

work, sweat, wisdom and emotion, making it a comprehensive sports activity for people's exercise and fitness today, which is deeply loved and welcomed by people. The more developed countries in today's society pay more attention to sports teaching, because it integrates sports, competitions, music, dance, communication, innovation and other activities. Today we apply the game teaching method to the mental health development of college students, which is actually the need of modern education. The teaching method of sports games can improve students' participation and mutual assistance, and cultivate students' team consciousness and spirit of cooperation. The entertaining and interesting nature of sports games allows students to exercise in a relaxed state of mind, promotes their mental and physical healthy development, and effectively relieves anxiety.

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HUMAN RESOURCE MANAGEMENT ON THE PSYCHOLOGICAL ANXIETY OF WORKPLACE EMPLOYEES FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: With the development of modern productivity, science and technology have become more and more advanced, the division of labor has become more and more refined, the level of specialization has become higher and higher, and the degree of organization has become increasingly complex. Under such circumstances, it is more and more important for human resources to relieve the psychological anxiety of employees in the workplace through various means. By mobilizing people's enthusiasm, coordinating activities among members of the organization, in order to successfully achieve the expected goals of the organization. Therefore, in the process of modern business management, human resources are increasingly using the knowledge and theories of social psychology to research and analyze the psychology of employees in the workplace.

With the rapid development of science and technology in modern society, the personal factor is particularly prominent. How to alleviate the psychological anxiety of employees in the workplace has become the most important issue that countries all over the world must consider in competition. How to improve the quality of workers is also a necessary research topic for human resource development, and it has also become one of the major topics facing psychological science and management science research. In addition, the rapid progress of science and technology and social changes have made psychological anxiety more frequent. This requires us to carry out research on human resource management psychology from a new perspective. The emergence of positive psychology provides an important tool for human resources to alleviate the psychological anxiety of employees in the workplace. By applying the principles of positive psychology to human resource management, it can effectively alleviate the psychological anxiety of employees in the workplace.

Objective: In the normal operation of an enterprise, scientific and effective management of the staff within the enterprise is required to ensure that the enterprise always maintains a positive vitality. In the management of human resources, methods are diverse and multiple. Enterprises should formulate characteristic management policies based on the actual situation of their own development. With the development of market economy, social psychology is widely used in talent management, and it plays an irreplaceable role.

Subjects and methods: When companies conduct work and interpersonal skills assessments on employees, they find that employees who receive positive psychological hints will be more proactive and proactive in their work performance, alleviating their anxiety, and at the same time improving their own capabilities. It can be seen that, in the process of human resource management of enterprises, it is necessary to pay attention to the use of social psychology, especially the part of positive psychology. Positive psychology plays a vital role in the development and management of corporate human resources. Based on the four influencing factors of positive psychology on employees' work, this article mainly conducts research from four aspects of positive psychology, work mood, personality characteristics, health status, and work experience. Six large, medium, and small companies are selected as the research objects, and

questionnaires are issued to their employees to collect statistics on their work efficiency and psychological emotions under different positive mental states.

Study design: A questionnaire was issued to a total of 600 employees in six companies, and the questionnaire was required to be completed at one time. The time for each person to fill out the questionnaire was about 20-25 minutes. A total of 600 copies were issued, 574 copies were recovered, and the effective number of copies was 563.

Methods: Use Excel to calculate the emotional relief of employees in different positive mental states.

Results: Employees with different positive attitudes will effectively alleviate psychological anxiety. In terms of human resource management, the more positive psychological construction of employees, the greater the effectiveness. Employees' positive work emotions, experience, personal health and personality all have a decisive effect on personal psychological emotions.

In the survey results, five levels from 0 to 4 are used to quantify the impact value of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, 4 means sufficient influence, in order to reduce the impact Individual subjective causes large errors. Take 600 employees' evaluation values and take the average, and the results are determined by rounding off. The specific statistics table obtained is shown in Table 1.

Table 1. The influence of different positive mental states of employees on psychological emotions.

Factor	Work enthusiasm	Personality traits	Health status	Work experience
Large enterprise	3	4	3	4
Medium-sized enterprise	4	3	3	3
Small companies	4	3	4	4

Conclusions: In the process of industrialization and modernization, the role of people is becoming more and more significant. Therefore, how to know a person and how to maximize a person's ability is a question that managers must constantly think about. Human-centered and highly applied social psychology research provides managers with optimal management of employees, eases employees' psychological anxiety, and provides extensive and scientific theoretical support for enterprise development. Therefore, human resource management should fully realize the importance of social psychology to alleviate the psychological anxiety of employees in the workplace, and continue to maintain and innovate human resource management based on the actual psychological state of employees.

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DESIGN OF A DATA QUANTIFICATION SYSTEM FOR TYPICAL CHARACTERISTICS OF ADOLESCENTS' ANXIETY BASED ON CLOUD COMPUTING PLATFORM

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Background: The mental health of adolescents has always been highly concerned by people from all walks of life. The World Health Organization has predicted that by 2020 the number of children and adolescents suffering from psychological problems will increase by 50%, becoming the leading cause of illness, disability and death in children and adolescents. One of five reasons. Current research has shown that the current state of the mental health of adolescents in China in recent years is not optimistic. Data shows that at least 30 million children and adolescents are plagued by mental illness, and some adolescents have even lost their lives as a result. At the same time, the number of adolescents seeking medical care due to mental and psychological diseases (including emotional disorders and behavioral problems) has also increased year by year. This aspect reflects the rapid development of China's mental health medicine and the public's attention to mental health. But on the other hand, it also reflects that the mental health of Chinese teenagers is worrying. Junior high school and high school students are in a critical period of adolescent development. On the one hand, they are in adolescence, with greater emotional fluctuations, and are facing major changes from the rapid development of physiology and psychology. On the other hand, they face various pressures that lead to their Mental health is extremely vulnerable. Therefore, it is necessary to design a quantitative system for typical characteristics of adolescent anxiety.