

underlying psychological activity mechanisms based on mental health and work stress about TPACK development under the mobile teaching environment.

**Results:** The results of the study showed that technology perceptions and course quality perceptions had a significant positive effect on mindful flow experiences, which is high degree of mental pleasure, and work pressure to slow down. Mindful flow experiences had a significant positive effect on pre-service teachers' TPACK development, while mindfulness experiences had a significant mediating effect on technology perceptions and course quality perceptions acting on TPACK.

**Conclusion:** This study analyzes the intrinsic psychological mechanisms of TPAC development from the perspective of mental health and work stress in mobile teaching environment and analyzes the influence path based on the mediating effect of mind-flow experience, and proposes a psychological dimension based on mental health and work stress of TPACK research, to explore and enrich the TPACK research perspective. This study can provide references for fostering the promotion of TPACK development among pre-service teachers in mobile teaching environments and provide practical guidance for curriculum design in similar technology-integrated teaching environments for mobile teaching, especially from the perspective of mental health and work stress.

\* \* \* \* \*

## STUDENTS' MENTAL HEALTH PROBLEMS AND EDUCATIONAL INVESTMENT COUNTERMEASURES OF CULTURAL INDUSTRY MANAGEMENT MAJOR IN COLLEGES

Nailin Gu<sup>1</sup>, Liang Zhao<sup>2</sup> & Yang Wang<sup>3</sup>

<sup>1</sup>College of Management, Suqian University, Suqian, Jiangsu, 223700, China

<sup>2</sup>School of Humanities, Shangqiu Normal University, Shangqiu, Henan, 476000, China

<sup>3</sup>Information Technology Discipline, Siyang Middle School, Suqian, Jiangsu, 223700, China

**Background:** Mental health education is one of the connotations that quality education should have, and it is the basis for students of cultural industry management to form good moral character. Students majoring in cultural industry management have good psychological quality, can better adapt to the changes of the environment, adapt to the best state to give full play to their potential.

**Subjects and Methods:** On the basis of the existing research results, a theoretical model of "student learning input, teacher teaching input, school resource input and social factors input" in mental health problems in colleges and universities was constructed, and empirical research was carried out by using the structural equation model to analyze the path relationship and mutual effect among the structural elements.

**Results:** The influences of all structural elements on the total investment in mental health problems from high to low were social factor input, teacher teaching input, school resource input, and student behavior input. Behavioral input is directly and positively affected by teachers' teaching input, school resource input and social factors input. Teachers' teaching input has a direct and significant positive effect on behavioral input, and school resource input has a direct and significant positive effect on teachers' teaching input. Social factor input can not only have a direct and significant positive impact on behavior input, teacher's teaching input and school resource input, but also have an indirect impact on behavior input through the intermediary variable of teacher's teaching input, which has an indirect impact on teacher's teaching input through the intermediary variable of school resource input.

**Conclusions:** Attach importance to the radiating effect of social factors input, pay attention to the role of learner learning input, and strengthen teacher teaching input.

**Acknowledgements:** This work was supported by the High-level talent introduction project fund of PhDs' Start-up Research of Suqian University: Research on transformation and upgrading of traditional industries enabled by new-generation information technology (CK0004224); high level talent introduction project fund of PhDs' Start-up Research of Suqian University: Research on transformation and upgrading of traditional industries enabled by new generation information technology (BR2022034).

\* \* \* \* \*

## COUNTERMEASURES OF LIFE SAFETY AND MENTAL HEALTH EDUCATION IN PHYSICAL EDUCATION AND ITS INFLUENCE ON RELIEVING STUDENTS' ANXIETY

Zhaoyuan Huang

Sports Institute, Ningde Normal University, Ningde, 352100, Fujian, China

**Objective:** Educational psychology, as a science that studies the psychological laws of teachers and students in school teaching situations and the interaction between them, undoubtedly has great reference significance for the implementation of the teaching effect of physical education. As a part of students' psychology, self-consciousness and personality tendency regulate and guide students' learning effect of physical education. In addition, the psychology in the communication between teachers and students will also have a certain impact on the teaching effect. In the process

of analyzing these influencing factors, it will be found that there are problems violating the laws of educational psychology in physical education teaching. Accidental injuries in life always occur at unexpected times, Can cause students different degrees of anxiety and anxiety. To prevent unintentional injuries to minors, life safety and health education in primary and secondary schools can reduce the extent of unintentional injuries or can prevent them from happening, can also reduce students' anxiety and fear. This is of great significance to minors, families, and the future of the country. Students' safety is one of the most important aspects of school work. From the perspective of mental health education, taking students' healthy growth and lifelong health as the core, life safety and health education should be organically integrated into subject education, so as to help students establish the concept of caring for life and loving life, and develop healthy lifestyle.

**Methods:** In order to further understand the actual situation of the application of educational psychology in physical education teaching in colleges and universities, and find effective ways to improve the effectiveness of physical education teaching in colleges and universities. This paper selects four universities in X province and conducts a questionnaire survey on their students. In this paper, SPSS19 is used for data analysis and direct research through data. The content of the questionnaire includes such factors as teachers' psychology, students' psychology and teacher-student psychology in the communication between teachers and students. A total of 500 questionnaires were distributed and 458 valid questionnaires were recovered, with an effective rate of 91.6%. The random sampling method was adopted, and the survey covered freshmen to seniors and students of different majors in liberal arts, science and engineering. It can be seen from the above that the survey basically guarantees the comprehensiveness and rationality of the investigated groups, and provides a scientific and effective basis for us to further analyze the impact of educational psychology on the teaching effect of physical education in colleges and universities. Search the literature on the implementation of life safety and health education in physical education classes in University, taking into account the current status of this education, research of Life Safety and Mental Health Education in Physical Education and its influence on relieving students' anxiety.

**Results:** In physical education teaching in colleges and universities, teachers' personality charm, teachers' prestige and teaching efficacy affect the educational effect of physical education. As a part of students' psychology, self-consciousness and personality tendency regulate and guide students' learning effect of physical education. In addition, the psychology in the communication between teachers and students will also have a certain impact on the teaching effect. In the process of analyzing these influencing factors, it will be found that there are problems violating the laws of educational psychology in physical education teaching. Physical education teachers pay more attention to sports technology than psychological care in their teaching philosophy. Physical education teachers emphasize practical education over psychological education in teaching content, ignore the anxiety and uneasiness of students in their study and life, and colleagues emphasize ideological indoctrination over psychological counseling in teaching methods. In the process of learning, students' personality tendency deviates and their learning psychological barriers are prominent. The construction of classroom psychological environment and peer psychological environment lacks attraction and guidance, through mental health education, improve students' self-confidence and reduce fear. Students are guided to learn to respond scientifically to natural disasters, accidental disasters, and social crisis events and to enhance their awareness of disaster prevention and mitigation through teaching escape skills in physical education classes, practical training on techniques for collaborative escape, and teaching sports safety classes. Students will be able to enhance themselves and other rescue skills, such as danger prediction, emergency avoidance, survival, and escape, develop emergency rescue skills and improve their awareness and ability to prevent network telecom fraud.

**Conclusion:** In order to better solve these problems in physical education teaching, physical education teachers should play their leading and leading role and attach importance to educational psychological effects. Teachers should improve the teaching concept of physical education and integrate the theory of educational psychology. Teachers should enrich the teaching content of ideological and political courses and combine psychological counseling to achieve the goal of innovating the teaching methods of physical education. Mental health education is very important, which can effectively regulate students' mental health level and effectively reduce students' anxiety and bad mood. In addition, we should strengthen the optimization of classroom psychological environment and peer psychological environment and create a harmonious teaching psychological atmosphere. We should explore a physical education teaching model based on the concept, theory and method of educational psychology, which is close to students and reality, so as to improve the teaching effectiveness more effectively. Sports are for health, and health is for life. The penetration of life safety and health education in physical education reflects the educational function of physical education. From the perspective of Educational Psychology, we should improve primary and secondary school students' attention to life safety through various means. It is an important task to improve students' self-help and self-prevention awareness. Effective infiltration in teaching can cultivate students' awareness and ability to eliminate their potential safety hazards, improve students' self-protection safety behaviors and promote the implementation of life safety and health education.

\* \* \* \* \*

## THE BELIEVER'S MENTAL HEALTH OF LU-BAN RULER BY TAINAN KAIJI TEMPLE SHRINE

Min-Tzu, Lin

*Lin Fengmian Academy of Fine Arts, Jiaying University, Meizhou, China*