



Analysis of Personality Status in Psychological Health Education based on Cloud Technology

Mu Juan¹, Wang Chongyu²

¹Tung Wah College, 16/F, Tower 2, Kowloon Trade Centre
51 Kwai Cheung Road, Kwai Chung, Hong Kong

²City University of Hong Kong, 83 Tat Chi Road
Kowloon Tong, Hong Kong

ABSTRACT

With the development of society and the progress of technology, people's attention to mental health is increasing. Psychological health education is an important way to improve individual psychological quality and promote their physical and mental health. This article analyzes the current personality status of mental health education based on cloud technology. Firstly, the concept, characteristics, and advantages of cloud technology were introduced; Secondly, the importance and current situation of mental health education were elaborated; Finally, combining cloud technology with mental health education, a personality analysis model for mental health education based on cloud technology was proposed, and its feasibility and effectiveness were explored.

Keywords: *Mental Health Education Model, Multiple Education Model, Cloud Technology, Primary School Students*

1. Introduction

Cloud technology not only can help us to build new markets, but also can create large changes in application design, development and deployment. The rapid development of the informationization construction cost of industry background, acceptance of users, and mobile applications (in tablet PCs, mobile phones) mutually promoted by cloud technology eliminates the bottleneck of small and medium-sized enterprises. So the cloud computing technology not also can be obtained in many traditional enterprise application, but also can produce good results, and in the practice we found that it can improve the efficiency of management, improve network resource utilization, and reduce the cost. In today's era, we should transform the advantages of cloud technology into economic growth and promote innovation, so that it can help individuals to control the life better and help enterprises to make decisions and managements. Based on this, this paper uses an important advantage of cloud technology to combine with psychological education so as to create a combination of cloud technology and multiple mental health education model. In this paper, we combine

with the actual situation of mental health education in our country and the successful experience of some mental health education models to construct a multi-mental health education model combining with cloud technology. At last, this paper analyzes each component of the model. The practice results show that multiple psychological health education model based on cloud technology takes the student as the main body, and the teacher is the leadership and subject teaching is the basic mode, which can improve the psychological quality of the students, fully develop their potential, and cultivate students' healthy personality. The documents developed by the Technology Research Institute (NIST) are subject to federal information security legal restrictions [1]. People hold their dreams chronically, and cloud technology can potentially change the IT industry [2]. Cloud computing solutions allow tens of thousands of data to be summarized and integrated [3]. Cloud technology will make the software more attractive and attract consumers to buy it [4]. With the significant advances in information and communication technology (ICT) over the past half-century, cloud technology is expected to become the fifth utility [5].

2. The State of the Art

One of the early representative figures, Bulow Kerr (D "Blocker), once said: "psychological counselling with development cares the coping strategies on the development stages of individuals, especially potential development and various kinds of experience, to help the individuals to complete the requirements of different stages of development." In 1984, the Federation of international psychology put forward that "psychological counselling emphasizes the model with development. The model with development refers to the fact that psychological counselling helps the object to eliminate the obstacles in the process of growth in order to achieve good development". The objects of the developmental psychological counselling model are the normal people who need help in dealing with life tasks. Mentors' tasks are to teach objects how to deal with strategy and play the existing ability. Developmental psychological counselling aims to promote growing problems. It takes the students' problems as problems in their growing process rather than psychological problems. Therefore, it can be said that this model is based entirely on the development of students, and it fully meets the requirements of the psychological development level of students. Full-service mode is widely popular in the sixties of the 20th century in American education circles, which advocates a plan that contains psychological courses plan. It enables students to cure unhealthy psychological factors by letting them understand their own growth. It emphasizes that education is more important than treatment. This is a reliable mental health education model that can directly improve students' psychological development. The mental health education model mainly responds to three questions: who should be counselling, why counselling, and how to coach. So, he puts forward a "general model", which mainly includes the value, objectives and functions. Social psychologist Mead's theory of symbolic exchange is the theoretical basis of the psychological health education model, and the psychological health education model regards students and guiders as specific persons, and it pays attention to the effects of the boot process that are in different social and cultural backgrounds. It believes that the whole process of mental health counselling is the process of interpersonal communication, which can improve the effectiveness of mental health education. Cloud computing has recently emerged as a new paradigm and hosting service through the Internet [6]. The challenges of cloud technologies are not completely lost; the server-side software must be able to match them [7]. In this paper, we mainly study mental illness and the attitude of mental patients in a community [8]. National participation in comprehensive community mental health services is crucial [9]. We find that patients with mental health can recover by consulting and negotiating. [10] This paper focuses on the role of human services (mental health, education, health, child welfare, and juvenile justice). [11] This article revolves around the different levels of mental health and diseases, and the framework presents a way of including the prevention, treatment and rehabilitation of community programs [12]. The new liberal Committee has conducted research on mental health through a pioneering attempt [13]. Self-evaluation is essential to the spirit and social welfare. It affects the level of interaction between individual goals and others[14]. The method proposed in this paper is mainly used to promote the study of mental health [15].

3. Methodology

3.1. Overview of Cloud Computing

Cloud computing is based on Internet computing, belonging to the category of cloud technology, and through this way, it can achieve the sharing of hardware and software resources and information, which can be provided to the computer and other devices. Cloud computing was a

substantial change from large-scale computers to client-servers in the eighties last century. Users do not need to know the specific meaning of the cloud, but they can also perform related operations. Cloud computing describes IT services based on the Internet, and the use and delivery models usually involve using the Internet to provide dynamic, scalable, and virtualized resources. Users can access software and data services. Service providers will maintain the normal operation of the service platform. Promoters think that SaaS can allow enterprises to reduce costs by providing users with help from the perspective of hardware, software, maintenance and service. In addition, due to the centralized supply of applications, it can be updated and released in time without installing new software. The disadvantage of SaaS is that the user's data is stored on the provider's server, so the service provider can access the data at any time. Cloud computing allows companies to create applications faster and reduce the cost of management and maintenance. It can reallocate enterprise resources quickly to cope with the rapidly changing business needs. Cloud computing relies on resource sharing to achieve scale economies. Service suppliers collect a large number of resources, so users can request more resources easily and adjust the amount of use. They do not need to release the resources to the overall structure. So, users do not need to buy a lot of resources because of the short-term peak demand; this time, they can increase the amount of rent to reduce demand. The service provider will reallocate resources that are currently not leased to other users. The concrete application of cloud computing is shown in Table 1. This paper mainly uses cloud computing of cloud technology through a large number of cloud data to find out the models that can improve the mental health education of primary school students in China.

Cloud Education	Education development and application in the cloud technology platform, known as the "education cloud." Cloud education from the application of information technology to break the monopoly and the natural boundaries of traditional education.
Clouds Associated	Things is a new generation of information technology wave force. Things through IntelliSense, identification technology and pervasive computing are widely used in all aspects of the Internet.
Social Cloud	Social cloud is a virtual social applications. It is to share resources as the main objective, networking, cloud computing and mobile Internet combined to create new social way through their interaction.
Cloud Security	Cloud security cloud computing applications in the field of Internet security. Cloud Security combines parallel processing, network technology, unknown viruses and other emerging technologies through distribution in all areas of the client for the presence of abnormal Internet to monitor.
Cloud Storage	Cloud storage is a new wave of development of cloud computing. Cloud storage is not one specific storage device, but the Internet, a lot of storage devices, through the joint development of application software, work together and then bring the data access services.

Table 1. Cloud computing applications

3.2. Problems and Educational Principles of the Mental Health Education Model in China

Since 2003, our country has continued to carry out mental health education, and counties and schools actively explore the psychological health education mode and generally set up mental health education courses so they create a good atmosphere for mental health education and achieve initial results. However, its mental health education model is relatively simple, and the classroom teaching methods are general lectures, discussions with students, and games. Students' psychological health education activities are limited in the classroom and the time is very few. There is only one class every two weeks for primary and secondary mental health education programs. If there is only one classroom activity in such a long time, it isn't easy to ensure that mental health education can receive good results. In addition to psychological counselling, some schools' extracurricular activities also have lectures and psychological consultation rooms, but these patterns lack specific connotations, summaries and reflections on the overall planning and design objectives. In short, the unsystematic and unscientific plan is just a mechanical superposition of the psychological health education methods. Figure 1 is the actual situation of the traditional psychological education class.

Mental health education affects every stage of students' psychology, and it is also a long process

of education. In the period of primary school, the students' world outlook and values have not been stable during the period, and it is also a period that a person's psychology is in rapid development. At this stage, the physical and mental development of students speeds up, but self-control is not strong, and it is easy to be affected by the external environment. In recent decades, in some regions of the left behind areas, the number of left behind children has increased due to complex internal and external factors, so the simple mechanical stack combination of several teaching modes cannot meet the actual needs of Chinese students in the teaching of primary school. To meet the actual needs of students, our psychological education must conform to the principles in Figure 2.



Figure 1 Mental health education classes

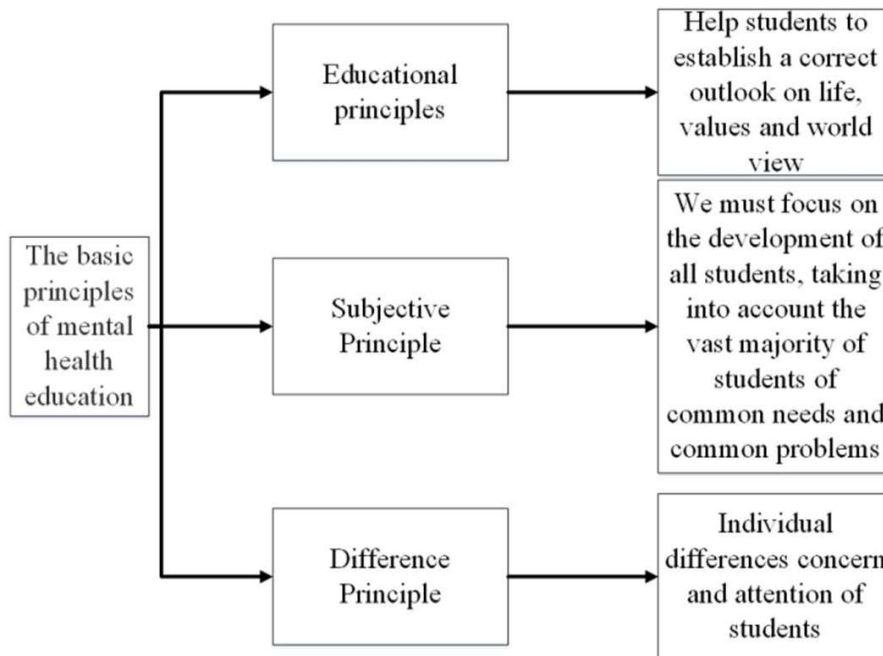


Figure 2. The basic principles of mental health education

3.3. Researches on the Construction of Multi-Mental Health Education Model based on Cloud Technology

Elementary school psychological health education of the new curriculum reform is a long-term project. According to the characteristics of the psychological development of the students, we strengthen the target, effectiveness, development and promotion of the function of psychological health education. This paper advocates the construction scheme of multiple psychological health education models combined with cloud technology; it takes students as the main body to improve the students' psychological quality, fully develop their potential, and cultivate students' personality. In this paper, a variety of mental health education models are established, which are based on the penetration of subjects and the essential channels of mental health education. As follows,

$$Y_i = \beta_0 + \beta_1 X^{li} + \dots + \beta_k X^{ki} \quad (1)$$

$$P_i = 1/(1 + e^{-YX}) \quad (2)$$

Among them, $X^{li} \dots X^{ki}$ is major psychological impact factor, $\beta_0, \beta_1, \dots, \beta_k$ is the main psychological impact parameter. Y_i is total psychological impact index. Then, we analyze the psychological impact index and establish a multi mental health education model program combining with cloud technology. The specific construction process is shown in figure 3.

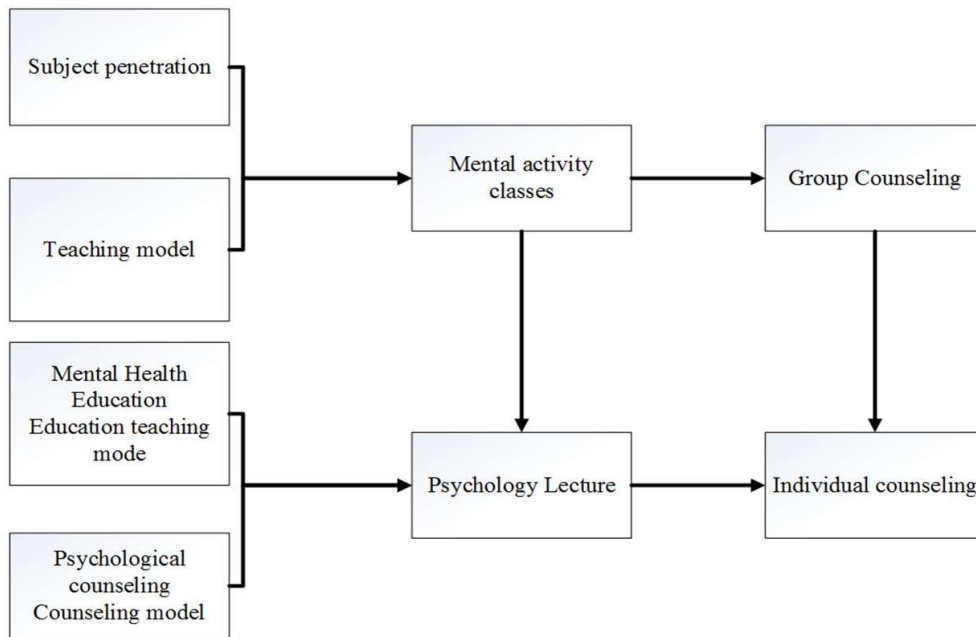


Figure 3 Primary Mental Health Education in Multi-Mode

In the survey we found that students should strengthen the cultivation of innovation and practice ability through the osmosis in the teaching subjects and combination of the comprehensive course and practice course to develop the potential of students and improve the psychological quality and psychological health education of the students. In the course contents, the new curriculum reform strengthens the close combination of contents and life, and it should actively arouse students' enthusiasm and initiative to meet the needs of students effectively. The program's implementation has changed the selection and functions of courses to emphasize people-oriented and promote the comprehensive development of students in the curriculum goal system. We do not have an evaluation examination form for psychological health education in primary and middle school students. Still, we are more concerned about the impact in the process of assessment and developmental understanding of the needs of students to help students make better self-understanding and play its unlimited potential in order to promote the level of development of all

students. In the actual teaching of psychology, teachers should have an awareness of mental health education and take the initiative to undertake the task of education. They not only need to tap the textbook but also pay attention to their own teaching behaviours, forming a friendly and welcoming psychological atmosphere.

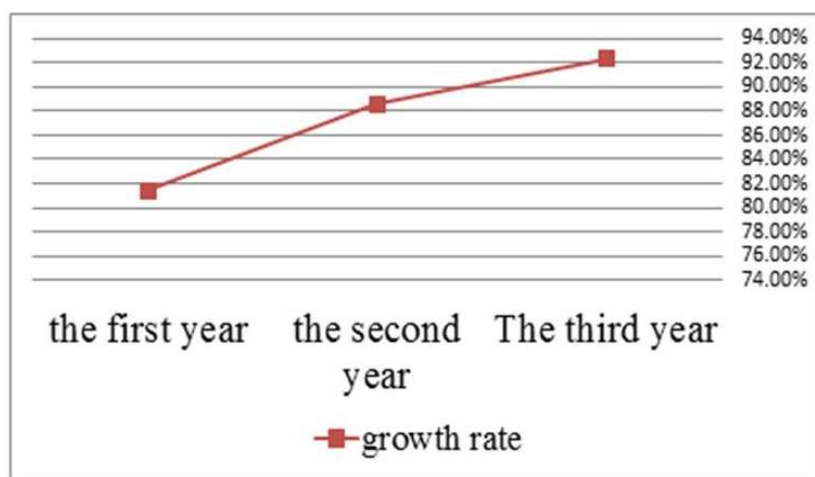


Figure 4. Mental Health Status

We use the role method to carry out simulation tests for model establishment; role playing is to let the students play the role or to imitate scenes according to the role expectation and requirements to express characters and feelings and then individuals can further experience the impact of the psychological process. Using the method of role-playing can effectively relieve psychological disturbance and promote the normal psychological development of the students. We conducted a study of 5 classes in a primary school and tested mental health standards for three years in Figure 4. We found that after the program's implementation, the student's mental health has been greatly improved. Therefore, the multi mental health education model based on cloud technology is the primary way to carry out the teaching mode of mental health education in primary schools in China. We pass the knowledge of psychology to the student by this method to make the students develop a mental health consciousness, which has certain psychological adjustment methods. This course is different from other subjects. In teaching, according to the new curriculum concept of "students are oriented", we should focus on the improvement of psychological quality, and at the same time, we can take psychological counselling into account to achieve the scientific nature and the unity of the subjects.

5. Conclusions

Primary mental health education always obeys the education code of people-oriented, and the purpose is to achieve the personality development of students. Cloud technology and psychology health education have the same view of philosophy, so cloud technology can provide broad backing for the development of psychological health education, and the latter can help to strengthen the former further deeply and help it get effective implementation, which provides positive and effective practices for it. This article is based on cloud technology, and it combines the actual situation of China's mental health education to build a multi-dimensional mental health education model that combines with cloud technology. Finally, this paper analyzes the components of the model in practice. Practice has shown that combining multiple psychological health education models based on cloud technology can improve the psychological quality of the students and their full potential, and it also can cultivate students' healthy personality psychology. You can also change the students learning the way to achieve the success of teaching reform. These measures can not only improve teachers' teaching behaviours but also enable students to greatly improve their initiative and learning experience. Due to the limitation of ability and time, there are still some deficiencies in the research process. For example, due to the imbalance in the level of mental health education in different areas, the results of this study may not be suitable for other areas, so we also need to explore and study further.

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