order to explore the impact of college sports humanistic education on students' cognitive psychology, starting from students' cognitive psychological problems, this paper studies the causes of students' cognitive psychological problems, and analyzes the impact of college sports humanistic education on improving students' cognitive psychology.

Objective: To explore the current situation of college students' cognitive psychology, analyze the causes and treatment ways of students' cognitive psychology, and then explore the effect of sports humanistic education on improving students' psychological cognition.

Subjects and methods: Taking 200 students with cognitive psychological problems in a university as the research object, the students' psychological state was scored through six months of physical education humanities curriculum education. Evaluate whether students can improve students' cognitive and psychological problems in sports humanities teaching, so as to improve students' learning quality.

Results: The changes of students with cognitive psychological problems in the teaching process are shown in Table 1. Table 1 shows that in the six-month teaching practice, students' cognitive psychological problems have decreased significantly, and most students' cognitive psychological problems have been alleviated with the extension of the course time.

Table 1. Changes of students with cognitive psychological problems in the teaching process

Project	0 months	2 months	4 months	6 months
Serious cognitive problems	60	50	45	40
General cognitive problems	80	70	60	34
Low cognitive problems	60	80	95	126

Conclusions: Under the background of modern education reform, people pay more and more attention to the mental health problems of college students. Many students generally have mental tension and mental anxiety due to academic pressure and survival pressure, which leads to cognitive psychological problems and affects the discovery of students. Therefore, this paper analyzes the impact of cognitive psychological problems on students' development, and evaluates the impact of college sports humanistic education on students' cognitive psychology by studying the relationship between college sports humanistic education and improving students' cognitive psychology. The results show that the reasonable development of college physical education and humanistic education can effectively alleviate students' cognitive and psychological obstacles and improve students' learning quality. Therefore, in the development of colleges and universities, we need to pay more attention to the psychological problems of students and take effective strategies to promote the scientific and healthy development of students.

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THE POSITIVE INFLUENCE OF THE APPLICATION OF COMPUTER SOFTWARE TECHNOLOGY ON STUDENTS' ANXIETY UNDER THE ENVIRONMENT OF BIG DATA

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Background: With the accelerated pace of modern people's life, more and more people have anxiety psychological problems. Anxiety psychology is a common psychological disease. People with anxiety psychology usually show moderate phenomena such as depression, nervous tension, insomnia and dreaminess, anorexia and lack of mental strength. Serious patients are prone to depression, neurological injury and other problems. At present, in the environment of colleges and universities, more and more college students have anxiety psychological problems. There are many reasons for anxiety psychology, mainly focusing on the anxiety psychological problems caused by high pressure of learning or entering a higher school. At the same time, due to the pressure of employment competition, many students are facing the problem of employment pressure. In addition, there are unhealthy work and rest habits, anxiety problems caused by the decline of physical function caused by long-term staying up late playing with mobile phones and surfing the Internet. For anxiety psychological problems, in the research of psychiatric medicine, drugs are mainly used to regulate patients' nerves and alleviate the current situation of patients' excessive mental tension, so as to improve patients' insomnia, anorexia and other problems. However, the anxiety psychological problems of college students mainly focus on the pressure at the psychological level. It is more appropriate to adopt psychological auxiliary treatment, physical training adjustment and humanistic

psychological education. However, regardless of the choice of various methods, it is the key to effectively alleviate the anxiety psychological problems of college students.

With the advent of the information age, the application field of big data computer software technology is becoming wider and wider. More and more people get more accurate data answers through big data technology analysis, which facilitates people's daily work and life. In the face of the widespread anxiety psychological problems of college students at present, through the reasonable use of computer big data software technology to analyze the causes of current college students' anxiety, and give the most effective anxiety psychological solutions according to different students' anxiety causes and anxiety performance, which can have a positive impact on the development of college students. In particular, big data technology will have a positive impact on the clinical performance of a large number of anxiety patients, matching the most suitable treatment scheme for students will minimize the impact on students, so as to improve the current situation of students' anxiety and significantly improve students' learning and living conditions. Therefore, this paper studies the common anxiety psychological problems of college students, analyzes the common anxiety psychological treatment schemes, and discusses whether the big data computer software technology has a positive impact on the treatment of college students' anxiety.

Objective: To explore the current situation of students' cognitive impairment in college food specialty courses, analyze the impact of students' cognitive impairment on their professional achievements, analyze the mitigation effect of Ideological and political education on students' cognitive impairment, and then explore the coupling relationship between Ideological and political education and innovative teaching of college food specialty.

Subjects and methods: Using the method of stratified sampling, this paper studies 120 students with anxiety psychology in a university, uses big data technology to analyze students' anxiety psychology, and counts the changes of students' psychological interaction in college learning. Big data technology gives specific anxiety psychotherapy plans through the statistics of students' psychological anxiety, six months later, the big data technology was used to analyze the psychological changes of students with anxiety psychology, so as to evaluate whether the big data computer software technology has a positive impact on students' anxiety psychological problems.

Results: The positive psychological changes of 120 students are shown in Table 1. Table 1 shows the changes of college students' psychological anxiety under the support of big data technology. The data in Table 1 can be seen that after six months of testing, big data technology has a positive impact on students' psychological anxiety. At the same time, the number of students' persistent psychology, firm psychology and self-confidence psychology is increasing.

Table 1. Positive psychological changes of 120 students

Positive psychology	Before teaching	After teaching	P
Persistent	50	101	<0.05
Firm	38	107	<0.05
Self-confidence	59	111	<0.05

Conclusions: Anxiety psychology generally exists in young groups in society, among which college students generally have psychological anxiety problems. Anxiety not only affects students' body and mind, but also has an adverse impact on their study and life. Modern education should pay close attention to it. Through the study of college students' anxiety psychology, this paper analyzes the causes of college students' anxiety psychology, and analyzes the common methods to alleviate anxiety psychology. Through the application of big data computer software technology, we can more accurately analyze the anxiety psychological performance of college students, obtain the concerns of college students' anxiety psychology, and give a better treatment plan. The results show that through the research on the data of anxious students in colleges and universities, we can give a more accurate psychological treatment plan for anxiety and alleviate students' psychological anxiety problems. Therefore, it can be seen that college students generally have psychological anxiety problems, which should be widely concerned by the society, and take effective measures to alleviate students' anxiety problems, so as to promote the development of education.

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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