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**Table 1.** Statistics of SAS test results of subjects before and after the experiment

Investigation time	Experience group	Control group	<i>P</i>
Before teaching	53.6±2.5	53.2±2.8	1.638
After teaching	45.0±3.3	53.1±2.4	0.024

**Conclusions:** With the development of the epidemic, the domestic employment environment has deteriorated in recent years, and the employment pressure of college graduates has increased. Under this background, more and more college students suffer from mental anxiety symptoms. This study attempts to analyze the integration of information-based innovative teaching technologies and tools into the ideological and political education curriculum in colleges and universities, and explore its impact on students' mental anxiety. Therefore, a targeted teaching experiment is designed and carried out. The experiment shows that the difference of SAS score data between the two groups before the experiment is not statistically significant, and the average SAS scores of the experimental group and the control group are 53.6 and 53.2 respectively, which are in a state of mild mental anxiety as a whole. After the intervention, the difference of SAS score data between the two groups became significant, and the average score of the experimental group was 45.0, lower than 50, which was 8.1 higher than that of the control group. It was considered that there was no mental anxiety as a whole. The experimental results show that the integration of information technology and tools into Ideological and political education in colleges and universities can alleviate the mental anxiety of college students to a certain extent.

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## THE INFLUENCE OF THE EXCHANGE AND COOPERATION BETWEEN THE DEVELOPMENT OF SOUTHWEST CHINA AND ASEAN HIGHER EDUCATION ON THE POSITIVE PSYCHOLOGY OF COLLEGE STUDENTS

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**Background:** Positive psychology is a new science that studies the psychological state and psychological change law of human beings under various environments and conditions from a positive perspective. It adopts scientific principles and methods to study happiness, advocates the positive orientation of psychology, studies human positive psychological quality, and pays attention to human health, happiness and harmonious development. Specifically, positive psychology absorbs most of the research methods and research means of traditional mainstream psychology, such as scale method, questionnaire method, interview method and experimental method, and organically combines these research methods and research means with humanistic phenomenological method and empirical analysis method. Southwest China has a vast territory and a large population, but the conditions for opening to the outside world are not good compared with coastal areas. The establishment of university exchanges and cooperation between ASEAN countries and southwest China is conducive to promoting the process of opening up in southwest China, so as to cultivate international talents with certain ability in southwest China, promote the development of education industry and improve the overall strength in southwest China. However, the foreign language ability of most college students in southwest China is poor, and their acceptance of foreign culture is also less than that of college students in coastal provinces and cities. As a result, in the process of exchanges and cooperation between southwest China and ASEAN universities in the past, the enthusiasm and subjective initiative of some students in learning, communication and life have been hit to a certain extent. Therefore, this study attempts to use positive psychology to carry out psychological intervention on southwest college students who cannot well adapt to the exchange of college students in ASEAN, and analyze its impact on the positive psychology of the research object.

**Subjects and methods:** Investigate the major undergraduate colleges and universities in southwest China, and select a college that has certain representatives in terms of student size, teacher ability and

teaching mode, and is engaged in cooperation with ASEAN higher education. 280 professional college students who are not suitable for ASEAN exchange students and educational exchange activities were selected as the research objects. Communicate with the selected student groups to understand the psychological reasons why they do not adapt to the exchange activities of ASEAN universities, and design experimental intervention measures based on this combined with positive psychology. After that, the subjects were divided into experimental group and control group. First, the basic information statistics and difference significance test were carried out for the two groups. After confirming that there was no significant difference in basic information among students in each group, the intervention experiment was carried out. The students in the control group were given routine psychological counseling on coping with the exchange activities of ASEAN colleges and universities, and the experimental group was given special training and psychological counseling combined with positive psychological ideas and methods, so as to teach students the method of looking at problems from a positive perspective. Before and after the intervention, the two groups of students need to be tested for positive psychology. The test questions are designed and completed by the research team. The test is a hundred-mark system. The higher the score, the more obvious the positive psychological performance of the subjects. All measurement type features in the study are displayed in the form of mean  $\pm$  standard deviation for *t*-test. Counting type features are displayed in the form of number or proportion of number for chi square test. The significance level of difference is taken as 0.05.

**Results:** After the implementation of psychological intervention measures and test, collect the data obtained from the test, eliminate the invalid data, and count the effective data to get Table 1.

**Table 1.** Statistics of positive psychological test scores of two groups of students before and after intervention

Test time	Experience group	Control group	<i>t</i>	<i>P</i>
Before experiment	65.2 $\pm$ 4.1	64.9 $\pm$ 4.5	1.452	1.663
After the experiment	78.7 $\pm$ 3.5	65.1 $\pm$ 3.4	0.358	0.018
<i>t</i>	0.401	1.760	-	-
<i>P</i>	0.019	1.735	-	-

It can be seen from Table 1 that the *t*-test output *P* value of the positive psychological test scores of the two groups of students before the experiment is 1.663, which is lower than the significance level of 0.05. It is considered that the data difference is not statistically significant, which proves that the grouping of the research objects is reasonable. However, after the experiment, the average scores of positive psychological tests in the experimental group and the control group were 78.7 and 65.1 respectively, and the data difference between the two groups was statistically significant.

**Conclusions:** Aiming at the problem that some college students in southwest China are not suitable for the communication between schools and ASEAN higher education institutions, this study designed a group psychological counseling experiment based on positive psychological intervention. The results showed that there was no significant difference in the scores of positive psychological tests between the two groups before the experiment. The psychological scores of the former and the latter groups increased by 13.7 and 65.7 respectively, which was statistically significant compared with the experimental group and the control group. The experimental results show that the application of positive psychological methods to intervene students can alleviate the psychological problems brought by students' transnational higher education exchange activities and improve students' positive psychology.

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## THE INFLUENCE OF CLOUD COMPUTING AND VIRTUALIZATION TECHNOLOGY AND APPLICATION COURSE ONLINE TEACHING ON STUDENTS' THINKING AND LOGIC ABILITY

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