STRATEGIES OF PROMOTING STUDENTS' COMPREHENSIVE PSYCHOLOGICAL QUALITY READING IN UNIVERSITY LIBRARY

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Background: The Law of the People's Republic of China on Public Libraries, which officially came into effect in 2018, as the first cultural legislation formally adopted in China after the 19th National Congress, promotes the construction and development of libraries in China will continue to be legalised. In this legislation, it is clearly stated that public libraries should provide free reading services to the society, and at the same time, they should strengthen the activities related to book exchange and reading guidance to promote reading for all. Under the requirements and guarantees of national legislation, libraries of all kinds across the country have begun to seize this opportunity to strengthen the optimal construction of public libraries, to continuously promote reading for all, to cultivate people's interest in reading, to enhance the influence of libraries in society and to strengthen mental health education for people.

Under the guarantee of legislation, reading for all has become one of the important strategic development goals of the country. Among them, university students are the key training talents of the country, moreover, the future of the country, and universities should also actively respond to the call of reading and focus on developing university libraries. In recent years, the mental health of university students is not optimistic, and universities and even society should focus on the mental health of students. In the report of the 19th Party Congress, it is clearly pointed out that the construction of a social psychological service system should be strengthened, a positive and optimistic attitude should be cultivated, and people should be promoted to form a good psychology of self-esteem and self-confidence. In 2017, the Ministry of Propaganda, the National Health and Family Planning Commission and many other departments jointly issued the Guidance Opinions on Strengthening Mental Health Services, in which it is particularly pointed out that mental health education for students in colleges and universities should be strengthened and relevant courses or activities should be actively organised, etc., so that college students can develop a healthy psyche and have a strong adaptability. In the Guidance on Mental Health Education for Students in Higher Education, it is further clearly stated that universities should attach importance to mental health education for university students, promote their healthy physical and mental development, and cultivate them to form good psychological qualities. At the same time, universities need to strengthen humanistic care for students, and in the process of education, not only teach professional knowledge, but also improve students' psychological quality and moral education.

Objective: University students have always been the focus of society's attention, and are an inexhaustible source of power for national development. In order to improve the comprehensive psychological quality of university students, it is imperative to promote mental health reading in university libraries. The mental health of university students is crucial to their personal growth, but also to the survival and development of the country. Universities are the key training area for talents, but also an important bridge between talents and society, and must pay attention to the psychological health education for students. In their daily studies, university students tend to neglect their own mental health and are not good at psychological counselling when they are confused about their own psychology. Over the years, there have been many incidents of students committing suicide and dropping out of university due to psychological problems, and universities must pay attention to them and strengthen the mental health education for university students. In order to put in place mental health education for students and to avoid activities and courses related to mental health education only remaining superficial, libraries are the most suitable platform. More than any other form of education, libraries are the most frequented places by university students. Students are involved in careful, reading and lectures, and mental health reading will be promoted in place in libraries so that university students can reduce their psychological pressure and soothe their emotions under the influence of books and avoid tragedies.

In addition to this, another major goal of mental health reading promotion in university libraries is to strengthen the transformation of university libraries. Due to the development of Internet information technology, university students are increasingly relying on the Internet for more resources and information, and less and less on libraries. The traditional form of library can no longer meet the needs of students. Only by seizing the opportunity, timely transformation and continuous innovation in the form of library services can university libraries attract more students to carry out study and reading in the library, etc. In order to enable university libraries to transform effectively and strengthen innovation, strengthening the promotion of mental health reading is one of the good measures to provide psychological help for students, which can better meet the needs of students' growth. Changing the service model of libraries from passive to active can enable university libraries to play a greater role.

Subjects and methods: Although university students are adults, they have not yet entered society and their psychological development is still not mature enough. They are less able to manage their emotions and are prone to various mental health problems. The mental health problems of university students will directly affect their character development, and may even seriously affect the stability and harmony of the campus and society. Therefore, in the process of studying the promotion of psychological health reading in university libraries, university students and university libraries must be taken as the main research objects, and the psychological health reading promotion channels of university libraries and the impact on the psychological health of university students must be studied in depth. A survey found that many universities have started to promote mental health reading in their libraries, and some universities have established reading therapy reading rooms in their libraries to provide psychological counselling and mental health education to students through reading therapy and music therapy. Some university libraries have set up reading therapy associations to conduct psychological health education activities such as special lectures and reading salons for students under the leadership of a team.

In the promotion of mental health reading in university libraries, universities should first establish a high-quality team and strengthen the training of talents. In the team can be related to the professional teachers, talent together, requiring everyone in the team should have a sense of mission and responsibility, can be willing to help others, actively participate in the promotion of mental health reading work, and have a certain degree of promotion ability. Secondly, it is also necessary to strengthen the establishment of a publicity and promotion system, so that students can really pay attention to mental health reading by expanding the publicity. College libraries can make use of microblogs and WeChat, which are currently the most accessible to college students, to promote and publicise mental health reading and guide students to actively participate in it. In addition, universities can create a reading space or reading therapy reading room with the theme of mental health in the library, taking advantage of the natural environment of the library to provide a space where students can relieve their emotions and relax their stress, and place a wealth of mental health books in it, including interpersonal interaction, motivation, self-awareness and stress reduction, etc., with the help of professional staff. With the recommendation and assistance of professional staff, students are engaged in mental health reading to promote their mental health development.

Result: Through the continuous promotion of mental health reading in university libraries, university students will gradually realise the importance of mental health and begin to face up to their mental health problems, actively participate in mental health reading services, and seek professional help when they encounter mental health difficulties. With the building of professional teams for mental health promotion in university libraries, more professionals and caring people will be attracted to join them, making the promotion work more efficient and providing more professional psychological guidance to students. With the establishment of reading spaces or reading therapy reading rooms in university libraries, it provides a good environment for university students to release their inner stress and relieve their psychological problems, so that they can properly understand and heal themselves in response to reference books when facing mental health problems, and also seek help from professionals.

With the promotion of mental health reading in university libraries, the service system of school libraries will become more and more perfect, and the mental health education of students can be carried out effectively. For schools, the promotion of mental health reading in libraries will enable them to better understand the psychology of students, provide them with targeted guidance, solve their psychological problems and promote a more harmonious development of the campus. For university students, the promotion of mental health in libraries can help them understand mental health problems, relieve the pressure in their lives and studies in a specific environment, and provide them with a way to seek help when necessary, so that their psychological problems can be effectively solved and their physical and mental health development promoted.

Conclusion: Through reading, people can gain knowledge from it and at the same time feel the right attitude towards people, strengthen the psychological construction, so that they can form a correct outlook on life and values. University students are in a critical period of development, and are an important force in the development of the country. The psychological health of university students is also being paid more and more attention to. The promotion of mental health reading in university libraries can effectively achieve mental health education for students, and under the transformation of library services, university students can feel more humanistic care in the library, which is also conducive to their mental health development. The promotion of mental health education in university libraries is not only conducive to the mental health education of university students, but also conducive to the construction of a harmonious and stable campus environment, which is crucial to the development of universities.

In order to make the promotion of mental health education in university libraries play its important value, in the work, strengthen the analysis of the psychological development of university students and

carry out targeted mental health education work from the perspective of students' development, in order to really make students develop a good psychological state and promote their healthy development. In the process of promoting mental health education in university libraries, universities have set up professional promotion teams and mental health education teams to play a correct guiding role in the reading process of students, and make use of the natural environment of libraries to create special mental health reading spaces for students, so that they can relieve their psychological pressure and cultivate their mental health qualities in a specific environment. With the promotion of mental health in the library through various means, it can effectively play its role in strengthening mental health education for students and promoting their healthy development.

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THE ROLE OF VOCATIONAL PSYCHOLOGICAL EDUCATION IN REGULATING STUDENTS TO OVERCOME PRESSURE OBSTACLES

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Background: In recent years, the issue of psychological disorders among vocational school students has often been on the top of the social hot list and has received widespread attention from the whole society, and the results of most of the incidents are saddening. In this new context, vocational school students are more socially oriented and face some economic, employment and interpersonal pressures in addition to basic academic pressures. As a result, the factors that give rise to psychological problems are becoming more and more complex, which is a challenge for both education and social development and requires the right guidance from a psychological perspective. Currently, some schools abroad are aware of this problem and have established a social work system within the school, using a combined "school-community-student" relationship model to this is a way of bridging the gaps within the school, listening to the students and breaking through barriers to achieve progressive guidance. In contrast, most vocational schools in China have not set up organisations and implemented initiatives to address students' complaints and internal demands, which often remain at a basic level and have not been investigated in depth. According to the current research on psychological disorders of vocational school students, some students often face pressure that exceeds their own psychological tolerance limit, coupled with the complexity of interpersonal relationships within the school, the pressure cannot be released resulting in psychological disorders, irritability, irritability, autism and other situations, and even the idea of light-heartedness, so it is necessary to study the psychological regulation of students' psychological disorders in vocational schools.

Objective: The aim of this study is to direct teachers' attention to the psychological situation of vocational education students and to provide them with specialised psychological guidance services. Transforming the function of educators from the role of knowledge transmitter to that of counsellor, psychological guide, listener, supporter, etc., thus establishing a good teacher-student relationship and helping psychologically challenged groups to reshape their attitudes to learning, develop their interests and personal willpower, while emphasising the differentiated development of students and maintaining the advanced nature within vocational schools.

Subjects and methods: In this study, 36 students majoring in business English and 67 students majoring in automation in a vocational school, where business foreign language students need frequent practical training in oral expression, while practical training in automation majors tends to be more manual and less communicative activities. The former's psychological barriers mainly come from academic pressure, while the latter's sources of psychological barriers are mainly interpersonal communication, and the cases are more typical.

In this study, literature survey, questionnaire and interview methods were used. The literature survey method mainly collects a large number of contents on the psychological guidance and psychological disorders analysis of vocational students, and finally summarizes them as inferiority complex due to weak basic knowledge; intimidation due to high pressure of coursework; lack of interest in learning due to