

role of colleges and universities in improving the adaptability of rural employment, creating a good social environment to strengthen the internal driving force of rural employment, attaching importance to family education and training to promote the driving force of rural employment, and enhancing the comprehensive quality of individuals to boost the competitiveness of rural employment. To sum up, improve rural employment willingness and employment psychology.

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EXPLORING THE INFLUENCE OF ICE RINK CONDITION ON ATHLETES' MENTAL STATE AND SHORT TRACK SPEED SKATING PERFORMANCE BY MULTIPLE LINEAR REGRESSION

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Background: The ice rink condition affects the mental state of the athlete. For athletes, ice rink condition can affect how they feel and senses. When athletes are skating, ice rink conditions such as ice surface temperature, hardness, and humidity may make them uncomfortable. At the same time, the flat and smooth surface of the ice rink may also affect the athlete's sense of balance. In addition, the icy nature of the ice may also have an effect on the muscles of the athlete. During skating or skiing, the muscles may become stiffer, affecting the athlete's ability to move. In order to prove the correlation between the ice rink condition and the athlete's mental state and competition performance, a multiple linear regression was established. Discussing ice rink quality may have an impact on athletes' psychological state and competitive performance, aiming to improve ice rink condition, and provide theoretical reference for improving the competitive state and performance of short track speed skaters.

Subjects and Methods: This article takes the correlation between ice rink condition and short track speed skating elite athletes' mental state and short track speed skating performance as the research object. Through literature research and high-level short track speed skating record books such as the Beijing Winter Olympics and the World Championships in the past three years, to collect data on ice rink condition, mental state of elite athletes, and short track speed skating performance. To clean the collected relevant competition results, according to the basic characteristics of the data, use the statistical software SPSS24 to fit a multiple linear regression model. Set the mental state and short track speed skating performance as the dependent variable y , ice rink condition as the independent variable x , and fit a multiple linear regression model. Finally, the Matlab mathematical software is used for visual analysis.

Results: The Statistics show that ice rink condition is correlated with mental stability in elite athletes ($r = 0.682$, $p < 0.001$). Furthermore, the statistical results show that the ice surface temperature has a negative correlation with the women's 500m short track speed skating performance ($r = -0.136$, $p = 0.052^*$), and the indoor humidity has a positive correlation with the women's 500m short track speed skating performance ($r = 0.225$, $p = 0.017^{**}$). Other factors showed irrelevant. On this basis, a multiple linear regression model is established to judge the impact of the two on the performance of short track speed skating competitions.

Conclusions: In this paper, the method of multiple linear regression has been used to demonstrate. The results prove that ice rink condition has a certain impact on athletes' body and mind, and then affects the performance of short track speed skating competitions.

Acknowledgments: This work was financially supported by projects of Ice Machine Development and Application Demonstration (Research on Ice Quality Requirements of Direct Cooling Ice Rinks) with a subject number (2021YFF0306804).

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A STUDY ON THE EFFECT OF "E-LEARNING" PLATFORM ON THE CULTIVATION OF POLITICAL IDENTITY AND MENTAL HEALTH OF COLLEGE STUDENTS

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Background: College students are the hope and future of the nation and the country, and cultivating their political identity is not only a practical problem to which the Party and the State attach great importance, but also a theoretical issue of major concern in the field of ideological and political education. At present, with the changes of the domestic social situation and the changes of the college students themselves, there are problems of diluted ideals and beliefs and weakened political identity among college students, which fundamentally affect the overall goal of establishing moral education in colleges and universities, and it is urgent to actively carry out ideological and political education to improve the effectiveness of college students' political identity. The cultivation of political identity of college students is not only related to the healthy growth of college students, but also related to the stability and development of society and politics, so it needs to be grasped and studied in a comprehensive and multi-perspective way.

Subjects and Methods: This project is based on the theme of "Research on the communication effect of 'Xue Xi Qiang Guo' in the context of political identity". Based on the 5W communication model and other related theories, we analyze and study the effect of "Xue Xi Qiang Guo" from the perspective of political identity, from the user group's We analyzed and studied the role of political identity and psychological health of "Xue Xi Qiang Guo" from the perspective of political identity to the behavioral level.

Results: In January 2019, the authority went online with the "Learning Power" learning platform. The platform is an integrated media platform for political theory, policy and situation education with positive political orientation, diversified communication contents, authoritative communication channels and innovative communication methods, which can meet the new needs of political identity education and psychological health growth of college students in the context of new media.

Conclusions: Through studying the role of political identity cultivation and psychological health of college students, it helps to reveal the inner psychological process of political identity cultivation of college students, grasp the fundamental link of knowledge-action transformation in political identity cultivation, and improve the effectiveness of ideological and political education in colleges and universities. It is a feasible and effective measure to enhance the political identity of college students based on the learning platform of "Xue Xi Qiang Guo". Higher education institutions should pay great attention to the application of "Xue Xi Qiang Guo" learning platform in the political identity education of college students, cultivate their political identity, and provide psychologically healthy and high-quality talents for the realization of the "two hundred years" goal and the Chinese dream of the great rejuvenation of the Chinese nation. The study platform should be used to cultivate the political identity of college students, so as to provide psychologically healthy and high-quality talents to achieve the "two hundred years" goal and the Chinese dream of national rejuvenation.

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ESTABLISHMENT OF MENTAL HEALTH ARCHIVES FOR THE DISABLED ELDERLY AND ITS INFLUENCE ON TREATMENT

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Objective: Under the background of combination of medical care and nursing care, a scientific, systematic, and national condition oriented health management needs assessment questionnaire for the disabled elderly at home was developed, and the elderly psychological files were established, forming a health management assessment tool for the disabled elderly, so as to provide reference for the further implementation of personalized treatment for the disabled elderly.

Methods: 445 disabled elderly people who visited 20 community health service centers in Qingdao from January 2019 to January 2022 were selected as the research objects to further improve the language expression of the entry. A total of 445 home-based disabled elderly were investigated in this study, including 259 males (58.20%) and 186 females (41.80%); 311 patients with mild disability (69.89%), 78 patients with moderate disability (17.52%), and 56 patients with severe disability (12.58%) were investigated by convenient sampling method. Through literature review, semi-structured interviews with patients and group discussions of home-based disabled elderly, an indicator pool for health management needs assessment of home-based disabled elderly was drawn up, and an expert questionnaire was formed. Two rounds of correspondence with relevant experts were conducted through Delphi method, and the initial questionnaire was finally formed according to the opinions put forward by experts, group discussions and selection of items. Further items were screened by correlation coefficient method, critical value method and Cronbach coefficient method, and the validity of the questionnaire was verified by content validity and structure validity, and the reliability of the questionnaire was verified by internal consistency reliability and test-retest reliability. Finally, a health management archives for the disabled elderly at home was formed.

Results: After consulting by experts, the effective recovery rate of the questionnaire was 100%, and the expert authority coefficient was 0.86 and 0.87 respectively. The coordination coefficients of the two rounds of consultation with experts on the evaluation of indicators at all levels were 0.352 ~ 0.402, both $P < 0.001$, indicating that the expert opinions tended to be consistent and coordinated well. Finally, an initial questionnaire consisting of 4 dimensions and 45 items was formed, and its reliability and validity were further tested. Through the validity test, the content validity index at the overall level of the questionnaire is 0.985, and the content validity index at the item level is 0.799 ~ 1.000. Exploratory factor molecules finally determined four common factors, which explained 58.75% of the variation cumulatively; The correlation coefficient between the total questionnaire and each dimension was 0.678 ~ 0.945, and the correlation coefficient between the questionnaires was 0.428 ~ 0.687, all $P < 0.001$. The reliability test results show that Cronbach's α The coefficient is 0.945, and Cronbach's of all dimensions of the questionnaire α The coefficient is 0.803 ~ 0.947, the test-retest reliability of the questionnaire as a whole is 0.902, and the test-retest reliability of each dimension is 0.731 ~ 0.857. Finally, a questionnaire for health management needs assessment of home-based disabled elderly people with good reliability and validity, including 4 dimensions and 64 items, is formed.

Conclusion: The health management needs assessment questionnaire for home disabled elderly compiled in this study includes four dimensions and 34 items: physical health needs, mental and psychological health needs, environmental health needs and health education knowledge needs. The contents of the compilation are objective,