under the traditional management mode and the new management mode, and explores the auxiliary treatment effect of cultural scenic spot management optimization on tourists' emotional disorders.

Results: The emotional barriers of tourists before and after the pilot of cultural scenic spot management optimization are shown in Table 1.

Conclusions: In recent years, cultural tourism has become a new way of health tourism. People feel different natural scenery and historical and cultural heritage through cultural tourism, get different leisure and vacation entertainment experience, and relieve inner pressure while obtaining leisure feeling, so as to improve their mental and mental health and alleviate emotional barriers. Research shows that cultural tourism under the optimization of scenic spot management can effectively help patients with affective disorders relax and play the effect of adjuvant treatment of affective disorders. Through the optimization of the management of cultural scenic spots, the management mode of cultural scenic spots for patients with affective disorder is established, and the natural scenery, warm humanistic care and profound cultural meaning are used to help tourists improve their physical health and relax in the beautiful countryside, which provides a new auxiliary treatment for the treatment of patients with affective disorder.

Table 1. Emotional barriers of tourists before and after the pilot of cultural scenic spot management optimization

Time	Score
Before reform	4.21
After reform	1.53

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APPLICATION OF BIG DATA TECHNOLOGY IN MENTAL HEALTH EDUCATION

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Background: The past college mental health education model did not keep up with the development and change speed of the times and students' needs. With the advent of the new media era, the development of networked information technology has opened up a new development path for college students' mental health education. Colleges and universities are required to establish a new innovative teaching model of college students' mental health education and break the traditional college students' mental health education model. In order to alleviate the psychological anxiety symptoms of contemporary college students and improve the mental health level of college students. On the other hand, starting from the current situation and problems of mental health education in colleges and universities, mental health education in colleges and universities has the limitations of superficial form and limited coverage of students' problems. Apply big data mining and processing technology to college mental health education courses, use the advantages of big data to realize teaching content data processing, and use big data to establish a database integrating a variety of teaching schemes and teaching data. Big data technology has certain data processing ability, which can identify and classify the teaching contents in information-based teaching and reduce the workload of teachers' teaching scheme formulation, ensure the accuracy of teaching content. Introducing big data technology into mental health education in colleges and universities can also help colleges and universities establish a new information-based mental health education system and carry out mental health education through big data and network. Use big data to visually and intelligently analyze students' mental health and ideological status, and analyze and mine students' psychological information in clustering and accuracy, so as to provide data information reference for ensuring the effectiveness of mental health education in colleges and universities.

The government and society always pay attention to the education quality level of higher education, including professional knowledge and skill education and mental health education for college students, and require college students to achieve comprehensive development in professional, psychological and physical quality. As a key link, college students' mental health education is directly related to the overall promotion of higher quality education. Strengthening college students' mental health education can effectively help college students establish a good psychological mechanism and promote college students to establish a correct and mature outlook on life, values and world outlook. College students' mental health education is also a key part of college moral education and a necessary factor for the development of college moral education under the new situation. Colleges and universities are required to strengthen college students'

mental health education according to the growth characteristics and psychological characteristics of college students under the new situation, so as to cultivate college students' adaptability and pressure resistance to social life.

Objective: The research analyzes the current teaching situation of mental health education in colleges and universities, understands the problems existing in mental health education in colleges and universities, puts forward a new mental health education model integrating big data technology, and explores the application of big data mining technology in mental health education in colleges and universities. By optimizing the teaching mode of mental health education in colleges and universities and integrating big data technology into the traditional teaching mode, the research is expected to provide ideas for improving the quality of mental health education in colleges and universities and promote the improvement of the mental health level of college students.

Subjects and methods: The research adopt the methods of reform pilot and comparative analysis to explore the impact of college mental health education reform integrating big data technology on students' mental health quality. A college tries out the college mental health education teaching mode integrating big data technology. With 500 college students of different majors and years as the research object, the reform pilot of the new college mental health education mode proposed by the research institute is carried out. This paper analyzes the changes of students' psychological quality under the new teaching mode. It also reviews and analyzes the mental health of students under the traditional teaching mode, compares and analyzes the mental health of students under the traditional mode and the new mode, and explores the impact of college mental health education integrating big data technology on the quality of students' mental health.

Results: The mental health rating of students before and after the pilot reform of mental health education in colleges and universities integrating big data technology is shown in Table 1. The mental health level of students has been significantly improved under the new teaching mode.

Table 1. Students' mental health rating before and after the pilot reform of mental health education in colleges and universities

Time	Score
Before reform	2.31
After reform	4.16

Conclusions: Mental health education is an important part of the comprehensive quality education of college students. Colleges and universities should pay attention to the mental health education of college students, analyze the laws and characteristics of college students' physical and mental development, and on this basis, establish the mental health development and training mechanism of college students based on big data information, and formulate a scientific and reasonable mental health education plan for college students. Moreover, colleges and universities should establish a sound mental health education system, do a good job in the allocation of ideological and political education and mental health education resources, and use big data technology to provide a good environmental atmosphere for alleviating college students' anxiety.

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AN ANALYSIS OF THE INFLUENCE OF SCHOOL CURRICULUM CONSTRUCTION ON TEACHER EFFICACY FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Teacher efficacy in school curriculum construction refers to the belief of primary and secondary school teachers that they can successfully carry out school curriculum construction, that is, their confidence in their ability to continuously improve and perfect the curriculum in view of school curriculum practice or problems. It can guide teachers to participate in the behavior of curriculum construction,