

farmers is related to the sense of security. In a word, the mental health status and certain sense of control of concentrated residential farmers are better than those of the natural village farmers, and the mental health status of concentrated residential farmers is closely related to the sense of security. The reason why the above results obtained is that the policy of housing and cash compensation is very favorable, the environment of the place of residence is good, and there is convenient transportation. After farmers relocating, their conditions of social material life are improved, job opportunity increased. They gain more material resources and ways of earning a living, which increase their certain sense of control. While changing the traditional mind and adjusting the developing direction, farmers will be full of hope for life, the sense of satisfaction, identity and security increased.

Conclusion: To improve the mental health status and the sense of security of concentrated residential farmers, the measurements should be adopted by both farmers and governments. On the one hand, to autonomously adapt and assimilate into the new communities, the concentrated residential farmers should change in psychology. Roles and self-awareness shifting, farmers should admit they are citizens now in their mind, change their living habits, and adapt to the new environment, increasing the sense of security. In the meanwhile, farmers should endeavor to improve their knowledge and employability skills, existing in the society. On the other hand, the governments should play a leading role in helping farmers transmitting. The governments must pay attention to the social fairness, establishing completely safeguard mechanism of social benefits.

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THE INFLUENCE OF LATIN DANCE ON COLLEGE STUDENTS' PHYSICAL AND MENTAL HEALTH

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Objective: As a sport in South America, Latin dance is deeply loved by college students. This paper takes 60 college students as the research object, implements 15 weeks of Latin dance training, and studies the psychological changes and mental health of college students through the changes of body shape indicators.

Methods: 60 female university students were selected as the research object, including 30 Latin dancers, who have trained for 2 years. 30 ordinary students were recorded as the control group. The average age of the study group and the control group was 20 years old. Before the experiment, all subjects underwent general medical examination and were well informed of the experiment process. During the test period, their habits of living, eating and other habits remained unchanged. Comparative experiment method was used to measure the body shape indexes of the study group and the control group, including height, weight and girth. SPSS16.0 was used for statistical analysis of data results. The changes of College Students' mental health were verified by college students' Mental Health Assessment Scale (ccsmhs).

Results: (1) The average height of the study group was significantly higher than that of the control group ($P < 0.05$); There was no significant difference in average body weight between the two groups; The values of chest circumference, hip circumference and waist hip in the study group were lower than those in the control group, but there was no significant difference; However, the waist circumference of the study group was much lower than that of the control group, with a significant difference ($P < 0.05$). (2) According to the psychological data, the health level of the experimental group was significantly improved, and the factors such as "anxiety", "emotional imbalance" and "depression" were reduced, with significant difference ($P < 0.05$). Among them, the factor score of "learning pressure" was significantly reduced ($P < 0.01$); there was no significant change in each factor of the control group before and after the experiment.

Conclusion: Long term Latin dance practice can promote the mental health development of college students. Reduce college students' learning pressure, alleviate anxiety, promote the improvement of College Students' interpersonal relationship, and play a role in alleviating depression.

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STUDY ON TAIJIQUAN EXERCISE AND MENTAL HEALTH OF FRESHMEN

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Background: By means of literature, questionnaire and experiment, the practice of Taijiquan exercise of freshmen in the class of 2021. The results found that the mental health status of the freshmen after passing the Taijiquan exercise

was significantly better than that before the exercise, and many psychological indicators were highly significant. It shows that Taijiquan exercise has a significant effect on the psychological adjustment of freshmen. Taijiquan exercise can better improve students' mental health, which also provides a scientific experimental basis for schools to better improve the mental health of freshmen.

Objective: Just crossed out of high school college freshmen, due to the change of environment, learning style of objective factors such as sudden change, some college freshmen appeared poor interpersonal skills, mood swings, learning disabilities do not adapt to the symptoms, seriously affect their life and study, the psychology of the psychological problems called "university freshmen psychological imbalance period". In recent years, the malignant events occurring in freshmen have a geometric growth, and psychological problems account as the main inducement of events. Paying attention to various psychological problems of freshmen, and counseling and reasonable adjustment will have a huge impact on the four-year study and life of freshmen. As a highly recognized sport, Taijiquan is widely loved by young college students because it is not limited by the venue, equipment, moderate exercise, and suitable for young and young people. Tai chi unique fitness value, has been proved by academic research and get the height of the practitioners, but tai chi practice can to college students' mental health, especially on the imbalance of college freshmen psychological positive influence become an important research content of mental health education, college counselors are also especially an important topic. This study aims to explore the effect of tai Chi exercise on the psychological imbalance of college freshmen through experimental research methods, and to provide a psychological basis for Tai Chi as an important means of college freshmen mental health training and intervention.

Methods: A total of 110 people from Class 1,2 and 3 (including 90 women in 20 and 20 men) of Changchun Guanghua University were used as the Taijiquan exercise group, and 110 people from Class 4,5 and 6 of 2021 (including 93 women and 17 men) were included as the non-exercise group.

Using literature, Cornell medical scale CMI, before and after 12 weeks of exercise, and the exercise group of university freshmen Cornell medical questionnaire survey and analysis, in September, December 2021,20 two school of Changchun Guanghua college, 2021 university freshmen experimental group exercise and the experimental group questionnaire 440, including 420 valid questionnaire. The exercise time of the group is three times a week, one hour each.

According to the design of the Cornell Medical Scale and the actual situation of this study, the six psychological indexes, namely, maladaptation, depression, anxiety, sensitivity, anger and tension, were selected as the data support. The data statistics are as follows.

Table 1 Index comparison of 6 psychological indicators including inadaptability before and after exercise among college freshmen

index	After Tai Chi exercise (n=110)	Before Tai Chi exercise (n=110)	difference significant(P)
maladjustment	0.81±1.61	1.71±1.03	P<0.01**
despondent	0.18±0.93	1.63±0.78	P<0.01**
inquietude	0.08±0.31	1.7±0.89	P<0.005**
sensitive	0.44±0.95	1.34±0.87	P<0.01**
indignation	0.51±1.07	1.71±1.08	P<0.01**
keyed up	0±1	1.65±0.98	P<0.01**
M-R component	3.15±4.51	12.85±2.4	P<0.005**

* The difference is significant; * * Represents that the difference is highly significant; *** means that the difference is very significant

Table 2 Index comparison of six psychological indicators of tai Chi exercise and non-exercise groups

index	Tai Chi exercise group (n=110)	Non-exercise group (n=107)	difference significant(P)
maladjustment	0.88±1.71	1.72±1.05	P<0.01**
despondent	0.18±0.93	1.59±0.80	P<0.01**
inquietude	0.08±0.31	1.68±0.91	P<0.005**
sensitive	0.44±0.95	1.36±0.88	P<0.01**
indignation	0.51±1.07	1.67±0.95	P<0.01**
keyed up	0±1	1.65±0.98	P<0.01**
M-R component	3.15±4.51	12.55±2.38	P<0.005**

*The difference is significant; * * Represents that the difference is highly significant; *** means that the difference is very significant

Results: It can be seen from Table 1 and Table 2 that there were some differences in the index comparison of six psychological indicators including maladaptation between the Taijiquan exercise group and the non-exercise group. The analysis is as follows: The statistical study of adaptability index found that: the index of exercise group was 0.81±1.61, the value before exercise was 1.71±1.03, the index of non-exercise group was 1.72±1.05, and the P value was <0.01. The exercise group and non-exercise group showed in the psychological index.

Through data analysis, we can see that through the 12 weeks of Taijiquan practice, the exercise group is better than the non-exercise group in terms of adaptability index. Reason analysis: College freshmen have just entered the threshold of university. In the new learning and living environment, in the face of new learning methods and new living habits, the original psychological balance has been broken, leading to the widespread different degrees of uncomfortable psychological state of new college students. Because tai chi exercise form is more collective practice is given priority

to, through tai chi this traditional sports carrier, promote the ideological and emotional communication between college freshmen, reduce the because into the strange learning life environment of fear, loneliness and loss, can effectively alleviate college freshmen do not adapt symptoms, improve the adaptability of college freshmen in unfamiliar environment, the college freshmen entrance adaptation difficulties, interpersonal barriers do not adapt symptoms has a significant effect.

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Taijiquan is a boxing method of practicing meaning, qi, god, inspiration and nothingness. It is characterized by steady meditation, relaxation around the body, uniform, deep breathing, flexible action, moderate operation, round life coherence, and no force, so that the exercisers concentrate on boxing practice, and miscellaneous thoughts are eliminated. Therefore, tai Chi exercise can make the exercisers to relieve the psychological state of loneliness, depression and other depression, and have a positive impact on adjusting the depression of college freshmen and making them in a calm and comfortable state with a clear manner.

The statistical study of anxiety index found that the Connell index of the taijiquan exercise group was 0.08 ± 0.31 , and the value before exercise was 1.7 ± 0.89 . The index of the non-exercise college student group was 1.68 ± 0.91 , and the P value was <0.005 . The difference in the psychological index between the exercise group and the non-exercise group was highly significant. The above data show that in terms of anxiety index, the tai Chi exercise group was significantly lower than the pre-exercise and non-exercise group. Reason analysis: In high school, the main goal of students is to go to university, so as to encourage themselves to study hard. Middle school teachers often use "just go to university" to encourage students. However, when I entered the university with the mentality of "happiness", I found that the fact was not as beautiful as imagined. I had too much to learn, interpersonal communication became complicated, and the learning task was heavier than high school, so I began to miss high school and the simple life of the past. Some students are in the high school period in the class and even the "top students" of the school. In the new collective of the university, facing the face of strong students, the former sense of superiority is gone, in the psychological will have a sense of loss. In middle and high school, learning is a "teacher", and university learning has great flexibility and exploration. In the face of this sudden "loosening", some students seem at a loss and do not know how to arrange learning, causing confusion and anxiety in their hearts.

Tai chi is through the spiritual guidance body relaxation of aerobic exercise, from the preparation to the end of a complete set of boxing, energy consumption less, practitioners generally feel refreshed, spiritual pleasure, the new college freshmen anxiety has a positive relief effect, can significantly reduce the anxiety adverse effects on mental health.

A statistical study on the sensitivity index found that the sensitivity index of the exercise group was 0.44 ± 0.95 , the value before the exercise was 1.34 ± 0.87 , the index of the non-exercise group was 1.36 ± 0.88 , and the P value was <0.01 . The sensitivity index of the exercise group was significantly lower than that of the students before and without exercise. The exercise group and the non-exercise group showed highly significant differences in the sensitive index data. Reason analysis: just enter college freshmen, most in high school, "clothes, food" and most for the only child, individual parents and excessive indulgence, cause in the face of life, study of specific problems prone to self-centered, prone to more unhealthy psychological symptoms, such as: interpersonal sensitive, emotional sensitivity, etc.

Taijiquan practitioners will combine consciousness, breathing, action, with "mind instruction", do with static, static, reduce the interference of the internal emotions and external stimuli, adjust and gradually improve the psychological sensitivity of practitioners, gradually improve the personal calm ability, can effectively alleviate college freshmen emotional sensitivity, interpersonal relationship sensitive psychological symptoms, college freshmen do not adapt to the new environment caused by anxiety, poor emotional stability, neurotic symptoms have a positive impact.

The statistical study of anger index found that the anger index of the exercise group was 0.51 ± 1.07 , the value before exercise was 1.71 ± 1.08 , the index of the non-exercise group was 1.70 ± 1.03 , and the P value was <0.01 . The analysis showed that the difference between the exercise group and the pre-exercise and non-exercise group, and the index after exercise was better than that of the pre-exercise and non-exercise group. Reason analysis: The freshmen who have just entered the university campus are just adults and are in an unstable state and have a strong sense of self-recognition, hoping to be recognized and respected by parents, schools and the society. At the same time, they are prone to emotional, impulsive and emotional changes when they encounter problems in study and life.

Taijiquan exercise can relieve the impulsive and irritability of college freshmen, and have an obvious effect on the adverse psychological symptoms such as sensitive interpersonal communication and poor emotional stability. The statistical study of the stress index found that the tension index between the exercise group and the pre-exercise and non-exercise group, and the index after exercise was better than that of the pre-exercise and non-exercise group. Through the data comparative analysis, it is shown that a certain amount of exercise can effectively adjust the tension

caused by freshmen after entering school, such as shock, shaking, trembling, fear, and cold sweat, and have obvious rehabilitation effect on the psychological symptoms such as tension and terror.

R of the index showed that the total index of 6 psychological indexes such as Taijiquan inadaptation after practice in the exercise group was 3.15 ± 4.51 , 12.85 ± 2.41 before exercise, and the total mental health index of the non-exercise population group was 12.55 ± 2.38 , and the P-value was <0.005 . The difference between the tai Chi exercise group and the non-exercise college students group was highly significant.

Conclusion: Moderate Tai Chi exercise has a positive effect on the bad psychological symptoms of college freshmen due to the change of their environment and learning style, especially on the discomfort, depression, anxiety, sensitivity, feeling, anger and tension, which can effectively improve the mental health of college freshmen.

Tai Chi exercise can alleviate the anxiety, depression and sensitivity caused by changes in their environment and learning style to a certain extent. Feeling psychology, improve the adaptability in the unfamiliar learning and living environment, which may be combined with the traditional culture of Taijiquan rigid and soft, both inside and outside repair. Thought integration is related to the movement form of collective exercise. After 12 weeks of Tai Chi practice, college freshmen have been greatly improved in six psychological aspects, namely, discomfort, depression, anxiety, sensitivity, anger and tension, and the improvement degree of female college freshmen is slightly higher than that of male college freshmen.

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ANALYSIS ON EMPLOYMENT QUALITY AND TALENT CULTIVATION SATISFACTION OF GENERATION Z FROM THE PERSPECTIVE OF EMOTION REGULATION

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Background: The employment in the whole society has been severe since the COVID-19 outbreak, especially the employment of college students, which has always been one of the focus of colleges. As an important index to measure the education quality of private colleges, the employment quality of private college graduates is closely related to the quality of personnel training, which has a significant impact on the survival and development of private colleges. In this context, college graduates should have appropriate expectations for work.

Subjects and Methods: First of all, the graduates of Guangzhou Huashang College majoring in management in the last three years were investigated on their satisfaction with employment quality and their satisfaction with the quality of talent cultivation at their alma mater. Then, variance analysis, exploratory factor analysis and regression analysis were used to refine and analyze the factors and viewpoints of graduates in society, enterprises, schools and other aspects. Finally, the regression analysis of satisfaction showed that there were significant differences in "school and major positioning" and "learning conditions".

Results: The results of the study show that graduates are increasingly focusing on the pursuit of career in the spiritual level, and the hardware environment of learning, such as libraries and laboratories in terms of their satisfaction with the quality of personnel training.

Conclusions: it is necessary to strengthen the employment guidance for the students in private colleges, and strengthen the hardware construction of learning conditions. Especially at hard time, one of focus, it should regulate the expectation of offer.

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A STUDY ON RURAL REVITALIZATION AND MENTAL HEALTH DEVELOPMENT MODE OF OLD AREA CULTURE EMPOWERMENT IN THE ERA OF BIG DATA-- A CASE STUDY OF SANMING, FUJIAN PROVINCE

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Background: Science and technology are developing rapidly, especially big data. The strategic significance of big data lies in the high level of professional data processing ability and real-time interactive query analysis ability. The 14th Five-Year Plan stresses the need to promote the deep integration of the Internet, big data, artificial intelligence