

elderly care center is at the middle and upper levels, and the elderly are generally happy; The Elderly Department of the Wisdom Elderly Care Center is generally satisfied with the old age life; The mental health status of the elderly in the wisdom pension center is related to a variety of factors, such as age, physical condition, number of children, marital status, economic status, education level, interpersonal relationships are relatively close, and have little to do with gender, occupation, etc. However, through the survey, it was also found that there are many problems in the service of smart elderly care centers. Based on the above empirical investigation and analysis, the construction of the service system for the elderly in the wisdom pension center puts forward countermeasures and suggestions from the perspectives of social pension, community service, family atmosphere and personal adjustment.

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THE APPLICATION OF MENTAL HEALTH EDUCATION IN CULTIVATING SELF-MANAGEMENT LITERACY OF MIDDLE SCHOOL STUDENTS

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In recent years, with the upsurge of self-literacy at home and abroad, this is the answer to what kind of people education should cultivate. Self-management literacy for secondary school students defines mental health literacy as the knowledge, attitudes and behavioral habits developed by individuals in promoting their own and others' mental health and coping with their own and others' mental illnesses. This conceptual framework encompasses mental illness response - mental health promotes self-management literacy; In terms of content, it contains three aspects: knowledge, psychological attitude and psychological behavior habits. In addition to the management given by students in the process of receiving school education and teaching, they should also learn to strengthen their own management. Literacy can be considered as the cultivation process of various qualities such as ability, quality, etc., which is cultivated through the way of nurture. We can know that the ability of self-management is also cultivated in the process of acquired development, so what is the current status of self-management ability of middle school students? What are the worrying problems that have emerged, what have caused these problems, how we should cultivate the self-management ability of middle school students, and so on, are all worth thinking about. In this study, 600 secondary school students were surveyed using a questionnaire. SPSS 19.0 statistical software was used for data entry and descriptive analysis, one-way ANOVA, t-test, correlation analysis, multivariate step-by-step analysis; AOS 23.0 was used to analyze the structural equation model, and the relationship model of self-learning management, self-mental health management, self-life management and mental health was established. Through the investigation and analysis of the problems and causes of the cultivation of students' self-management ability, a comprehensive analysis is carried out, and combined with the characteristics of students' own development, the goals of self-management are formulated to improve the ability of self-management, so as to promote the further development of students' mental health.

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PSYCHOLOGICAL STATE AND DEBUGGING COUNTERMEASURES OF COLLEGE STUDENTS BASED ON EPIDEMIC PREVENTION AND CONTROL

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The COVID-19 pandemic has a certain impact on the mental health of college students, and full attention should be paid to the changes in the psychological state of college students. Under the influence of the epidemic, college students are prone to psychological problems such as fear, anxiety, emptiness,

and maladaptation, which may be caused by cognitive gaps, excessive use of the Internet, insufficient social support systems and psychological resilience. In this paper, taking a university student as the survey object, the social support scale, the psychological resilience scale, the anxiety self-assessment scale and the depression self-assessment scale were used to survey 500 students in a vocational college, and 450 valid questionnaires were collected, and the relevant analysis and multiple regression analysis methods were used to study the impact of psychological toughness on the direct regulation of social support on their mental health. Through research, it is found that the psychological anxiety problems of college students during the normalization of epidemic prevention and control are still relatively common, and colleges and universities have set up psychological assistance hotlines, psychological counseling rooms, online consultations, mental health knowledge pushes, psychological books and video production to provide students with timely psychological relief and guidance, screening and intervening in psychological crises, reducing psychological pressure, and resolving contradictions and disputes. Especially for some students with high incidence of the epidemic and poor families, it is very necessary to give students timely psychological counseling. Public health emergencies in colleges and universities are not only health crisis events but also major psychological crisis events, psychological debugging countermeasures during the epidemic and psychological repair after the end of the epidemic are very important.

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PSYCHOLOGICAL DISORDERS AND SOCIAL BEHAVIOR PROBLEMS OF INTERNATIONAL STUDENTS IN CHINA

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The difference between the accumulation of inner culture and the migration of external culture can easily lead to the impact and vibration of people's psychology, which is called "cultural shock". Cultural shock is easy to cause international students to have deep anxiety in psychology, and if this deep anxiety is not overcome and eliminated in time, it may lead to various psychological disorders or social behavior problems (such as some people even take harmful behaviors to vent), so that they cause serious harm and consequences to themselves or others, resulting in a real crisis. Psychological disorder refers to the mental illness of the individual who is unable to act in a socially approved and appropriate manner, resulting in a certain negative impact on himself and society by the consequences of his behavior, and the psychological disorder generally includes three situations: First, psychological dysfunction. Refers to impairment of cognitive-emotional or behavioral functions; Second, personal suffering. The condition causes a certain amount of suffering to the individual; Third, atypical or uncultural expectations. Through the survey, this paper finds that the root cause of the problems in cross-cultural adaptation of international students in China is cultural differences. Cultural differences, in short, cultural differences between different countries and different peoples, this difference is the coexistence of diversity and implicitness. Language, ethnicity, customs, and religious beliefs are all explicit differences, and implicit differences are expressed through the behavior and spiritual achievements of artificially transforming nature and society, including thinking patterns, social norms, and values. If international students in China cannot overcome the various difficulties caused by cultural differences in the process of adaptation, it is often easy to cause different degrees of incompetence, frustration, depression and anxiety to these international students, which in turn leads to more serious psychological disorders such as emotional disorders and personality disorders. Considering the particularity of international students, qualified institutions can set up psychological counseling institutions for international students and hire experienced counselors to provide cross-cultural psychological counseling for international students. Give different attention to international students in different countries and at different times; Psychological assistance is provided not only to international students at the individual level, but also to international students as a group. At the same time, it is necessary to train the relevant psychological knowledge of the relevant staff of international students, including teachers, so that they can discover and prevent some psychological problems and obstacles of international students in practice. Finally, psychological measurements are regularly or irregularly at various stages of cultural adaptation of international students, so as to dynamically grasp the psychological state of international students in real time as much as possible, and timely guide and eliminate their psychological problems.

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