

play an important role in the cultivation of graduate students, and also play a vital role in graduate mental health education. Therefore, how to give full play to their own advantages to promote graduate mental health education and have a positive impact on graduate students is an urgent problem to be solved.

Subjects and methods: Firstly, this paper defines the job responsibilities of graduate tutors' mental health education, brings tutors into the mental health teaching team of colleges and universities, as an effective supplement to the graduate mental health education team, defines the dominant position and specific tasks of tutors in the graduate mental health education, and standardizes the focus of tutors' mental health education in each stage of graduate training. Secondly, formulate a special training system for graduate tutors' mental health education, strengthen the construction of tutor training infrastructure and training courses, and ensure the scientificity of tutors' mental health education and training funds and training process. Special administrative agencies and personnel are responsible for the mental health education and training of graduate tutors, formulate detailed training programs and strengthen training management. Then, clarify the working concept of graduate tutors' mental health education. The tutor focuses on reasonably adopting the methods in psychological counseling, cultivating students' excellent psychological quality, and on this basis, counseling general psychological problems, rather than professional treatment or correction. Finally, optimize the training content of graduate tutor's mental health education. The tutor should strengthen the ethics and professional ethics that should be followed in mental health education, learn general psychology and understand the common law of human psychological phenomena. In terms of the basic operation and skills of psychological counseling, the tutor needs to master the counseling skills used for the communication between teachers and students, as well as the differentiation and diagnosis skills of general and serious psychological problems.

Results: The results show that this method establishes and improves the mental health education and training mechanism of graduate tutors, enhances the tutors' sense of responsibility for mental health education, improves the professional knowledge and skills they need to carry out mental health education, makes them consciously apply to graduate training, and timely infiltrates in the process of guiding graduate students. Mental health education in Colleges and universities has also played an important role in improving the mental health level of postgraduates and promoting the growth and development of postgraduates.

Conclusions: In short, colleges and universities should stimulate the enthusiasm and consciousness of tutors in graduate mental health education, give full play to their own advantages, shoulder the established task, cooperate with teaching and auxiliary personnel of mental health education, form an all-round graduate mental health support system, and become the guarantee of Graduate Mental Health in Colleges and universities.

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RESEARCH ON AESTHETIC PSYCHOLOGY OF TRADITIONAL CLOTHING FROM THE PERSPECTIVE OF CULTURAL PSYCHOLOGY

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Background: The evolution of national traditional clothing culture has experienced a complex and diverse historical process, reflecting the differences in the connotation and extension of emotional language and culture of different nationalities, different periods and different regions, as well as the centralized unity of cultural psychology and aesthetic psychology. The formation of national aesthetic psychological set is influenced by local geographical environment, production mode and cultural tradition. Therefore, it is of great significance to study the aesthetic psychology of traditional clothing from the perspective of cultural psychology.

Subjects and methods: 50 typical representatives wearing national traditional costumes in different regions were selected as the control group and 50 typical representatives not wearing national traditional costumes as the control group. The two groups of data were obtained and analyzed by SPASS software to study the aesthetic psychological characteristics and psychological adjustment. Firstly, the national traditional dress is regarded as a symbolic aesthetic activity through the transformation of a discourse into

a function or a value affirmation. Then, from the perspective of semiotics, re-examine the aesthetic psychology and emotional cognition embodied in national traditional clothing, guide the control group to grasp the essence of national traditional clothing from the complex historical and cultural background, and improve the re cognition of national spiritual quality and aesthetic culture in the control group. Finally, it should grasp the characteristics and charm of different national traditional costumes, accurately use the symbolic elements of national traditional costumes, and combine modern aesthetic psychology to create traditional costumes in line with modern aesthetic psychology.

Results: Through the two groups of comparative experiments, we can see the changes of public aesthetic psychology: while the control group obtains its own survival mode in its unique humanistic environment and cultural psychology, it can project its unique cultural psychology and national aesthetic psychological set into traditional clothing and express it incisively and vividly through clothing symbols. The control group improved the perceptual understanding of the modeling and decoration of national traditional costumes, and deepened the understanding of the psychological mapping function of national traditional costumes from the visual language system of national traditional costumes. The results showed that the control group had stronger ability to withstand setbacks and adapt to the environment than the control group.

Conclusions: This study gives the most basic function of symbols to national traditional costumes, and objectively presents experience for people's psychological activities such as emotion, cognition and understanding. The emotion generated by the aesthetic psychology of national traditional costumes is not only the inner experience accompanied by the wearer's psychological activity, but also an important content to optimize the psychological quality. Therefore, using the aesthetic psychology of national traditional costumes to optimize their own emotions plays an irreplaceable role in cultivating sentiment and regulating emotions.

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RESEARCH ON PSYCHOLOGICAL OBSTACLES AND PSYCHOLOGICAL TRAINING OF COLLEGE FOOTBALL PLAYERS IN COMPETITION

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Background: Football match has a specific competition background. Football players are affected by competition tasks, competitors, external environment and methods. Although psychological training and physical exercise are related, its nature determines its specificity. From the perspective of psychology, with the gradual enhancement of external stimulation, psychological pressure also increases, resulting in lack of self-confidence, which greatly affects the result of the game. Therefore, for the correct adjustment of psychological activities and overcoming psychological obstacles, psychological training has become a problem that teachers and coaches pay close attention to and need to be solved.

Subjects and methods: In order to improve the psychological obstacles of college football players in the competition and dig out the influencing factors more conducive to the training effect, 40 football players were selected as the research object from September 2020 to September 2021, which were divided into two groups with 20 people in each group. The group that did not receive the methods of overcoming psychological obstacles and psychological training was used as the control group, and the group that received the methods of overcoming psychological obstacles and psychological training was used as the experimental group. The experimental group carried out psychological obstacle overcoming training and psychological training for four seasons, recorded the whole process in detail, and transformed the competition experience into psychological training. After the completion of the experiment, the questionnaire was carried out for the experimental group and the control group to obtain the data, and then the statistical analysis was carried out to obtain the differences between the control group and the experimental group. Before the game, according to the nature of the game, the characteristics of the players themselves and the sports team and the current state, we should adopt reasonable and targeted psychological training methods to effectively adjust the psychology of football players, so as to eliminate bad psychology and enhance psychological stability, so as to make football players achieve the best psychological and physiological state.