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 $3.15\pm4.51, 12.85\pm2.41$ 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

and other industries, and improve the ability of big data and other modern technological means to assist governance. This provides a clear direction for the old area culture in Fujian to promote the development of rural revitalization and mental health. The unique charm of big data will also inject new blood and improve new opportunities for it.

Subjects and Methods: This paper takes the cultural development of Sanming Old Area of Fujian Province as the research object. From the perspective of big data, it sorts out the political, economic and cultural value of the old area culture to the rural revitalization and development, as well as its promoting effect on the development of people's mental health, and analyzes the current situation and influencing factors of the cultural development of Sanming Old Area of Fujian Province under the background of big data. To construct the development model of rural revitalization and mental health based on big data in Sanming old area of Fujian Province, so as to promote rural revitalization in an all-round way in Fujian Province.

Results: Through the research, it is found that while the extensive application of big data brings new opportunities for the cultural development of the old area, it also faces difficulties such as the short board of policy supply, the lack of villagers' cognition of the old area's culture, the lack of in-depth mining of the old area's culture, the lack of professionals in the old area's cultural development, the need to strengthen the construction of big data infrastructure, and the incomplete development mechanism of the old area's cultural enabling people's mental health. These will affect the pace of comprehensive rural revitalization. It is necessary to reconstruct the rural revitalization and mental health development model of the old areas, which is based on big data, in order to achieve sustainable development of the old areas.

Conclusions: Big data is a new stage of information development. In order to promote the culture of Sanming Old Area in Fujian Province to actively revitalize the old area and the development of people's psychological ability, it is necessary to base on the big data era, give full play to the advantages of big data, improve the policy system, focus on effectively promoting the integrated development of big data and old area, construct the big data communication mechanism, and enhance people's sense of identity to the old area culture. Increase the investment in the old area, optimize the cultural big data infrastructure in the old area, construct the big data-driven talent team, and promote the sustainable development of the old area.

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MULTI-LEVEL DIFFERENCE ANALYSIS OF MIXED MATERIALS UNDER STANDARD COST METHOD FROM THE PERSPECTIVE OF MENTAL HEALTH

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Background: With the UN Climate Conference held in May 2022, China has also begun to make steady progress to achieve the "dual-carbon" goal. Enterprises are the core carrier of economic development and the main driving force for the realization of low-carbon goals. New method for materials, new procedure, products are core paths. New materials are more important not only its meaning for cost management but also the effect of applied psychology to people. For example, metal can make people feel cold, jade makes people feel gentle, mucus makes people feel disgusting or dangerous, wood makes people feel calm and stable, and cement makes people feel no emotion. But the material has one more tactile factor. In addition to the differences in the subjective emotional experience caused by different materials and the common associations caused by these materials.

Subjects and Methods: The research object of this paper is the fixed hydraulic lifts of an assembly enterprise. Through the collection of the company's product cost, the product cost data under the traditional method can be obtained. The purpose of this paper is to further subdivide the materials into main materials and auxiliary materials, high-quality materials and ordinary materials through the subdivision of production materials, and to re-establish a new standard cost system suitable for modern production by combining the influence of production workers' operating skills. The methods adopted include case analysis and data comparative analysis.

Results: From the enterprise's point of view, big to collaborative supply chain, make strategic planning, vigorously develop carbon ash resources and cultivate negative carbon, speed up the green carbon technology revolution, such as the application of big data cloud computing technology, etc., small to enterprise internal office paperless, online office, development and use of new environmental protection materials, etc., there are a variety of ways and ways to participate in the safe carbon reduction. In the final analysis, we still need to seek solutions from the product design. The use of new materials and new technology seems to be a small problem, but for the carbon reduction of enterprises.