

**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

evaluate the mental health status of college students. However, there are still some limitations in the existing mental health assessment methods, which cannot better evaluate the mental health status of students. With the arrival of the big data era, a large amount of big data is used to fully mine these data features, so as to get the information hidden in big data. Therefore, this paper studies the mental health assessment of college students under big data, and analyzes the role of big data in the mental health assessment of college students.

**Objective:** In order to master the mental health status of college students, this paper uses big data to evaluate their mental health status. The Internet mental health education system is established through big data technology to capture the keywords that reflect the emotions of college students, judge the recent psychological state of students according to the meaning and frequency of these keywords, and send the relevant information of students with obvious negative emotions to counselors. So as to intervene the students' negative psychology. In addition, through big data, students' web browsing information is queried and summarized to understand students' concerns. After understanding students' psychological status and needs from these classified information, some positive information is recommended to remind and encourage students to carry out positive psychological education.

**Subjects and methods:** Taking the students as the research objects, 634 college students were randomly selected from a university. The criteria for selecting the research objects were grade, major, gender, age and whether they were single children. The research obtained the consent of these students. Through big data technology, students' psychological state is determined, students' concerns are understood, and students' information in an obviously negative state is sent to mental health teachers. The implementation time is one semester. During this period, with the support of big data technology, these students are pushed with positive and sunny information, recorded with relevant data, and processed and analyzed through statistical software. Study the changes of students' psychological state after the implementation of big data technology. The psychological state of the students was measured by the hundred-mark system. The limit was 50 points. There was no psychological disorder below 50 points. After more than 50 points, the higher the score, the more serious the psychological disorder.

**Results:** Mental health problems are common among college students, and many college students will show anxiety and anxiety more or less. Before the school conducts psychological counseling on the mental health problems of college students, it needs to evaluate them. Big data technology can evaluate the psychological status of students and send the information of students with psychological barriers to mental health teachers, so that teachers can provide psychological counseling for these students. Among the scores of psychological disorders of students of different grades by big data technology, the score of sleep disorders of freshmen is 53.64, as shown in Table 1.

**Table 1.** Scoring of psychological disorders of students in different grades by big data technology

Grade	Sleep disorders	Anxious	Depressed
Freshman	53.64	51.06	50.12
Sophomore	55.71	52.31	51.36
Junior	58.45	56.43	53.24

**Conclusions:** Many college students have mental health problems because of their poor psychological tolerance, weak adaptability and high learning pressure. 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 evaluate the mental health status of college students. With the help of big data technology, students' psychological state can be actively assessed, so that mental health teachers can master the information of students with psychological disorders, which provides convenience for their work. And under the active push of positive information, create a positive network environment for students, which helps to alleviate students' psychological barriers.

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