students in the experimental group had moderate or severe anxiety turned into mild anxiety, which proved that the ideological and political education has a certain role in alleviating anxiety.

Conclusions: Mental health education is the important foundation of ideological and political education. If students cannot solve the psychological problems effectively, it will have a negative impact on the value orientation and moral concept of students, which is not conducive to ideological and political education. At the same time, ideological and political education is an effective complement to mental health education. Contemporary college students grow up in the information age, personality publicity, the pursuit of fashion, in the ideological and political education into mental health education, can enhance the ideological and political education of fresh vitality and effectiveness, so that students can better understand the relevant knowledge. Carrying out ideological and political education in higher vocational colleges is helpful to improve students' psychological quality and relieve their anxiety.

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INFLUENCE OF THE MODEL MANAGEMENT OF THE ELDERLY CARE SERVICES IN THE BAY AREA ON THE MENTAL ANXIETY OF THE ELDERLY

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Background: With the advent of the current population aging, the proportion of heart failure of the elderly themselves is increasing. At present, in addition to the disease itself, elderly mental patients are also facing a series of family problems, such as empty nest, living alone, disability, etc. The long-term psychological condition cannot be effectively alleviated. At the same time, physical health and social adaptability are deteriorating, causing many elderly people to suffer. Anxiety seriously affects their physical and mental health and quality of life.

With the improvement of medical standards and the improvement of people's lives, the mortality rate of the Chinese population has decreased, the average life expectancy has increased, and the proportion of the elderly population has also increased year by year. Compared with some developed countries, China's old population base is huge and the growth rate is unprecedented. With the growth of the aging population, the existing politics, economy, society and people's lives will be affected to a certain extent. The old-age care service mode in the Bay Area still maintains the old-age care pattern of traditional families in form, but it reflects the transformation from traditional mode to modern mode in connotation. In terms of living style, in addition to living together with their children, the elderly can also choose to live separately and live alone with their children. In terms of pension funds, the elderly generally has independent sources of income such as pensions, and the insufficient part can be subsidized by their children or relatives and friends. Individuals in extreme poverty can also enjoy welfare relief through the community. In the way of living care, the elderly can be taken care of directly by their relatives such as children, hired to take care of them, and the community can also provide elderly care services. In this way, the elderly can spend their twilight years in their familiar family environment and community environment, and at the same time promote family harmony and community harmony. The model of elderly care services in the Bay Area will strive to build a new modern community with orderly management, complete services, a beautiful environment, good public security, convenient life, and harmonious interpersonal relationships. It can effectively solve the problem of aging, promote the system construction of the Bay Area elderly care service model, thereby alleviating the mental anxiety of the elderly.

Objective: With the rapid increase of the elderly population and the elderly, the number of lonely elderly people also increases. Therefore, an in-depth analysis of the influence of the current model of elderly care services in the Bay Area on the mental anxiety of the elderly is undoubtedly of great significance for alleviating the mental anxiety of the elderly.

Subjects and methods: The influencing factors of mental anxiety among the elderly were analyzed through the model of elderly care services in the Bay Area, and 300 elderly people with mental anxiety were taken as the survey subjects. Using questionnaires to analyze the specific effects of the model of elderly care services in the Bay Area, the total score is 10 points. The higher the score, the better the effect.

Results: The model of elderly care services in the Bay Area is that the community provides direct care

services for the elderly living at home. The main services include hygiene, daily life, rehabilitation, mental health and interpersonal communication, and basically cover the needs of the elderly. Set up a dedicated service line and implement door-to-door service, which facilitates the daily needs of the elderly. Through medical and health care services, according to the physiological characteristics of the elderly, the treatment clinics, health stations, and rehabilitation centers for geriatric diseases will be opened to strengthen the propaganda of the prevention knowledge of geriatric diseases and popularize health care knowledge. Increase cultural and recreational services for the elderly to relieve their mental anxiety. Establish day care and full care centers for the elderly, implement centralized and unified management services for the elderly, and meet the mental needs of the elderly not to leave the familiar environment.

Table 1. The impact of elderly care services in the Bay Area on the mood of the elderly.

Type	Convenience service	Medical insurance	Cultural and entertainment activities	Elderly day care and total care center
The elderly	9	9	7	8

Conclusions: The biggest advantage of the Bay Area elderly care service model is that it can meet the care needs of the elderly, frail, sick, and mobility-impaired, so that they can enjoy elderly care services in their own homes. The advantages are obvious. First of all, it can truly embody the people-oriented principle and provide personalized and diversified elderly care services for the elderly. A waste of time; in the end, the economic investment is low, the service charges are low, and the overall operating cost is low, which is acceptable to the average family. In short, the old-age care service model in the Bay Area conforms to the traditional old-age care model of Chinese society and culture, and can effectively alleviate the mental anxiety of the elderly.

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RESEARCH ON DATA MINING METHOD OF FRESHMEN MENTAL HEALTH SURVEY

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Background: The world today is in an era of intense competition, accelerating economic development, rapid changes in lifestyle and increasingly complex interpersonal relationships, which have resulted in an increasing incidence of various mental diseases. As a group with higher intelligence, higher culture and higher self-esteem, contemporary college students have higher aspirations and pursuits, which are different from ordinary young people. They face more opportunities and challenges, so they also bear greater psychological pressure and conflict. Studies in recent years have shown that a considerable number of college students have adverse reactions and adaptation disorders, and the incidence of psychological problems such as depression, anxiety, inferiority complex and fear is as high as about 30%, and the trend is increasingly serious. At present, colleges and universities have done a lot of work in carrying out psychological health education for college students, and set up special psychological counseling or consulting institutions. In carrying out corresponding teaching, scientific research and practice activities, a large number of data have been collected, forming their own mental health data database. Clustering analysis algorithm is applied in this article, the vast data mining analysis, find a different group of students and their respective characteristics, early attention for psychological counseling or behavior, to reduce the incidence of college students' mental diseases, improve the level of their mental health, cultivate qualified high-quality talent, has important theoretical and realistic significance. Clustering is to group data objects into multiple clusters, so that the objects in the same cluster have high similarity, but the objects in different clusters have very large differences. Based on data mining theory and cluster analysis method, this paper effectively mines the survey data of freshmen' mental health status.

Objective: Mental health can be divided into narrow sense and broad sense. In the narrow sense, mental health means that there is no mental disease or pathological psychology, and in the broad sense, mental health means that there is good psychological quality and sound personality. At present, the traditional view of health is no illness has been gradually abandoned, people tend to accept the idea that mental health is relative, has the level difference of the state, rather than perfect mental health refers to a psychological