optimization of logistics supply chain economic management. In the five weeks before the experiment, the scores of consumers' online shopping psychological experience showed a downward trend, in which the number of "poor experience" and "poor experience" showed an increasing trend, from 82 and 67 to 132 and 91 respectively. In the five weeks after the experiment, the psychological experience of online shopping of the subjects was significantly improved, and the number of people with positive psychological experience showed an upward trend. At the end of the experiment, the score ratio of the number of people in each stage from low to high was 0, 6, 11, 58, 103 and 80.

Table 1. Comparison results of scores at different time nodes before and after intervention

Experimental time interval	Evaluation type	Number of persons (pcs.)	
		Before experiment	After experiment
Economic management of logistics supply chain has not been optimized	Extremely poor experience	82	132
	Poor experience	67	91
	Slightly poor experience	53	32
	Slightly better experience	45	3
	Good experience	9	0
	Excellent experience	2	0
Optimize the economic management of logistics supply chain	Extremely poor experience	75	0
	Poor experience	77	6
	Slightly poor experience	43	11
	Slightly better experience	53	58
	Good experience	8	103
	Excellent experience	2	80

Conclusions: The research optimizes the economic management of logistics supply chain, and analyzes its impact on consumers' purchasing psychology by using optimization methods. The results show that the optimization of economic management of logistics supply chain has a positive effect on consumers' online shopping psychology, ensuring consumers' healthy psychology and promoting the stable development of logistics economy.

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IMPLEMENTATION AND DISCUSSION OF HOW TO CARRY OUT SCHOOL HEALTH CARE PREVENTION WORK UNDER THE BACKGROUND OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is a science that studies the psychological laws of teaching and learning in teaching situations. Educational psychology is an interdisciplinary subject of general psychology and pedagogy, so its research object has many ways. First, it is an educational method that takes pedagogy as the system to comprehensively develop the moral, intellectual, physical, artistic and labor of individuals. Second, individual psychological results are the research object of educational psychology. Taking the law of psychological activities in the process of education as the system, this paper explores the psychological phenomena in the educational environment, mainly including family education, school education and social education. Third, apply general psychology directly to educational work, explore the psychological principles in educational practice, and speed up the way of training. Fourthly, taking the nature, condition, effect and evaluation of teaching subject classroom as the research object, this paper studies the learning theory and knowledge skills. Fifthly, the psychological phenomenon and its development law under the influence of education and teaching, combined with the theoretical system put forward by educational psychology, reform teaching or education to improve teaching quality. Therefore, educational psychology is of great significance in education.

At present, the development of education is also one of the directions that the state attaches great importance to. A large number of funds and technologies have been invested in the optimization and

construction of educational infrastructure, so as to provide students with a high-quality teaching environment and improve their comprehensive quality. The health care work of the school is also an important work for the development of the school. The promotion of health care can effectively protect the physical and mental health of teachers and students, and promote teaching activities from the side. At present, the school health care work has not been paid effective attention. Although some schools have carried out this activity, there are also many problems that need to be improved. At this stage, under the influence of many factors such as the general environment, the school teachers and students have the risk of disease infection and anxiety. Therefore, the school takes effective measures to carry out school health care to ensure the physical and mental health of teachers and students.

Objective: The research uses the theoretical research of educational psychology to put forward the implementation ways of school health care work, and designs experiments to prove the feasibility of the methods proposed by the research, aiming to ensure the smooth development of school health care work, provide healthy support for teaching work, and promote the development of teachers and students wholeheartedly.

Subjects and methods: In the study, 100 teachers and students from colleges and universities that have never carried out health care and prevention work were selected as the research objects to participate in the experiment of the impact of health care and prevention work on the physical and mental health of teachers and students under the educational background. The experiment lasted for 3 months. The self-made physical condition evaluation scale and Symptom Checklist 90 (SCL-90) were used to evaluate the physical and mental conditions of teachers and students. By analyzing the changes before, during and after the experiment, the feasibility of the proposed approach was judged. SCL-90 has 90 evaluation items and tests 10 evaluation factors, mainly including somatization, obsessive-compulsive disorder symptoms, interpersonal sensitivity, depression symptoms, anxiety symptoms, hostility symptoms, fear, paranoia, psychosis and others. The score of each evaluation factor is obtained by summing the scores of specific evaluation items. The lower the score, the more serious the symptom is. The higher the score, the benign the symptom is. The research results were statistically analyzed by DPS statistical software.

Results: Figure 1 shows the evaluation results of the research objects' approaches to health care prevention. From Figure 1, it can be concluded that the evaluation results are divided into four levels: "no effect", "somewhat effect", "significant effect" and "significant effect". Among them, the number of people who think "no effect" in the two schools are 2 and 3 respectively. The number of people who think that "there is some effect" is 8 in school a and 5 in school B. The number of people who think that "there is an obvious effect" accounts for the majority in school a and school B, including 62 in school a and 70 in school B. The number of people who think that "there is a significant effect" in the two schools are 28 and 22 respectively.
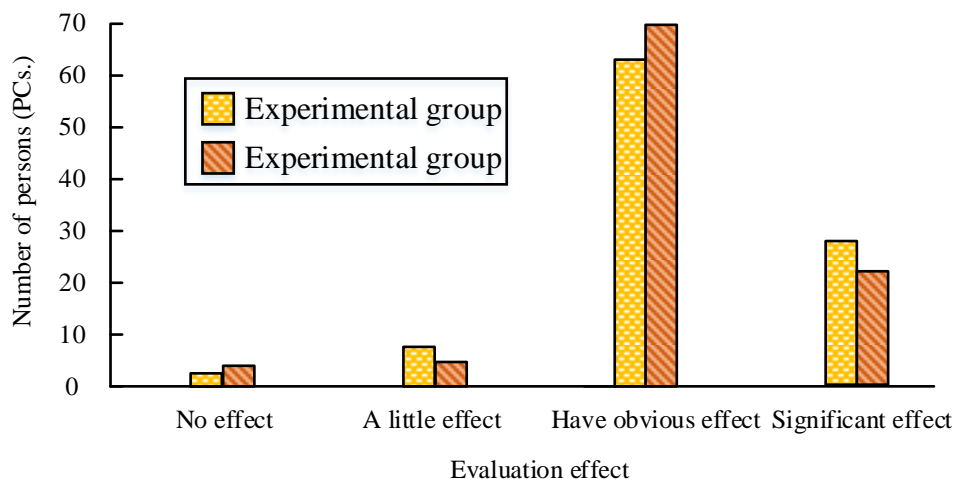
Figure 1. The evaluation results of the subjects' approaches to health care prevention

Conclusions: The research carried out experiments in schools that did not carry out health care prevention work, and put forward the ways to carry out health care prevention work in combination with the theoretical basic knowledge of educational psychology. The experimental results show that the prevention and health care work carried out under the background of educational psychology has achieved important results, which is of great significance to ensure the physical and mental health of school teachers and students.

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RESEARCH ON THE INTERVENTION MECHANISM OF THE INNOVATION OF COMPUTER ROOM MANAGEMENT MODEL IN COLLEGES AND UNIVERSITIES ON MANAGERS' MENTAL HEALTH AND WORK EMOTIONS

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Background: Mental health is one of the important contents of contemporary people's health standards. Mental health and physical health also have evaluation standards, but there is no concrete and objective physical health. Mastering and understanding the definition of mental health is of great significance to enhance and maintain people's health. When mastering the measurement standard of mental health, it can be used as a basis to diagnose their own and others' mental health. When there is a certain distance between one or several aspects of mental status and the evaluation standard, it can be overcome to reach the health level. Mental health plays an important role in people's life. Healthy psychology can improve people's quality of life, feel the value of life, and promote people's positive development. There is a close relationship between mental health and work emotion. Irritable work content can destroy the individual's positive mood and emotion, resulting in negative emotions. Under the influence of long-term negative emotions, it will affect their own mental health, and easy to form anxiety, depression, irritability and other symptoms. A positive and healthy psychological mood can cope with work with a heavy burden, has a better ability to solve work, achieves twice the result with half the effort, and is conducive to prolonging the enthusiasm in work. At present, with the rapid development of information technology in society, information-based teaching of courses is also emerging. The demand and dependence of various professional courses on computers are increasing. Various level tests and vocational qualification certificates are upgraded from paper-based tests to computer tests, and the requirements for the management and maintenance of computer rooms are also increasing. At present, the miscellaneous computer room management has brought negative physical and mental impact to managers, and the negative working mood is becoming more and more serious, which is not only not conducive to the development of computer room management and teaching, but also harmful to individuals. In order to improve the level of computer room management and maintenance, meet the needs of classroom teaching, improve the use efficiency of computer room and ensure the physical and mental health of managers, the computer room management mode needs to be innovated.

Objective: From the perspective of protecting individual physical and mental health and cultivating positive working mood, the research puts forward innovative approaches and optimization methods for university computer room management, and verifies the feasibility of the innovative model through experiments, aiming to ensure the smooth development of school information teaching, ensure the psychological health of managers, and improve the emotional state of management in the stable period.

Subjects and methods: The study selected 5 computer administrators from 10 colleges and universities as the research objects to participate in the experiment of the impact of the computer room management innovation mode on the managers' mental health and work emotion. The experiment duration was set as 3 months. The experiment randomly divided 10 colleges and universities into two groups: the experimental group and the control group, with 25 people in each group. Before the experiment, the pre-experiment, post experiment and experiment process nodes were evaluated by the mental health test scale. The scale evaluated the psychological status through the aspects of self-cognition, attitude towards others, performance of coping with pressure and views on future planning. The scale contained 100 questions in total. Each evaluation question had only two answers: "yes" or "no", and 1 point was given if the evaluation was "yes". If the evaluation is "no", no score will be given. Therefore, the total score of the scale is 100, and the lowest score is 0. The higher the score, the higher the psychological health. The score range of 0-20 indicates that the psychological health of the subjects is extremely poor, 21-40 indicates that the psychological health of the subjects is poor, 41-60 indicates that the psychological health of the subjects is at a balanced level, 61-80 indicates that the psychological health of the subjects is good, and 81-100 indicates that the psychological health of the subjects is excellent.

Results: The experimental results of the impact of computer room management innovation mode on managers' mental health and work mood are shown in Figure 1. In Figure 1, the mental health evaluation