

# Role of the Psychological Test and Evaluation System Based on the Internet of Things in the Early Warning of Psychological Dangers of College Students

Hui Du, Shenyang Polytechnic College, China\*

## ABSTRACT

The mental health and psychological crisis of college students has aroused the attention of all walks of life. College students are unable to cope with various pressures, and crisis situations such as suicide are not uncommon. Solving the psychological crisis of college students is urgent. The psychological crisis of college students is a major psychological imbalance that occurs when individual college students or groups believe that they cannot solve, handle, and control themselves or face unimaginable learning, work, and life events. This paper aims to study the role of psychological evaluation system based on the internet of things in the early warning of college students' psychological crises. This paper uses the SCL-90 scale method to quickly classify the mental health problems of college students.

## KEYWORDS

Danger Warning, Internet of Things, Psychological Evaluation System, Psychological Problems of College Students

## INTRODUCTION

### Background of Topic Selection

College students are a special social group, a group of college-educated people, a group of pioneers of new ideas, and new technologies in society. The characteristics of the social environment and the biological age they live in determine that the four-year university is an important period for their life and development. SCL-90 is often used as an assessment tool to understand the mental health problems of patients or patients in psychiatric departments, psychological counseling clinics, and general hospitals. The scale method is applicable to the observation of individual, group, or social psychological phenomena. At this specific time, college students are facing common psychological problems. Issues such as emotional instability, self-interested prejudice, and interpersonal coordination. Whether these problems can be solved smoothly and whether college students can grow up healthily

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\*Corresponding Author

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and be more relevant to the future. In order to train college students to build and successfully build socialism with Chinese characteristics, it is necessary to share the most extensive and fastest circulation of student information resources and discover all aspects of the information in depth. The system and risk assessment model that rely on scientific early warning indicators will analyze the collected information in order to understand the psychological state of students in time and prevent problems before they appear. Therefore, it is essential to analyze the psychological evaluation of college students and establish an early warning system for college students.

### **Significance of the Research**

From the perspective of personal development, college students are in the transition from late adolescence to adulthood. This is a process from childishness to maturity. These characteristics of college students determine their continuous psychological development. Performance and leaps coexist, stability and repetition coexist, health, and psychological problems are constantly intertwined and changes between problems. This is a normal psychological phenomenon of contradiction and rationality. Starting from the positive psychological function, in order to analyze the current psychological problems of college students and cultivate their innovative thinking and practical skills, it is necessary to simply use a foreign questionnaire or, of course, use a scale suitable for the country's national conditions. According to the mental health characteristics of contemporary Chinese college students, some scales have been selected and provided. Grasp the specific scientific basis of college students' mental health in good time. To solve this problem, in addition to understanding the structure of mental health, it is also necessary to design more effective and reasonable mental health questions, to realize the development and application of evaluation software through the Internet of Things platform, so that psychological measurement tools can be networked, and at the same time, this is also the inevitable trend of the development of modern mental health education-taking the development path of the Internet of Things. This requires us to build a scientific, standardized, and psychological evaluation system that is suitable for China's national conditions.

### **Relevant Work on the Role of the Psychological Evaluation System in the Early Warning of Psychological Dangers of College Students**

As an important part of school psychological crisis, early warning psychological assessment has been widely used in many schools. The so-called psychological assessment or psychological measurement is based on specific psychological theories, using standard functional procedures to objectively and standardly measure psychological characteristics and behaviors, such as human abilities, personality, and mental health. Through the use of psychological scales, a person's personality characteristics and current mental health can be measured, which can play a preventive role or provide a basis for intervention. Waugh MH believes that the psychological crisis early warning system is an advanced crisis intervention mechanism that tries its best to fundamentally prevent the crisis management system from psychological crises (especially malicious events) (Hopwood et al., 2017). Coloma-Carmona A refers to a set of scientific early warning systems and crisis assessment models, which can be discovered and discovered in time by analyzing and comparing the collected early warning information, thereby providing college students with a psychological early warning system. The psychological crisis management system has been released, which can directly activate crisis factors and crisis response measures, prevent the occurrence of crises, and reduce crisis loss (Coloma et al., 2016). Plessis SD believes that the so-called early warning system for college students' psychological crisis is to prevent the occurrence of college students' psychological crisis through the joint efforts of individuals, schools, families, and political parties in society. It has the ability to monitor the operation and development status of relevant personnel in a timely manner, analyze and study early warning indicators and early warning information based on early warning targets to predict growth trends, and identify and identify potential or actual risk factors in a timely manner (Plessis, 2016). Take preventive measures to reduce accidents caused by psychological crises and minimize the profits and losses caused by crises. However, their research points

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