

effective, in line with China's national conditions, and have good reliability and validity. It can be used as an evaluation tool for the health management needs assessment of the disabled elderly at home in China, and can provide a reference for the development of health services. It has certain practicality and value.

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## THE APPLICATION OF DATA MINING OF TEACHERS' MENTAL HEALTH ARCHIVES IN UNIVERSITY HUMAN RESOURCE MANAGEMENT

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**Objective:** Colleges and universities urgently need to pay attention to the mental health of teachers and staff. Employees' mental health archives are the in-depth study of human resource management in universities. Applying employees' mental health archives to human resource management can realize the scientific management of universities, the role of occupations, the humanization of services and the optimization of posts, and promote the development of hospitals.

**Methods:** Using stratified random sampling method, 150 employees were selected from 1316 employees and tested with SCL-90, and the results were analyzed for differences. Under the background of "rejuvenating the country through science and education", starting from the current situation of teachers' mental health in China, especially the psychological stress state of front-line teachers after the outbreak of COVID-19, analyze and summarize the psychological stress state of front-line teachers, accurately set up a team of management and psychological experts to design, apply and analyze the staff's mental health archives, so that the mental health archives can be popularized throughout the school staff; And in view of the current psychological characteristics of medical personnel, take positive psychological intervention and humanistic care measures to avoid physical and mental damage to medical personnel; At the same time, we will comprehensively explore the application of employees' mental health archives in the human resource management of public schools, improve the team's ability to work, ensure the quality of school teaching, and ultimately serve the management of colleges and universities.

**Results:** The total score of SCL-90 was significantly higher than that of the norm, and the scores of interpersonal relationship, anxiety and paranoia were significantly higher than that of the norm. The overall mental health was not optimistic. Human resource management departments should play an active role in the process of improving the mental health of employees.

**Conclusion:** The establishment of mental health archives and psychological counseling studios, the development of career planning training, the increase of recreational and sports activities and other planning measures, the maintenance of a good state of work, the formation of a unified development of individuals and universities.

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## EFFECTS OF JIVE ON LOWER LIMB MUSCLE STRENGTH AND MENTAL HEALTH OF COLLEGE STUDENTS

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**Objective:** Jive is deeply loved by college students for its unique fitness value. In order to explore the impact of Jive on College Students' lower limb muscle strength and mental health, this paper carries out research through questionnaire survey and relevant experimental tests.

**Methods:** 70 girls in grades 1-4 were randomly selected. Among them, 35 were the experimental group and 35 were the control group. Two questionnaires were conducted in the experiment. Both groups tested a standing long jump. The experimental group received 15 weeks of Jive training, while the control group received no intervention. Through Excel and spss17.0 software to analyze the relevant data of the experimental group and the control group.

**Results:** The experimental data show that the standard deviation of standing long jump in the experimental group is 14.421. The standard deviation of the control group was 15.103. Compared with the experimental group, the average difference between the two groups was 1.18cm, showing a very significant difference ( $P < 0.01$ ). In terms of mental health development, according to the statistics of the questionnaire results, 15 weeks of cheerful Jive training can effectively alleviate psychological pressure, improve social ability, enhance self-confidence and help relax.

**Conclusion:** Jive plays a positive role in promoting the development of lower limb muscle explosiveness and alleviating the psychological pressure of college students, and has a great impact on the mental health of college students.

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## EFFECTS OF YOGA PRACTICE ON PHYSICAL BALANCE AND MENTAL HEALTH OF FEMALE COLLEGE STUDENTS

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**Objective:** As a sport of self-cultivation, the development of yoga class can comprehensively promote the physical and mental health of female college students. Yoga asana has the practice of improving muscle strength and balance ability. Yoga meditation and breath regulation can also cultivate students' sentiment and promote the formation of students' healthy psychology. Aiming at the decline of physical quality of female college students, this paper takes yoga asana as the research, obtains data through experiments, and analyzes the impact of yoga practice on the balance ability and mental health of contemporary female college students.

**Methods:** 78 women aged 18-23 were recruited as subjects. Excluding those who did not meet the experimental conditions, a total of 68 women were respectively divided into two groups, the experimental group and the control group. The experimental group conducted yoga teaching for 16 weeks, taking one-hour classes twice a week. The control group kept their routine unchanged and did not practice yoga.

**Results:** Standing on one foot with eyes closed was significant at 0.01 level ( $t=2.679$ ,  $P=0.007$ ), and the mean value of the experimental group (18.53) was significantly higher than that of the control group (13.23). The mean value of the experimental group (17.20) was significantly higher than that of the control group (12.18). The average score of the experimental group was higher than that of the control group in the test items of standing on one foot with eyes closed and standing in place with eyes closed ( $P<0.05$ ). Without the intervention of yoga practice, the control group shows that there is no significant change in balance. More importantly, yoga meditation can make female college students relax and promote mental health.

**Conclusion:** Yoga learning can effectively improve the muscle strength and balance ability of female college students, regulate bad emotions and promote the development of mental health of female college students.

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## STUDYING ON THE MENTAL HEALTH STATUS AND THE SENSE OF SECURITY OF CONCENTRATED RESIDENTIAL FARMERS IN HUBEI PROVINCE, CHINA

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**Objective:** In the context of construction of city and countryside integration, quickly promoting the countryside developing is not only an irresistible trend, but also an intrinsic requirement of building a harmonious society in China. The pattern of farmers' concentrated living would meet the requirement of rural construction planning and land utilization planning, and realize the service and management function of communities in new-type rural residential district, which will make its supporting, management and service integrate with urban communities, improving working and living conditions of farmers. Through having land use economized, and land transfer and replacement, the of land resources provides powerful support for industry and service industries required for urbanization. Compared with natural village farmers who live a natural village with a traditional way of life, concentrated residential farmers have changed significantly in mode of life, employment, living guarantee, infrastructure and neighborhood relationship, which will have significant effect on their psychology and behavior.

**Methods:** We have taken a random sample of farmers in Hubei Province, China. There are totally 452 farmers interviewed, obtaining 435 effective questionnaires, which effective rate is 96.1%. In 435 farmers effectively interviewed, there are 195 ones being concentrated living more than six months, accounting for 44.8%, and 240 ones being scattered living, accounting for 55.2%. The Scale of Sense of Security and Symptom Check List-90, i.e. SCL-90, are used to test the respondents who are principal members of farmer households. The Scale of Sense of Security is composed of two factors of interpersonal sense of security and certain sense of control, whose reliability of retesting is 0.764. SCL-90 has ninety terms of symptom, which is divided into ten factors of somatization, obligation, human relation sensitization, depression, anxiety, hostility, crankiness and psychopathy, whose validities are between 0.78 and 0.96. The statistics software of state 15.0 is adopted for an empirical analysis.

**Results:** The results are as follows: First, in the SCL-90 Scale, the score of every factor and the average score of the concentrated residential farmers were significantly less than those of the natural village farmers. Second, in the Sense of Security Scale, the score of the concentrated residential farmers in the factor of certain sense of control is significantly higher than that of the natural village farmers. Third, the mental health of the concentrated residential