RESEARCH ON THE IMPACT OF GOVERNANCE BASED ON BIG DATA TECHNOLOGY IN COLLEGES AND UNIVERSITIES ON STUDENTS' EMOTIONAL ANXIETY AND STRESS

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Background: As a common problem, psychological anxiety reflects that more and more people have anxiety psychological problems in the current society. Anxiety not only affects people's mood and makes people's spirit tense, but also brings a series of negative effects. For example, patients with emotional anxiety have decreased performance ability in study and work, lack of concentration, insomnia, dreaminess, neurological fatigue and other problems, and even serious psychological diseases. At present, college students generally have the problems of emotional anxiety and excessive pressure. There are many reasons for this situation. For example, college students lack good interpersonal skills, may face the problem of being excluded by their classmates, and cannot solve the problems of emotional anxiety and fear of communication for a long time. The pressure of study and employment, such as the increase of college courses, more and more students are facing the pressure of examination, enrollment and employment. If the body cannot get a good rest, a reasonable rest will make the nerves tense and prone to emotional anxiety. At present, there are many ways to treat emotional anxiety, such as drug treatment, which can alleviate the symptoms of emotional anxiety by regulating the patient's body and mind. At the same time, there is psychological counseling to improve the anxiety of patients through reasonable psychological counseling and education. In addition, physical rehabilitation training and strengthening communication and attention to patients can effectively alleviate the emotional anxiety of patients. Facing the current problems of emotional anxiety and increased pressure among college students, we need to choose a reasonable treatment plan in order to better meet the development requirements of students.

Facing the widespread emotional anxiety and pressure of college students, modern education should not only pay attention to students' cultural education, but also strengthen the education of students' mental health. Through reasonable physical and mental health education to enhance students' physical quality and improve students' compressive ability, which is more conducive to the development of education. At present, big data technology is widely used in medical treatment, scientific research, education and other fields. Relying on the huge data network of the internet, through the analysis and processing of big data technology, you can get the accurate data answers you want. In the face of the widespread emotional anxiety symptoms of college students, through the analysis of big data technology, we can accurately screen out the main causes and proportion of students' emotional anxiety. At the same time, for the specific problems of anxiety, big data technology can also give accurate emotional anxiety treatment plans based on the huge data network, so as to alleviate the current emotional anxiety and mental tension of college students. Therefore, in order to alleviate the problems of college students' emotional anxiety and excessive pressure, this paper studies the causes of college students' emotional anxiety, discusses some methods to cure emotional anxiety, puts forward the problem of students' emotional anxiety through big data technology, and obtains the methods to alleviate students' emotional anxiety through big data analysis.

Objective: To explore the emotional anxiety of college students, analyze the impact of emotional anxiety, give methods to alleviate students' emotional anxiety, and then explore whether big data technology has a positive impact on students' emotional anxiety.

Subjects and methods: Take 200 students in a university as the research object, count the emotional anxiety status of all students, analyze the relationship between emotional anxiety and big data, use big data technology to analyze students' emotional situation, give the treatment plan for students' emotional anxiety, and evaluate whether big data technology has a positive impact on students with emotional anxiety.

Results: Students with emotional anxiety and normal students use application ability and learning ability. The changes of cognitive ability are shown in Table 1. The ability of patients is graded according to 0-4. The higher the value, the better the impact of psychological enthusiasm. It can be seen from Table 1 that the application of big data technology has a positive impact on improving students' emotional anxiety.

Conclusions: With the intensification of social competition, modern people are under more and more pressure, such as emotional anxiety, mental tension and other problems, especially many college students have emotional anxiety problems. Facing the emotional anxiety of college students, the development of college education should be paid full attention to. The research analyzes the symptoms and influencing factors of college students' emotional anxiety, gives the common treatment methods of anxiety disorders, and puts forward to analyze the current situation of college students' emotional anxiety through big data technology to give accurate treatment methods of emotional anxiety. The results show that analyzing the

performance of students' emotional anxiety through big data technology can reasonably give targeted emotional anxiety treatment methods, alleviate students' emotional anxiety problems, reduce students' learning pressure, and effectively promote the scientific and healthy development of college students.

Table 1. Changes of students' ability before and after teaching

Project		Before teaching	After teaching	*P*
Application ability	Anxious students	1	3	<0.05
	Normal students	2	4	
Psychological improvement	Anxious students	1	3	<0.05
	Normal students	3	4	

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THE INFLUENCE OF HUMAN RESOURCE MANAGEMENT INTEGRATED WITH PERSONALIZED PSYCHOLOGICAL CARE ON EMPLOYEES' MENTAL ANXIETY

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Background: Mental anxiety is a typical psychological disease. People with mental anxiety generally have problems such as inattention, nervous tension, insomnia and dreams, memory decline and work efficiency decline. With the acceleration of the pace of social development, more and more people have mental anxiety and other symptoms. Mental anxiety not only affects people's work efficiency, but also has an adverse impact on the whole body and mind. Usually, in addition to the care and attention of the surrounding people, patients need to reasonably adjust their body and mind, maintain an optimistic and positive attitude, and treat problems with an ordinary psychology, which is conducive to alleviating the psychological symptoms of anxiety. At present, there are many treatments for mental anxiety. The common ones are drug treatment, which can regulate the mental pressure of patients and improve their physical and mental resistance. Physical rehabilitation training, through the guidance and training of doctors, do reasonable physical training, regulate body and mind, and alleviate mental anxiety. And psychological auxiliary treatment, through humanistic care, psychological counseling and other ways to adjust the patients' mental anxiety symptoms. No matter what method to choose to treat mental anxiety symptoms, people around patients need more patience and care, maintain enthusiasm and make effective communication, so as to help patients get out of the dilemma of mental anxiety.

At present, more and more enterprise employees suffer from mental anxiety symptoms due to various pressures, which not only affects their personal physical and mental development, but also has a negative impact on their work, which has been highly concerned by the enterprise human resources management department. In the development of enterprises, we should not only pay attention to the development interests of enterprises, but also maintain the enterprise development culture and pay attention to the comprehensive development quality of employees, so as to ensure the common progress of employees and enterprises. The comprehensive development quality of employees includes the requirements of learning ability, working ability, physical and mental quality, and each index has an important impact on the development of employees. In the face of more and more employees' mental anxiety, the enterprise human resources management department needs to pay attention to it. At present, more and more enterprises have set up psychological care centers for employees in human resource management to help employees solve problems in life and work. At the same time, the enterprise also integrates personalized psychological care services, such as organizing friendship activities within the enterprise to enhance employee friendship. Set up employee assistance projects to solve some practical difficulties of employees. At the same time, regular physical examination of employees shall be added to improve the relationship between employees and the enterprise through communication, comfort and small gifts on holidays, so as to have a positive impact on the mental anxiety of employees. Therefore, in view of the common mental anxiety problems of