

ON THE CULTIVATION OF COLLEGE STUDENTS' SOCIALIST CORE VALUES BY STUDENTS' MENTAL HEALTH EDUCATION FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is a subject that studies the psychological situation and change law of educators and educates. Through educational psychology, this paper analyzes the psychological phenomena in the process of education and teaching. The knowledge of educational psychology is the inevitable requirement of quality education. The goal of quality education is to improve students' all-round quality and make students' ability training and mental health education develop in an all-round way. When teaching related subjects, teachers carry out educational and teaching activities on the basis of mastering the knowledge of educational psychology and under the guidance of relevant theories of educational psychology. At present, college students are in a special stage of physical and mental development. Their mind is not yet fully developed and mature, their ability to control their emotions is poor, and their psychological tolerance is weak in the face of difficulties. Due to the great learning pressure, the disharmony between students and the stimulation of rich and colorful content on the Internet, some problems have appeared in the psychology of college students, showing the characteristics of anxiety, uneasiness, tension, worry and fear, affecting the normal life and learning of college students, and their thoughts and behaviors have changed to some extent. Some students are highly utilitarian. When they get along with their classmates, they focus on their own interests, and even have a psychology of comparison. They are more expensive and better dressed than others. In order to satisfy their vanity, some students will dress themselves up by borrowing money from others or asking their parents for money through online loans, and forge the appearance of a better family. Some students are addicted to the Internet. They play games, read novels and watch TV all night. They don't spend their mind on their study. The whole person becomes degenerate, has no initiative and forgets their original intention of going to college. And stay in the dormitory for a long time, lack of exercise, leading to their poor physical quality, and some students even die suddenly because of playing games all night. The ideological problems of college students are not optimistic, and colleges and universities need to take measures to intervene and guide.

The core values of socialist values are the requirements of the state for college students and belong to the important content of Ideological and political education in colleges and universities. Many colleges and universities have achieved certain results and summarized some experience in cultivating college students' socialist core values. At the same time, colleges and universities should regard students' ideological education as a long-term work. In the process of related ideological education, we should carry out cultural diversified development, so that students' value orientation and behavior mode show diversified development. In the process of ideological education, we need to understand students' psychological characteristics and timely feedback and intervene students' psychological problems. This process is the same as the teaching content of mental health education in colleges and universities. Therefore, it is very necessary to carry out students' mental health education and explore the cultivation path of college students' socialist core values.

Objective: In order to explore the cultivation path of socialist core values of college students' mental health education, this paper first analyzes the relationship between mental health education and the cultivation of core values, as well as the current situation and problems of the combination of the two. On this basis, this paper puts forward the measures of mental health education combined with the cultivation of socialist core values, improves the cultivation system and mechanism of college students' socialist core values, teaches students under the courses of relevant psychology and socialist core values, corrects students' values, enables college students to establish correct three views, guides students to think actively and cultivate their sense of responsibility. In the process of education, we should pay attention to humanistic care, distinguish between students' ideological problems and psychological problems, and solve them accordingly. According to the differences of students, carry out diversified teaching activities to improve students' acceptance of this education.

Subject and methods: The research object are college students. 335 college students are randomly selected from a university. These students come from different majors, grades and family backgrounds, and their personality characteristics are different. To understand the ideological situation of these students and their attitude towards mental health education, analyze the causes of students' ideological problems, and divide these students into experimental group (167 people) and control group (166 people). The control group received general ideological education, and the experimental group received reformed mental health education. The experimental period was two semesters, and the relevant data were recorded during the

experiment. The relevant data are processed and analyzed by statistical software, and the mental health level of college students is evaluated by 0-4 score. 0-4 score means no, slight, general, obvious and complete respectively.

Results: Many college students have hedonism, weak will and no enterprising spirit. Through the reform of mental health education, students' wrong ideas have been corrected and students have established correct three views. After the experiment, the mental health level of college students in different grades in the experimental group was improved. The score of freshmen on the correctness of self-evaluation was 4.25, the same as that of sophomores. The specific results are shown in Table 1.

Table 1. Mental health level of college students in different grades

Grade	Correct self-evaluation	Personality perfection	Harmonious interpersonal relationship	Normal social adaptation
Freshman	4.25	4.31	4.05	4.36
Sophomore	4.25	4.46	4.17	4.45
Junior	4.46	4.54	4.45	4.67

Conclusions: The knowledge of educational psychology is the inevitable requirement of quality education. The goal of quality education is to improve students' all-round quality and make students' ability training and mental health education develop in an all-round way. At present, college students are in a special stage of physical and mental development. Their minds are not yet fully developed and mature, their ability to control emotions is poor, and their psychological tolerance is weak in the face of difficulties. Some college students do not establish correct three outlooks. Combine mental health education with the cultivation of socialist core values, correct students' values, let college students establish correct three views, guide students to think actively, cultivate their sense of responsibility, and improve students' mental health level.

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RESEARCH ON THE RELIEVING EFFECT OF HUMAN RESOURCE MANAGEMENT ON EMPLOYEES' EMOTION BASED ON SOCIAL PSYCHOLOGY

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Background: Social psychology belongs to psychology, which studies the changes of individuals or groups in psychological behavior under the action of society and the laws of these changes. Social psychology is generally studied from the perspective of individuals and social groups. From the perspective of social groups, social psychology studies the structure of group communication and its norms. The research field of social psychology mainly includes three aspects: individual, interpersonal and group. Individual process is to study individual perception, self-consciousness and other contents, interpersonal process is to study the interaction between people, and group process is to study human psychological behavior in group and other environments, such as group process and organizational behavior. The enterprise belongs to a special group, and the important means of employee management is human resource management. Human resource management plays an important role in enterprise management and is an important prerequisite for the orderly and healthy development of enterprises. Enterprise human resource management means that in order to achieve development goals, enterprises scientifically formulate human resource plans and carry out relevant layout management activities. Human resource management has three characteristics: strategic, systematic and oriented. In the process of enterprise development, enterprises need to have core talents as support. These talents belong to strategic human resources. In the process of personnel management, human resource management needs to formulate scientific and reasonable talent selection and management plans to prevent the waste of enterprise resources caused by personnel loss and talent redundancy, and make full use of enterprise human resources as far as possible to maximize benefits. Human resource management must be oriented and clear objectives need to be determined. Under the long-term development goal of the enterprise, carry out talent management and training plan, retain core talents, and prevent the leakage of core technology and the loss of important employees.