

complete educations”, analyzes the impact of the construction of the long-term mechanism of “three complete educations” on the teaching of ideological and political education, and then analyzes the positive impact of ideological and political education on students’ mental health under the construction of the long-term mechanism of “three complete educations”.

Study design: Taking a college student as the research object, this paper uses principal component analysis to determine the specific factors affecting students’ psychological emotion in ideological and political education, so as to improve ideological and political education with the help of the theory of “three complete educations”, and puts forward the long-term mechanism of “three complete educations”, so as to optimize the teaching system of ideological and political education. Select 100 students for teaching practice, evaluate the psychological changes of students before and after teaching, and analyze the impact of the construction of the long-term mechanism of “three complete educations” on students’ mental health.

Results: The psychological changes of students in the construction of the long-term mechanism of “three complete educations” are shown in Table 1. Table 1 shows that students’ negative emotions gradually decrease and positive emotions gradually increase in the teaching process.

Table 1. Psychological changes of students in the construction of long-term mechanism of “three complete educations” ($n=110$)

Project	Before teaching	After teaching	<i>P</i>
Number of positive psychologies	41	97	<0.05
Number of negative psychologies	69	13	<0.05

Conclusions: The cultivation of college students’ mental health is the key content of college education. How to use ideological and political education to establish students’ healthy psychological concept is very important. Based on the long-term mechanism of “three complete educations”, this study discusses the impact of ideological and political education on students’ psychological problems in the construction of the long-term mechanism of “three complete educations”. The results show that the construction of the long-term mechanism of “three complete educations” can effectively help students establish a good positive psychology. Therefore, in the cultivation of college students’ mental health, using new teaching ideas to build and improve the ideological and political teaching system can significantly improve students’ positive psychology and promote students’ future development.

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RESEARCH BASED ON THE NEW CONCEPT OF DISABLED PEOPLE’S PSYCHOLOGICAL INTEGRATION AND SOCIAL SUPPORT

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Background: Under the background of the new era, the main contradiction of society has changed, and the focus of society and government is people’s mental health. With the improvement of people’s material living standards, the mental health of people with disabilities has attracted extensive attention from all walks of life. According to the latest data of China Disabled Persons’ Federation, the proportion of disabled persons in China is as high as 6% of the total population, and this proportion shows an upward trend year by year. Most people with disabilities have different degrees of psychological problems due to the influence of physical diseases or obstacles. According to the medical data, compared with the normal group, the mental health level of the disabled is lower, and they are more prone to negative psychology such as anxiety and depression, which leads to the lower overall mental health level of the disabled. The psychology of disabled people is not only affected by physiological factors, but also by employment conditions. Employment is the main means for the disabled to obtain income, which is also the way for them to integrate into society. It is believed that the level of employment and the quality of mental health of the disabled will also have a direct impact on the level of employment and the quality of life of the disabled. However, there are few studies on the influencing factors of the mental health of the employed disabled, which plays an important role in improving the mental health of the disabled.

Some studies have pointed out that the mental health problems of the disabled are caused by the interaction between the individual and the social environment, and the help and support of the surrounding environment to the disabled is the main reason affecting the mental health of the disabled. Social support is the expressive or instrumental support provided by others. It is real and felt by individuals. It can be divided into subjective support and objective support. Subjective support is to understand social support. It is the subjective feeling and evaluation of the degree of individual support from the outside world, which is also to evaluate the social support from the subjective aspect. Some studies have shown that individuals have a positive effect on self-worth, sense of belonging, sense of goal and self-worth through the integration of social resources, so as to enhance their subjective well-being. Some scholars believe that subjective well-being is closely related to personal mental health. Domain social support plays a positive role in mental health. The greater the domain social support, the more happiness and happiness people feel. In recent years, academic circles generally believe that the disabled and normal healthy people have good social support and social relations, which will promote their physical and mental health.

Objective: In order to analyze the impact of the mental integration and social support model of the disabled based on the new concept of the disabled on the mental health level of the disabled, in order to contribute to the improvement of the mental level of the disabled.

Research objects and methods: 100 disabled people were selected as the research object. After applying the psychological integration and social support model of disabled people based on the new concept of disabled people, the psychological status was evaluated by the ordering points to identify the clustering structure (options) algorithm. The experimental period lasted for 3 months. The evaluation content includes six aspects: self-affirmation, job satisfaction, optimism, resilience, hope and self-efficacy. The evaluation results are analyzed by the five-grade scoring standard of 0-4. 0, 1, 2, 3 and 4 respectively mean no impact, slight impact, impact, strong impact and obvious impact. The ratio of the number of people with improvement rate influence, strong influence and obvious influence to the total number of people. In order to ensure the reliability of the research results, the average value of all objects is taken as the final result.

Methods: Through SPLM data analysis software, this paper analyzes the impact of the mental integration and social support model of the disabled based on the new concept of the disabled on the mental health level of the disabled.

Results: Table 1 refers to the effects on the mental health level of the disabled before and after the application of the mental integration and social support model of the disabled based on the new concept of the disabled. It can be seen from Table 1 that after the application of this model, the mental health level of the disabled has been significantly improved, and the improvement rate shows an increasing trend with the increase of application time. Therefore, from the perspective of the new concept of disability, the psychological integration and social support model of the disabled has a positive psychological intervention effect.

Table 1. The effect of mental integration and social support model of disabled people based on the new concept of disabled people on the mental health level of disabled people before and after application

Mental health indicators	After 1month	After 2 months	After 3 months
Self-affirmation	72.0	81.0	86.0
Job satisfaction	72.0	82.0	87.0
Optimistic	71.0	82.0	84.0
Toughness	74.0	82.0	89.0
Hope	73.0	82.0	86.0
Self-efficacy	75.0	82.0	86.0

Conclusions: The social support program for the psychological integration of disabled people based on the new concept of disabled people proposed by the Institute helps to improve the mental health level of disabled people, which also plays an irreplaceable role in the harmonious development of society.

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CONSTRUCTION OF COMPUTER TECHNOLOGY PERSONALIZED RECOMMENDATION MODEL BASED ON ALLEVIATING E-COMMERCE USERS' CHOICE ANXIETY

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Background: Choice anxiety disorder has become one of the common diseases of urban people. It is the anxiety caused by being unable to decide when facing many similar choices, which makes people feel panic. Choosing the performance of anxiety disorder will always hesitate, and it is difficult to make the following final conclusion. In the normal view, it is a normal psychological reaction, but there are such people who make any choice, no matter big or small, is very painful for them. This phenomenon is often called choice anxiety disorder. For example, some people think they should choose a more promising industry, college students think they should choose a more ideal university, and bosses think their newly profitable projects could have earned more. With the changes of economic development mode and social and cultural background, people have also changed in the cultural, social and psychological factors of online shopping. Online shopping has overturned the previous consumption mode and brought many problems. Many people are addicted to online shopping, resulting in online compulsive selective anxiety buying behavior, which has a serious impact on people's study and life. Compulsive online shopping choice anxiety disorder refers to a repetitive purchase activity on the Internet without strong purchase intention, accompanied by inner conflict. Individuals have emotional distress, but they can't stop, which seriously affects their study and life. Some scholars use subjective well-being to evaluate the psychological emotion of patients during online shopping. Subjective well-being is a self-perception evaluation composed of positive emotion, negative emotion and life satisfaction. From the definition, it can be seen that patients with obsessive-compulsive online shopping choice anxiety will have a strong emotional component in the process of shopping and are eager to alleviate it through shopping, after that, it often produces negative emotions such as anxiety, which greatly affects the individual's subjective feeling of well-being.

With the rapid development of Internet technology, China's e-commerce has not only developed in the direction of light industry and food industry, but also gradually developed rapidly in the fields of foreign trade, resources and heavy industry, and opened up a new world. At present, the e-commerce personalized recommendation system still has great defects, does not fully consider the perception of user experience, and the research on the needs of users is still insufficient. It also needs practical recommendation to facilitate users' cognition and improve the quality of users' decision-making, so as to alleviate the symptoms of users' choice anxiety. Therefore, this study integrates multi-agent technology into e-commerce personalized recommendation service to alleviate users' choice anxiety.

Objective: With the rapid development of Internet economy, obsessive-compulsive online shopping choice anxiety has become a common problem in the development. Based on obsessive-compulsive online shopping choice anxiety, this study analyzes the current situation of obsessive-compulsive online shopping in patients with choice anxiety, and discusses the relationship between people's online compulsive shopping and subjective well-being, anxiety and depression, advocate people's moderate online shopping from a new perspective.

Research objects and methods: This paper mainly selected 1000 experimental volunteers with online shopping choice anxiety in a city, including 480 boys and 520 girls. The monthly online shopping cost is less than 210-yuan, 703 yuan between 1000-and 2000-yuan, 51 yuan between 2000 and 3000 yuan, and 36 yuan more than 3000 yuan.

Study design: All the experimental volunteers were evaluated by global well-being scale (GWB), Self-rating Anxiety Scale (SAS) and Self-rating Depression Scale (SDS), and the correlation between the factors of each scale was analyzed. Among them, GWB includes six factors: worry about health, energy, satisfaction and interest in life, melancholy or happy mood, control of emotion and behavior, relaxation and tension anxiety, with a total of 33 items, including 9 reverse scores. The higher the score, the stronger the subjective well-being. SAS includes 20 items, with grades 1-4. The higher the SAS standard score, the more serious the anxiety symptoms. SDS includes 20 items, which are scored by grade 1-4. It can simply and intuitively reflect the subjective feelings of patients with depression. The higher the SDS standard score, the more serious the depression.

Methods: The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

Results: There was a significant negative correlation between anxiety and depression and the factors and total score of overall well-being ($P < 0.05$). The higher the overall well-being, the lower the degree of anxiety and depression. On the contrary, the lower the level of individual anxiety and depression, the higher the overall well-being. See Table 1.

Table 1. Correlation between anxiety, depression and the total score of overall well-being