good, and 81-100 indicates that the psychological health of the subjects is excellent.

**Results:** The experimental results of the impact of computer room management innovation mode on managers' mental health and work mood are shown in Figure 1. In Figure 1, the mental health evaluation

scores of the subjects in the control group decreased with the time of the experiment. Before the experiment, the average mental health evaluation scores of the group were 51.3 points; The average score at the end of the first month is 46.2; The average score at the end of the second month is 40.8. At the end of the third month, the score of this group was 32.7. In the experiment, the score of mental health assessment in the experimental group increased month by month, from 49.8 points before the experiment to 78.5 points after the experiment, an increase of 28.7 points. The average mental health of the control group was better.



**Figure 1.** Experimental results of the impact of computer room management innovation model on managers' mental health and work emotion

**Conclusions:** With the development of information technology, the number of computer configurations in colleges and universities has increased dramatically, and the management of computer rooms has become more difficult, which has a serious negative impact on managers' mental health and work mood. The research puts forward innovative approaches and optimization methods for the computer room management mode. The experimental results show that this method can improve the level of administrators' mental health and prolong the enthusiasm of managers' working mood.

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## A STUDY ON THE INFLUENCE OF THE OPTIMIZATION OF THE CONFUCIUS INSTITUTE CHINESE INTERNATIONAL TEACHING MODE ON STUDENTS' CROSS-CULTURAL PSYCHOLOGY AND COMMUNICATION BARRIERS

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**Background:** Cross cultural psychology is one of the civilian disciplines of psychology. Based on two or more kinds of cultural materials, cross-cultural psychology studies people's psychological status and development rules under different cultural backgrounds. There are two basic research sources of cross-cultural psychology, cultural research and psychological research. The former can analyze the differences of psychological characteristics in different cultural environments, and the latter can provide scientific explanations for the differences through the analysis of culture and environment. Cross cultural psychology provides psychologists with a new perspective to explain human psychological status and behavior, which helps to understand the nature of behavior. Through the comparison of two or more cultures, it makes an acute comparative test of psychological theories, so as to improve research results. Moreover, cross-cultural psychology plays an important role in cultural promotion and communication, and is conducive to overcoming the obstacles in cultural communication. Communication barriers are deviations in the exchange of ideas. Communication barriers can be seen everywhere in information and language communication. Overcoming communication barriers is of great significance to life and practical work. In the international community, the existence of communication barriers is more obvious. The customs and cultures of different countries, nationalities and regions are different in verbal or non-verbal expressions. Different systems, positions, educational levels and life experiences cause differences in understanding.