

Objective: The cloud computing platform uses virtual clusters built by virtualization technology to dynamically organize computing resources with typical characteristics, flexibly construct computing environments that meet different application requirements, improve the efficiency of computing resources, and effectively achieve high-performance data quantification. Therefore, a cloud computing platform can be used to quantify the typical characteristics of adolescents' anxiety.

Subjects and methods: Through the quantitative analysis of typical characteristics of adolescents' anxiety, specific influencing factors are obtained. This article mainly conducts research from three aspects: school atmosphere, family environment, and personal behavior. Selecting junior high school and high school students as the research objects, by issuing questionnaires, statistics of typical characteristics that affect adolescents' anxiety psychology.

Study design: A total of 1,000 questionnaires were issued, and the questionnaires were required to be completed at one time. The time for each person to fill out the questionnaire was 15-20 minutes. 967 copies were recovered and the effective number of copies was 932.

Methods: Use Excel to count the typical characteristics of young people's anxiety.

Results: The cloud computing platform is used to calculate the typical characteristic data that affect the anxiety of adolescents, and the data is quantified. The school atmosphere and family environment have a greater influence on the anxiety of adolescents. A good school atmosphere and family environment can effectively alleviate the anxiety of adolescents. At the same time, personal behavior also has a small impact on anxiety.

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. The individual subjectively causes a large error. The method of rounding the result is determined. The specific statistical table obtained is shown in Table 1.

Table 1. Typical characteristics of adolescent anxiety.

Factor	School atmosphere	Family environment	Personal behavior
Junior high school	4	4	3
High school	4	4	3

Conclusions: Adolescents with anxiety disorders mostly show mild anxiety, which is less difficult to treat, but they are prone to repetition, which seriously damages the physical and mental health of adolescents with anxiety, and affects their academic achievements, social skills, and social development. Relevant studies have pointed out that timely psychological intervention and health education for adolescents with mild anxiety disorder can effectively reduce their anxiety and depression, maintain a healthy and optimistic positive attitude, and help improve their quality of life, and prevent their daily life from being affected by the aggravation of the disease. Too many adverse effects of learning. Anxiety is a common mental disorder in adolescence. Usually, adolescents suffering from anxiety have a very common social function impairment, and the probability of suicide is also very high. In addition to drug therapy, the current methods of treating adolescents' anxiety include psychoanalytic therapy, cognitive behavioral therapy, family therapy, and group therapy. The quantification of typical characteristics data of adolescents' anxiety through cloud computing platform can effectively help adolescents to reduce anxiety and improve their social skills, which is conducive to improving the anxiety of adolescents.

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INFLUENCE OF SPORTS BASKETBALL ON THE PSYCHOTIC FACTORS OF COLLEGE STUDENTS

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Background: With the rapid development of society, competition has become increasingly fierce, and interpersonal relationships have become more and more complex. The important carrier of college students' knowledge of school education is also the main stage before people enter society. Since I started to live and

study alone. College students in adolescence have to deal with not only the psychological problems brought about by physiological changes, but also the psychological contradictions caused by changes in the social environment. They are often in a complex psychological contradiction, and they will inevitably encounter a variety of psychological problems. A series of mental health problems. According to a survey by psychologists, about 46% of college students have psychological problems such as anxiety, terror and depression. The reform of China's education system and the fierce social competition have gradually increased the psychological pressure of college students, and the psychological problems have also increased. This has affected the quality of talent training in Chinese universities.

Under the guidance of the ideology of "health first", with the deepening of the understanding of sports functions, people began to pay attention to the impact of physical exercise on mental health. Because basketball has the characteristics of group, competition, hardship, entertainment, release, and explicitness, it can be regarded as a microcosm of social activities, or it can be said that social activities are simulated and gamified, immersed in basketball. You will feel rich and changeable stimuli, and you will also experience mental ordeals and psychological conflicts that are almost the same as social activities. Therefore, basketball has an unparalleled advantage in cultivating college students' good mental health.

Objective: At the age of college students, there is a relatively lagging situation in physical and psychological development. College students are the hope for the future of the country and the potential driving force for the sustainable development of society. A healthy psychology is the basis for their study and life, and determines the progress and development of mankind. Therefore, taking active and effective measures to improve the physical quality and psychological development of college students and analyzing the influencing factors of mental illness factors of college students is not only of great significance, but also an urgent task faced by colleges and universities.

Subjects and methods: Through research and analysis, it is found that sports basketball not only makes people enjoy the senses, but also helps to cultivate the tenacious struggle of college students, the active spirit of unity and cooperation, the sense of creativity and the highly cohesive sense of collective honor, and basketball. The level of competition has a good educational effect on cultivating college students' good competitive consciousness and excellent psychological quality. This article mainly conducts research from three aspects: growth and development, mental health, and personality development. Select elementary school, junior high school, and high school students as the research objects. By issuing questionnaires, statistics of college students' use of sports basketball to relieve their psychological emotions and psychiatric factors.

Study design: A total of 600 questionnaires were issued, and the questionnaires were required to be completed at one time, and the time for each person to fill out the questionnaire was 25-30 minutes. 567 copies were recovered and the effective number of copies was 524.

Methods: Use Excel to count the emotional relief of college students in sports basketball.

Results: In sports basketball, college students can effectively alleviate psychological anxiety and reduce the appearance of psychotic factors. It can promote the growth and development of college students, while effectively eliminating negative psychology and promoting individualized development.

In the survey results, five levels from 0 to 4 are used to quantify the impact 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. The individual subjectively causes a large error. The method of rounding the result is determined. The specific statistical table obtained is shown in Table 1.

Table 1. The situation of college students in basketball.

Factor	Growth and development	Mental health	Personality development
Primary school	4	4	3
Junior high school	4	3	3
High school	3	4	4

Conclusions: In the new era of education, basketball teaching has become increasingly prominent in college teaching activities. As a high school sports basketball teacher, you need to take into account the psychological characteristics of college students, and at the same time start from the actual teaching work, update teaching methods and teaching concepts, and innovate basketball teaching methods. In addition, effective sports basketball teaching can increase the enthusiasm of college students to participate in sports, so that they can fully feel the spirit of fairness, justice, unity and enterprising in the process of participating in sports competitions, thereby promoting the development of all aspects of their comprehensive quality. Lay a solid foundation for future learning, and become the talent of the motherland.

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COLLEGE COUNSELORS' IDEOLOGICAL EDUCATION TO CURE COLLEGE STUDENTS' PSYCHOLOGICAL DEPRESSION ABILITY UNDER THE SITUATION OF "GREAT IDEOLOGICAL POLICY"

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Background: Psychological explanation for stress is a state of physical and mental stress caused by the imbalance between individual and environment. Stress is also known as psychological stress. College students enter the university campus, it is a preparatory period for them to enter the society, from this period they have to deal with various matters independently, so it is inevitable for college students to bear pressure during their study. The vast majority of college students are under great psychological pressure. Generally speaking, college students mainly face the psychological pressure of study, employment, socialization, life, economy and so on. These pressures will have a profound impact on their psychology, physiology and behavior. The mental health of college students is related to the normal development of the transition from college students to the society and the future of the society as well. But the psychological depression is one kind of universal emotional state, it is fluctuating between individual's normal emotion and the morbid emotion continuously. Psychological depression has been defined as an individual emotional state, and it has a unique pattern as a recognizable clinical disease. Symptoms of depression often include restlessness, irregular eating and sleeping patterns, lack of interest and fun, listlessness, hopelessness, guilt, and often even thoughts of death. Therefore, the treatment of college students' psychological depression is an important problem to be solved urgently.

Objective: Establishing the pattern of thought and politics is the key measure to promote the education and teaching reform of "situation and policy". Therefore, it is necessary to explore the effect of ideological and political education on college students' psychological depression. Through the study of ideological and political education on college students' psychological depression, we can understand the effect of ideological and political education on psychological depression so as to provide a positive treatment for college students' psychological depression.

Subjects and methods: The 80 undergraduate depression patients included in this study were all the undergraduate depression patients in the form of public recruitment, aged 18-21, with an average age of 19.6. Two groups were randomly divided into two groups, 40 cases in the observation group, the mean age (19.6±1.2). The mean age of 40 cases in the control group was 19.5±1.3 years. There was no significant difference in general data ($P > 0.05$) between the two groups, which had comparable value.

Study design: In view of the different degree of depressive symptom which the patient accompanies, in the observation group the university instructor adopts has the pointed thought education. For example, we can organize ideological education activities to improve psychological quality, understand patients' preferences at ordinary times, and further adopt the "1 to 1" psychological quality education and counseling mode to alleviate psychological fatigue and achieve the effect of eliminating depression for a period of three months. The control group did not receive special education within 3 months, only general education mode.

Methods: According to the Depression Self-Rating Scale (SDS), the depression symptoms of the two groups were scored before and after receiving ideological and political education; the lower the score, the more significant the improvement of depression symptoms. SPSS 21.0 statistical software was used for data processing, and $\bar{x} \pm s$ was used as measurement data. t test was used for comparison between the two groups. Percentage was used to indicate the statistical difference between the two groups, and $P < 0.05$ was statistically significant.

Results: There was no significant difference ($P > 0.05$) between the observation group and the control group before and after 3 months of ideological and political education, the SDS score of the observation group was significantly lower than that of the control group, and the difference between the two groups was statistically significant ($P < 0.05$). The results were as shown in Table 1.

Table 1. Statistical results of SDS scores of two groups of patients before and after the experiment.