

accountants, reduce some complicated workload, alleviate the negative psychology of accountants and make them work more actively.

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## ANALYSIS ON THE INFLUENCE OF COLLEGE TENNIS TRAINING ON THE CULTIVATION OF COLLEGE STUDENTS' PERSONALITY PSYCHOLOGY

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**Background:** In the training of college students, college students should not only have high professional level, but also have good psychological quality and healthy personality. Personality includes many aspects, such as individual character, temperament, moral quality and so on. Individuals with healthy personality need to have good self-control ability, have a good overall mental outlook, have a stable state of mind, be calm in case of trouble, and be able to face difficulties in life, study and work positively and bravely. When getting along with others, he will have self-esteem and self-confidence, be modest and kind, promise others' things, complete them on time and according to quality, do not break his promise, and have a strong sense of responsibility. Individuals also need to know self-examination and improve themselves through self-examination. In the actual process of education, the focus of teaching is on the teaching of professional knowledge, and less investment is made in the cultivation of students' personality psychology. College students generally have some personality defects and poor psychological quality. Some students muddle along in school. Apart from attending classes, they stay in their dormitories, indulge in the Internet world, have no lofty ideals, and are at a loss about the future development direction. Some female students spend a lot of time chasing dramas and stars, do not care about current affairs and news, lack basic common sense, advocate hedonism, fear hardship, have weak psychological tolerance, are prone to anxiety and anxiety, and their emotions are prone to fluctuations. Schools need to take measures to intervene students' mental health problems and help them build a healthy personality. Tennis sports training, as a form of sports, can not only strengthen the body and improve the physical quality of individuals, but also provide individuals with a way to communicate and cooperate with others, so that individuals can learn to get along with others in this group sport and cultivate the spirit of mutual help. Compared with football, tennis is a gentlemanly sport without collision, which is conducive to the cultivation of individual temperament. Tennis sports training can also let individuals' negative emotions be vented, making individuals more healthy and positive. Therefore, the article applies tennis sports training to the cultivation of college students' personality psychology, and analyzes its impact on college students, in order to improve students' psychological quality and have a healthy personality.

**Objective:** Analyze the psychological state and personality status of college students at the present stage, and understand the reasons for their formation. According to the current situation of students, provide tennis sports training methods, let students with mental health problems and personality defects carry out tennis sports training, let students cultivate healthy personality, temper willpower, give play to their subjective initiative, let them learn to get along with other students, and finally enhance their comprehensive ability to form a healthy personality.

**Subjects and methods:** 114 college students were randomly selected from a certain school as the research objects to master their psychological state and personality status. These students were divided into physical education teaching group and tennis sports training group. The number of students in both groups was 57. During the teaching period, the physical education teaching group will receive normal physical education teaching, and the tennis physical training group will receive tennis physical training teaching. There will be two classes a week, one class for 90 minutes, and the teaching time is one semester. During the teaching period, students' relevant data were recorded, and statistical software was used to analyze the data to study the impact of tennis sports training on the cultivation of college students' personality and psychology. SCL-90 symptom self-assessment scale was used to score students' mental health problems. The higher the score, the more serious the symptoms.

**Results:** At the present stage, the mental health problems of college students are relatively serious, the students' psychological quality is poor, the ability to control their emotions is insufficient, they are more emotional, there are personality defects and lack of responsibility. After the tennis sports training for these students, the physical fitness level of the students in the tennis sports training group has been improved, and the mental health quality has increased significantly. The depression score of the students in the tennis sports training group is 1.36, and the results are shown in Table 1.

**Table 1.** Psychological state scores of two groups of students after teaching

Group	Interpersonal sensitivity	Depressed	Somatization
Physical education teaching group	2.10	1.68	1.92
Tennis sports training group	1.31	1.36	1.27

**Conclusions:** College students generally have some personality defects and poor psychological quality. Some students muddle along in school. Apart from attending classes, they stay in their dormitories, indulge in the Internet world, have no lofty ideals, and are at a loss about the future development direction. Some students are lack of responsibility, self-centered, selfish, easy to compromise and retreat in the face of difficulties, and prone to mental health problems. After a period of tennis sports training, students' psychological quality level has been continuously improved, students' mental health problems have been improved, healthy personality has been formed, willpower has been exercised, and patience has become better and better.

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## RESEARCH ON MENTAL HEALTH ASSESSMENT OF COLLEGE STUDENTS UNDER BIG DATA

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**Background:** The mental health problems of college students in China cannot be ignored. Many college students have mental health problems. Learning anxiety, interpersonal anxiety, examination anxiety and so on are common mental health problems. Because some college students are the only child, they have been spoiled by their families since childhood, and their self-care ability is poor, so they cannot live independently. After entering the university, they will not adapt to the independent campus life. When they get along with their roommates and classmates, they are prone to friction and conflict, which makes the interpersonal relationship stiff. Poor self-care ability will make their life a mess. They can't wash clothes, and the tables and chairs in the bedroom can't be cleaned. They are placed disorderly, leaving a dirty impression on their roommates, who are virtually estranged from them. In this isolated environment, they have interpersonal anxiety and become worse. In addition to freshmen, sophomores to seniors also face a variety of mental health problems, which cause great physical and mental distress to them, such as emotional injury, academic anxiety, employment anxiety, etc. With the familiarity with campus life, sophomores are busy studying and begin to yearn for their feelings. Some students find someone they like. However, due to their different personalities, the two often quarrel, which brings great harm to both sides and even leads to the breakdown of their feelings. Students with extreme personalities are unwilling to break up, so they threaten the other party, or even hurt the other party, resulting in the occurrence of malignant events. Due to their poor self-control ability, some college students will spend a lot of time indulging in the online world and can't extricate themselves. Staying up late for a long time has consumed their energy, and at the same time, there willpower has also become depressed. They have lost their enterprising spirit in learning and muddle along. They only pay attention to the present entertainment and don't consider their own future. However, college education does not pay enough attention to students' mental health problems when teaching students' professional knowledge. Schools need to have a comprehensive understanding of the mental health status of college students and take relevant measures for targeted intervention. Before carrying out relevant psychological education, it is very necessary to