

## *Retraction*

# **Retracted: Psychological Counseling and Adaptive Adjustment Methods for Employment Psychological Distress Based on Intelligent Internet of Things**

### **Mobile Information Systems**

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This article has been retracted by Hindawi following an investigation undertaken by the publisher [1]. This investigation has uncovered evidence of one or more of the following indicators of systematic manipulation of the publication process:

- (1) Discrepancies in scope
- (2) Discrepancies in the description of the research reported
- (3) Discrepancies between the availability of data and the research described
- (4) Inappropriate citations
- (5) Incoherent, meaningless and/or irrelevant content included in the article
- (6) Peer-review manipulation

The presence of these indicators undermines our confidence in the integrity of the article's content and we cannot, therefore, vouch for its reliability. Please note that this notice is intended solely to alert readers that the content of this article is unreliable. We have not investigated whether authors were aware of or involved in the systematic manipulation of the publication process.

In addition, our investigation has also shown that one or more of the following human-subject reporting requirements has not been met in this article: ethical approval by an Institutional Review Board (IRB) committee or equivalent, patient/participant consent to participate, and/or agreement to publish patient/participant details (where relevant).

Wiley and Hindawi regrets that the usual quality checks did not identify these issues before publication and have since put additional measures in place to safeguard research integrity.

We wish to credit our own Research Integrity and Research Publishing teams and anonymous and named external researchers and research integrity experts for contributing to this investigation.

The corresponding author, as the representative of all authors, has been given the opportunity to register their agreement or disagreement to this retraction. We have kept a record of any response received.

### **References**

- [1] X. Kang, "Psychological Counseling and Adaptive Adjustment Methods for Employment Psychological Distress Based on Intelligent Internet of Things," *Mobile Information Systems*, vol. 2022, Article ID 6948351, 10 pages, 2022.

## Research Article

# Psychological Counseling and Adaptive Adjustment Methods for Employment Psychological Distress Based on Intelligent Internet of Things

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With the rapid progress of the current era, the outside employment pressure has gradually become severe, and with more and more college students, the competition pressure is also gradually rising, which also leads to many college students in the face of psychological problems from campus to society. In this paper, based on the intelligent Internet of Things, the psychological problems that easily arise when college students are employed are explained, and from the problem, targeted employment guidance is proposed, and a comprehensive debugging method of related causes is proposed. Using the mathematical modeling method, the traditional psychological counseling and the intelligent IoT-based psychological counseling methods are compared. It was found that the counseling time was reduced by 30%, the consideration of problems was more comprehensive, the number of students' consultation problems was increased by 32%, and the number of debugging was increased by 23.

## 1. Introduction

With the opening of major universities to enrollment, the number of college students is increasing. According to the statistics of recent years, there are more than 6 million graduates from colleges and universities nationwide, and there are also graduates who have not been employed before, and all of them add up to more than ten million people who need to be employed. The current employment situation is severe because the employment industry will not change because of the change of graduates' education. Although the education of graduates increases year by year, the social positions still follow the social requirements and only choose graduates who meet the demand or need some technical students. There is also the fact that what is really learned in the current general institutions is only theoretical knowledge, without much practical operation, which cannot meet the current needs of society. This also leads to the difficulty of employment and the confusion of being unemployed upon graduation.

A large number of graduates have developed psychological problems, and there is an urgent need for psychological counseling to prevent graduates from developing bad emotions and psychology, such as jealousy, anxiety, low self-esteem, self-doubt, and falling into a deep quagmire from which they cannot extricate themselves. If left unimproved, it can have a significant impact on later life, relationships, and social relations, and in serious cases, it may cause social panic. Psychological counseling can help graduates to improve this pessimistic psychological mood, so that students can make the right choice of direction according to their own situation, and adjust graduates to the right state of mind, positive and sunny, not humble. Psychological counseling has great significance for graduates.

In this paper, based on the intelligent IoT, the psychological problems that tend to arise when college students are employed are explained. And from the problems, targeted employment guidance is proposed and a comprehensive way of debugging the related causes. It is also shown that the IoT-based counseling and debugging method is

more suitable for contemporary college students and can be more effective. This paper mainly deals with the current employment problems of college students through the Internet of Things and helps college students better adjust their employment mentality through the Internet of Things. Traditional employment counseling requires specialized psychological counseling. In the case of the Internet of Things, college students can also better and more effectively conduct psychological counseling and make corresponding debugging methods.

## 2. Related Work

With the rapid economic growth, people's standard of living is also gradually increasing, but the pressure they take on themselves is also increasing, with car loans and mortgage. In case of unemployment, people are anxious and irritable in their mind and people become psychologically disturbed in employment, and unemployment, poverty, and inequality are related phenomena. To address such issues, Harish N explores poverty and unemployment under Indian economy and proposes to alleviate poverty, create employment and income generating opportunities, and provide infrastructure and basic services to meet the aspirations of rural poor unemployed people in accordance with government policies and programs. To achieve these goals, self-employment and wage employment schemes continue to be practiced in a different way [1]. As consumer demand declined, firms with higher business float experienced significantly larger declines in firm employment. These results are not due to lower firm productivity, but rather to excessive expansion prior to the Great Recession. Typically more sensitive to fluctuations in aggregate employment or house prices, Giroud X's research suggests that firms' balance sheets played an important role in the propagation of consumer demand shocks during the Great Recession. In addition to traditional stimulus measures, employment policies that directly target firms may play a role [2]. Distress from employment can also have an impact on people's health, and although socio-economic status (SES) has a recognized impact on health, SES resources such as employment may have different effects on health outcomes across populations. In this regard Assari S conducted a study where his focal predictor of interest was baseline employment, operationalized as a dichotomous variable, and the study found that because employment distress does create health problems for people, it also includes mental health [3]. Workforce restructuring is a key driver of acquisitions and associated synergistic gains on a global scale. In a difference-in-difference research design, Dessaint O showed that a significant increase in employment protection reduces acquisition activity by 14–27% and reduces the combined firm gains (synergies) by more than half. Increasing employment protection discourages layoffs, resulting in wage costs that match the magnitude of synergy losses. Offers are not fully adjusted, and the reform results in lower returns for both bidders and targets [4]. Employment problems bring distress that people have no way to regulate through self-regulation and need professional counseling to help them carry it out to improve their current situation.

There are many people who are currently troubled by employment problems and need professional counseling to guide them, and counseling is the medicine that needs to be healed for people. The need for care is even greater in patients who are physically and mentally unhealthy, and those with infertility often carry a high pressure psychological state. In some cases, this represents a risk of developing depression or anxiety. Questionnaires are a useful tool to assess such risk, and Volmer et al. conducted the SCREENIVF questionnaire on this, which realistically demonstrated that some coping strategies are associated with stress levels in infertile couples, identifying which strategies are associated with higher levels of depression or anxiety risk. It helps to provide targeted counseling to reduce the risk of depression or anxiety [5]. Ganieva analyzed the multicultural approach in counseling using the specific case of an adult daughter-father relationship as an example. The approach takes into account the ethnic and religious characteristics of the visitor and shows the positive dynamics of psychological work based on the values of the Ingush culture and Islam. It was concluded that the multicultural competence of psychologists can provide counselors with a high level of trust of the client, as well as based on the use of ethnoreligious resources [6]. Schools are in a unique position to influence the mental and behavioral health of children and adolescents. However, little is known about school district counseling, psychological, and social services staffing policies. Brener and Demissie analyzed the status of such policies in public school districts in the United States. Using online or mailed questionnaires, data related to counseling, psychological, and social services were collected from a nationally representative sample of school districts, and those who were knowledgeable about each questionnaire were sampled. Results showed a significant increase in the percentage of districts with district-level counseling, psychological, and social service coordinators [7]. Psychological problems caused by employment distress urgently need to be addressed and seriously affect all aspects of people's lives, studies, life, culture, etc.

## 3. IoT Employment Troubles and Problems

*3.1. IoT Employment Status.* Since the IoT major started to be established in universities in the decade, the IoT industry has started to grow wildly like grass in the summer [8]. And then, many universities started to establish the program in their academic halls to provide a new direction for students to study. As an emerging industry, it is composed mainly through information technology, combined with environmental protection and new industries, and is designated as a strategic emerging industry; the state has also set up special rules for this profession to facilitate students to study and read and some welfare policies to promote the rise of this industry. The IoT industry will also break through barriers, overcome difficulties, and open new paths forward. Society is moving forward, and the first industrial reform makes China enter a new era and see a new direction. Later on, after the baptism of time, it entered the electrical age and the information age one after another [9]. The industrial revolution brought great convenience to people and

their happiness index rose significantly. After people have entered the information age, from the old days of “carriages and horses are slow, letters are far away” to the present day when meeting each other is just a video, a phone call, or a text message, completely free from the traditional constraints, no longer for the geographical and time impact, the connection between people has become close, and transportation has become more convenient [10]. IoT majors have also become a new trend of choice for college students, and the employment prospect it brings is undoubtedly broad. However, the current social demand for IoT majors is also determined by the current number of IoT majors, and the number of talents and market demand are closely related. After China entered the information age, the use on intelligent instruments has become more extensive, and the role in the Internet of Things is no less important. From smart buses that are convenient for travel to smart homes and for daily life, all kinds of smart electronic devices are big enough to go deep into the field of science, and small enough to enter the homes of ordinary people, and more and more fields are involved. These fields also need IoT professionals and provide a friendly job environment for the students of this major, and the market will not have the problem of less demand because the industry is just emerging [11]. Currently, it seems that the employment prospects of the industry are very broad, but there are also considerable challenges for the students of IoT. This is because as a new industry, the roots of the profession remain in computing. The Internet of Things is a network that combines the Internet on the client side to spread and extend to any object between lines into information exchange and communication. In contrast to the computer profession, the computer requirements for professional skills will be higher and need systematic learning; there is a strong professionalism. It also leads to more corporate companies to favor computers when it comes to the demand for talents, which also shows that the IoT industry has certain problems in the present time [12]. There is a wide range of IoT applications today, such as cloud computing, intelligent sensing, etc. The mastery of this knowledge is not easy anymore, and it requires higher and deeper skills to be helpful to the companies. Not just in books, but also technically, teachers should not limit themselves to book knowledge, but should let university students understand the difference between practical and book knowledge, so that they can have an understanding of social needs in advance. It can also promote students to master better in school as a way to cope with different needs in the business [13].

**3.2. Manifestations of Psychological Distress in the Employment of University Students.** There are these five main aspects of psychological distress that exist in college students' employment [14]. As shown in Figure 1, the main manifestations of this are anxiety, frustration, jealousy, low self-esteem, and conceit; most college students show fear of society and anxiety about finding a job for a period of time near graduation in school. In fact, the main worry is about the future, thus causing anxiety and considering whether they can find a job. However, this is a very normal situation, and appropriate anxiety will also have a certain catalytic

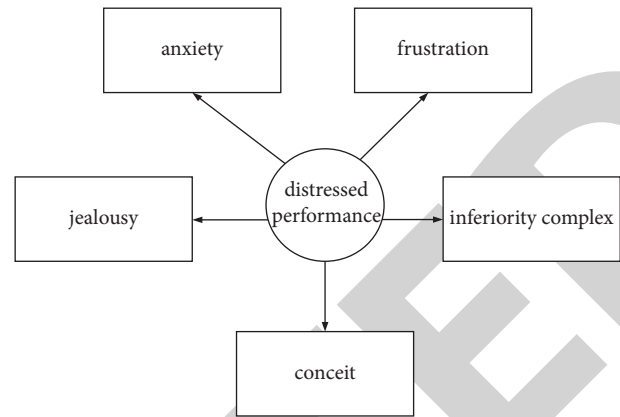


FIGURE 1: Main manifestations of psychological distress.

effect on itself. If the impending graduation does not yet show a little worry, it can only mean that it may have already chosen the path after graduation or does not care about their future. If it is the second, this will be the sadness of society.

Frustration psychology is the attitude that students show when they handle things or engage in activities that are not properly handled or not completed. In fact, there are more or less setbacks in life, and it is also an essential experience in our life; this mentality can easily lead to a loss of confidence in oneself after a setback and then to indulgence in oneself and going with the flow, to the detriment of one's future development, and only after absorbing enough experience can we make the future road smoother and take fewer detours. On the other hand, college students are relatively fragile because they are carefree on campus and have not experienced the storms. If they have a distorted psychology after experiencing social beatings, then their worldview is likely to change and have a great impact on their own character, in terms of either arrogance or depression [15].

Jealousy is a hostile psychology that arises when you see the condition or situation of others combined with yourself. Among college students, because of this situation it is easy to lead to the gradual alienation of friends around them, reduce the scope of intercourse, and place themselves in a more isolated position, struggling internally, causing jealousy or unclear cognition of themselves [16]. College students should perceive their own shortcomings independently and learn more about society and get in touch with it. It is also beneficial to become strong inside.

Inferiority complex is an internal self-perception of being inferior to others. It has to do with experience, family, and one's own personality. When college students are employed, they are always worried about saying the wrong thing and behaving in a more formal manner, which leads to a lack of words and affects the interviewer's impression of you when you are employed. In fact, in employment, it is more important to show your confident side, so that the interviewer can see your shining point, rather than coyness, affecting their own play. In the time of school recruitment, the interviewer also knows the state of most students in the university, doing a good job on their own.

Conceit and inferiority complex are very different. Conceit is like being the moon and everyone else is the star

holding you. Conceit is the state of the stars holding the moon, too high evaluation of their own; people who are conceited and do not bother to communicate too much with others around them, or always show their superior side, tend to have few real friends; the requirements for employment is also relatively strict, thus causing conceit. This mentality generally exists among students who are good at their studies, or who excel in a certain area, and who have been chosen in employment, leading to being left behind in the end [17].

For these students with problems, they need psychological counseling, which has these main aspects; it develops a sense of independence, gives students a basic understanding of society, and establishes a good attitude towards employment, as shown in Figure 2. The first point is to develop their own awareness of employment. This step is like letting them run; they must first learn to walk; when they first come into contact with society, they need to let themselves have a basic understanding of employment. Because they face little practice in society, it is easy to do not know how to do when they are employed; they can first understand from their own profession, understand what aspects of the Internet of Things can be engaged in, and understand the difference between in school and in society. It is necessary to let students understand the basic information and rules of the Internet of Things industry, which will also help students find jobs. Teachers can also tell students something about society, work, and graduation in the classroom, which can also be useful for students to have basic understanding of society when they are employed [18]. The second point is for college students to have an understanding of knowing themselves. You need to know what you like, what your interests are, what you have to offer, and so on, which will also help you in your own employment. Because they have just come out of the society, they do not know what kind of work they should do, and they mostly choose to go according to the arrangement of their family, or the recommendation of their friends, and not what they expect. Or they do not have any special idea themselves; they just want to find a job. Then they try while looking, because different jobs corresponding to the environment, atmosphere, future, pressure are very different. From their own personality characteristics, to understand their own personality, different personalities are suitable for different duties. Secondly, you need to list your interests, characteristics, preferences, etc., which is also an essential part of consideration in employment, because in these areas you can get better expansion and have a broader space for development, but are also conducive to the realization of personal ideals and ambitions [19]. The third point needs to establish a good concept of employment. You can start in the workplace, learn more about society and the relationship between work and society, and build your view of employment in practice. Because of the limitations of the industry of their own learning, all enterprises in the society start to understand newcomers from a basic resume and examine their education and experience. But it is still difficult for some students from ordinary colleges and universities to find a position that is ideal for them. College

students can get a job first, and then consider their expectations for the position, accumulate a certain amount of employment experience first, and then have the ability to choose the industry and job they like when their abilities in all aspects are improved. The post is not only a platform for you to exercise, but also a motivation for you to go over the mountain later [20].

*3.3. Adjustment of Psychological Distress in Employment.* Self-adaptation is also a necessary skill after contact with society. Self-encouragement can be used to help self-adjustment and to find the best way to achieve one's ambition in case of difficulties. With not only the problems in employment, but also more problems after entering the society, they also need to face the debugging by themselves [21]. In the paper, the way of psychological debugging is presented in six main points. They are to enable students to maintain self-confidence, face up the actual society, develop a sense of independence, view setbacks correctly, focus on learning professional skills, and build psychological intervention and prevention mechanisms, as Figure 3.

- (1) Stay confident. In the society, you will meet all kinds of people and difficulties of different levels.

College students should know themselves well enough to combine their current difficulties with their own experiences, to mentally cheer themselves up, not to be defeated by the difficulties they currently encounter, and not to be afraid to rise to the occasion. Self-confidence is your sharpest weapon to break through in difficult situations and also help yourself grow. Lower your own expectations on the way to employment and be content with what you have [22].

- (2) Facing up to the actual society.

This skill comes from the perception of society and the basic understanding of society by college students. It requires a clear perception of one's own contribution to society, a perception of one's own abilities, and an understanding of one's surroundings. And it requires calm acceptance, maintaining a healthy mindset, starting from oneself, doing well the next time one does not do well, and adapting positively.

- (3) Cultivate a sense of independence. College students have just stepped out of the society, and their contact with the school has gradually decreased, which also means that you are already an adult, need to support yourself independently, and need to establish good self-control ability. You can read thoughtful publications, spiritual readings, and philosophical books on your own, all of which help to develop your awareness. After leaving society, you need to be responsible for your own life and work, and you need to have your own ideas in mind, not to follow the crowd, which will also help you in your subsequent career choice.

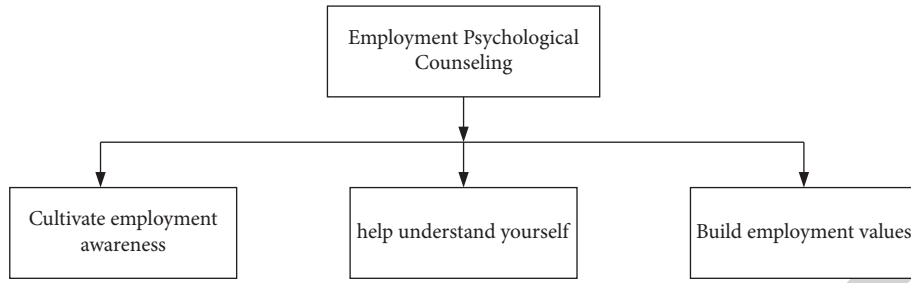


FIGURE 2: The main issues of psychological counseling.

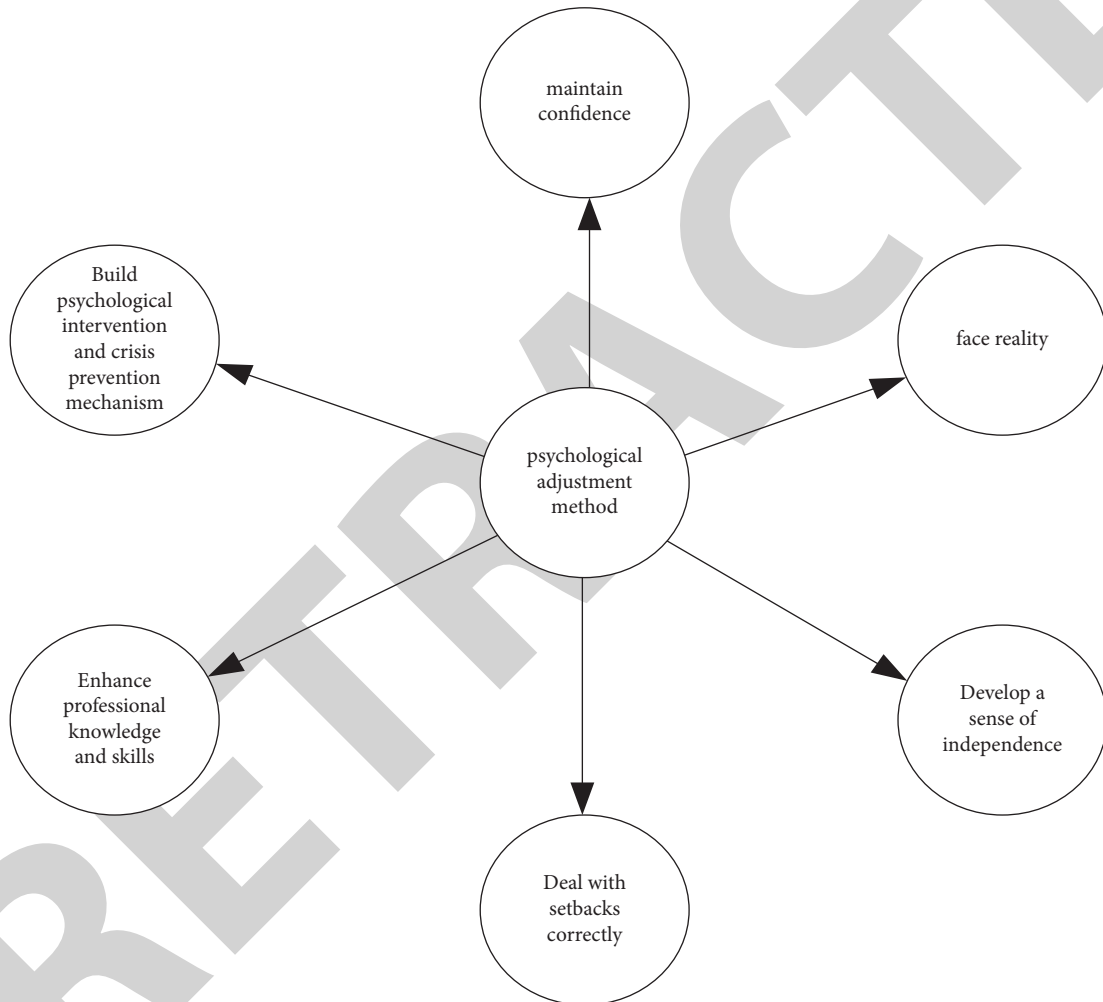


FIGURE 3: Psychological tuning mode.

- (4) Properly view setbacks. In work and study, setbacks are essential but need to therefore recognize their own shortcomings, make adjustments, rise to the occasion, and be indomitable, which is the road to success, because there is no shortcut on the road to success.
- (5) Focus your studies on professional knowledge skills. If college life does not focus on learning the basic knowledge, it is also difficult to find a job in the society. Some college students think that being in college is to enjoy the college time and have

absenteeism, failing the course and other behaviors. In the psychological performance of loose, such students sit idle all day, frequently miss classes, waste educational opportunities, and in the end may face being expelled from the school. If you continue to follow your studies closely after entering university and study hard to solidify your basic knowledge, you will also have more options when it comes to employment, and you can also enrich your experience for the subsequent realization of your ambitions, because in the current society, competitive pressure

is always present [23]. As college students graduate one after another, the competitive pressure will only increase.

- (6) Build psychological intervention and prevention mechanisms. Schools can establish links with counseling platforms for students in need of counseling. A professional counseling platform can be designed to address all aspects of students' psychological problems. Questionnaires can also be used to understand student information and provide targeted, private psychological answers to students. Help students develop a good psychology, avoid negative emotions, and face employment situations and social difficulties positively. In fact, many students will have the psychology of escape when they go out of society; also because they are not strong enough inside and think of escape when they encounter difficulties, they will easily form this psychology.

In short, it is necessary for college students to set up a good employment concept on the road of employment, to be confident in life and career, to be aggressive, to be tenacious, to not be afraid of difficulties, to go forward, and to keep smiling. Keep a strong and stable self-regulation ability to face social, life, and emotional problems in the best condition. It allows college students to understand the society as soon as possible and eliminate their inner doubts, so that their identity in school and society can be correctly transformed and smoothly employed [24].

**3.4. Computing Based on IoT Counseling.** In order to determine if employed students need counseling, students are required to take a quiz in which they describe the difficulties they are experiencing. After obtaining some information from this, after communicating with the student based on this information, it is determined whether counseling is needed or not [25], reducing unnecessary hassle for the counselor. The formula for this can be established as

$$f(v_k) + f(v_i) = f(v_j), \quad (1)$$

of which  $v_k$  is the number of people to be coached, and  $v_i$  is the number of people who have been tutored, and  $v_j$  is the total number of people tested. The prediction of the number of tutors available is carried out by the information between the three quantities. By mathematical modeling, using the VIBE algorithm, the mathematical model is initialized by a single-frame sequence, and the distribution characteristics of the number  $p(x)$  are analyzed for any correlation point  $x$ . The  $n$  correlation points of the near domain points are randomly used as sample values  $s(x)$ . Then there are

$$s(x) = \{p_1, p_2, \dots, p_n\}. \quad (2)$$

The  $n$  in the algorithm takes the value of 25 and determines the screening process of counselors through a two-dimensional Euclidean approach. With  $p(x)$  as the numerical center, the number of first places is predicted by the central value. The correlation points through the representation on the image, in one-to-one correspondence on the distribution

curve. The relatively low part of the color is  $g(x)$ , indicating students who do not need psychological counseling, differentiated by the image shown by the irregular curve, and the distance of each data test is  $X$ . There are

$$|g(x + X, y) - g(X + x, y)| > T, \quad (3)$$

$T$  is the defined number. When the area with a low color section is more variable, the first correlation point obtained has a row number of  $i_j$ , also located in the upper segment of the monitored area, and the last obtained correlation point is located in the lower segment of the monitored area. By each graph change, an upper segment shift vector is obtained  $I_1$ . The same way, we can get the lower segment shift vector as  $I_2$ . The area determined for the upper and lower segments of the region is divided; then the probability of the distribution that needs to be coached in the total number of people can be obtained:

$$P(i) = \frac{m_i}{\sum_{l=1}^L m_l}, \quad (4)$$

where  $m_i$  is the number of relevant points in the region part,  $l \in L$ , and  $L$  can be up to 200. By defining the number to divide the resulting image into two parts and assuming the variance between them as  $U$  and  $Q$ , there are

$$U = \sum_{L=1}^T \frac{(1 - \mu_1)^2 P(L)}{\omega_1}, \quad (5)$$

$$Q = \sum_{L=T+1}^L \frac{(1 - \mu_2)^2 P(L)}{\omega_2}.$$

Calculate the value of the region after partitioning  $\mu_1, \mu_2$ , and the overall grayscale mean of the image  $\mu$ . They are calculated as

$$\mu_1 = \sum_{L=1}^T \frac{LP(L)}{\omega_1},$$

$$\mu_2 = \sum_{L=T+1}^L \frac{lP(L)}{\omega_2}, \quad (6)$$

$$\mu = \mu_1 \omega_1 + \mu_2 \omega_2,$$

where  $\omega_1, \omega_2$  are the probability of occurrence of the two parts of the region. In calculating the variance between the two classes assuming  $Z, K$ , then they are calculated as

$$Z = \omega_1 (\mu - \mu_1)^2 + \omega_2 (\mu - \mu_2)^2, \quad (7)$$

$$K = \omega_1 U + \omega_2 Q.$$

When both moving regions experience all the defined values of each other  $\rho$ ,

$$\vartheta = \max \frac{Z}{K}. \quad (8)$$

Then  $\rho$  is the defined value, and the best defined value allows the number of counselors to be counted in one step with the best results.

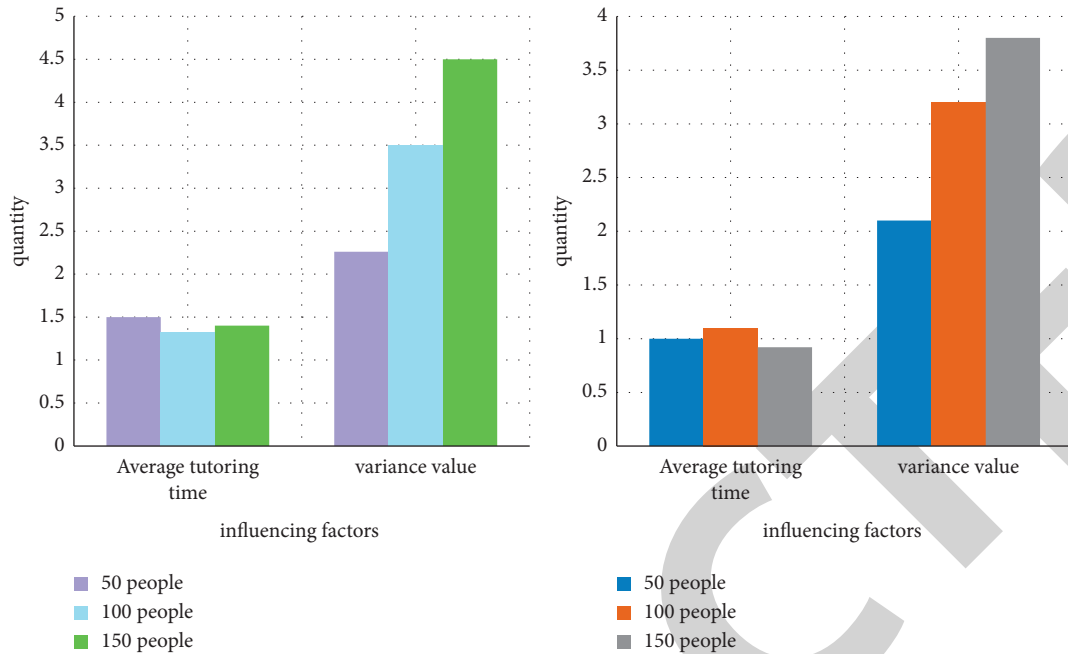


FIGURE 4: Comparison of coaching time.

3.5. *Reflections on the Employment of College Students.* Contemporary college students are not deeply involved in the world, and the chance of contact with the outside world is very small, and the university can be said to be a greenhouse, not a big problem. Academics are not as heavy as they are in high school, and it is all about the ability to learn on your own. Teachers are also missing in education after classes, because being in college means being an adult and needing to have your own thoughts and opinions. Because of the lack of understanding of society, it leads to making it easy to have many psychological problems. It is like going to a continent you have never touched before, you are both longing for it and afraid of it, and the complex emotions inside you lead to a delayed decision in employment. In fact, it also shows that college students are not confident in their own strength, psychological problems are also in need of guidance, coupled with the current social pressure, the students' own experience is too little, and the psychological fragility is easy to be destroyed by the storms of society. So psychological counseling is very important for the young people just entering the society, it will affect the future outlook on life, and psychological counseling is also an essential course before leaving school.

#### 4. Contrasts of Opinion

In the paper, a survey was conducted on students who were about to be employed in a university. These were divided into two groups, each with the same number of students, to compare how they felt about counseling brought about by smart IoT and traditional counseling. The comparison is made in terms of counseling time, the number of students' troubling problems, the willingness of the counseled students, and the number of debugging method strips. By using

the above calculation method, the corresponding data were obtained. The comparison between the two in terms of counseling time is shown in Figure 4.

The paper compares the counseling done by the soon-to-be employed students in terms of time. By looking at the two sets of graphs it can be seen that the traditional counseling took more time and had a larger variance (with a large variance, the resulting time error is also large). When counseling students through smart IoT, there is a 30% reduction in counseling time, and the variance values are relatively small in terms of time statistics, and the resulting statistics will be more accurate. This indicates that the time spent on counseling students can be greatly reduced through IoT and that the students cause less unnecessary emotions. Because the tutoring time is too long, it is also difficult to carry on all. Smart IoT improves these problems to a great extent.

Before counseling a student, the student in need of counseling is usually briefly informed and consulted about which aspects of the student's psychology are present. The counseled student also raises current problems of his or her own, and the current psychological problems of the student are considered from the questions raised by both, as shown in Figure 5.

By looking at the number of employment counseling questions students have, it is possible to get a brief idea of the amount of questions that exist within students about employment and also to speculate on the importance of counseling to students' employment problems. The graph shows that students consult more questions on IoT-based counseling, with an increase of about 32% relative to traditional counseling, which also indicates that students are more outspoken in IoT-based counseling. Compared with the traditional psychological face-to-face counseling, it



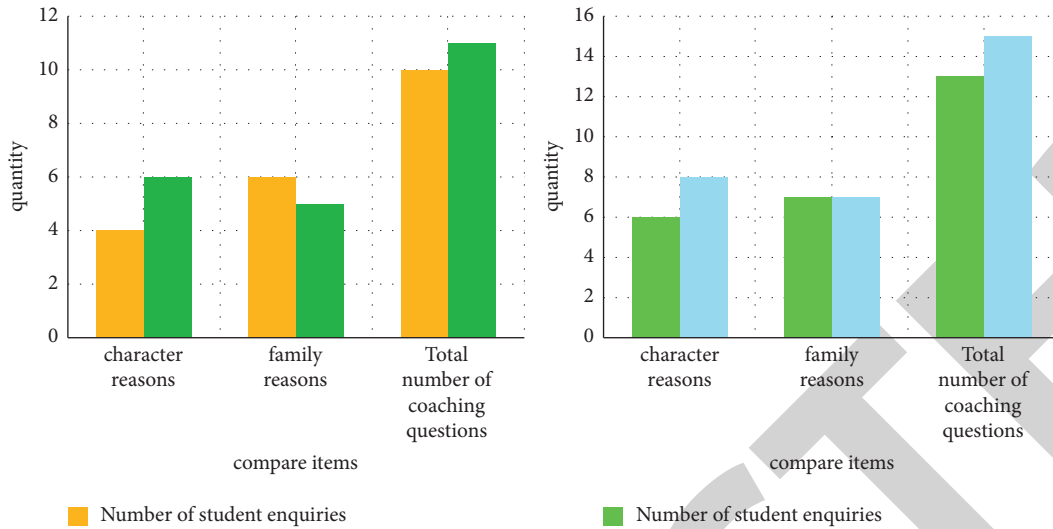


FIGURE 5: Comparison of the number of students' troubling problems.

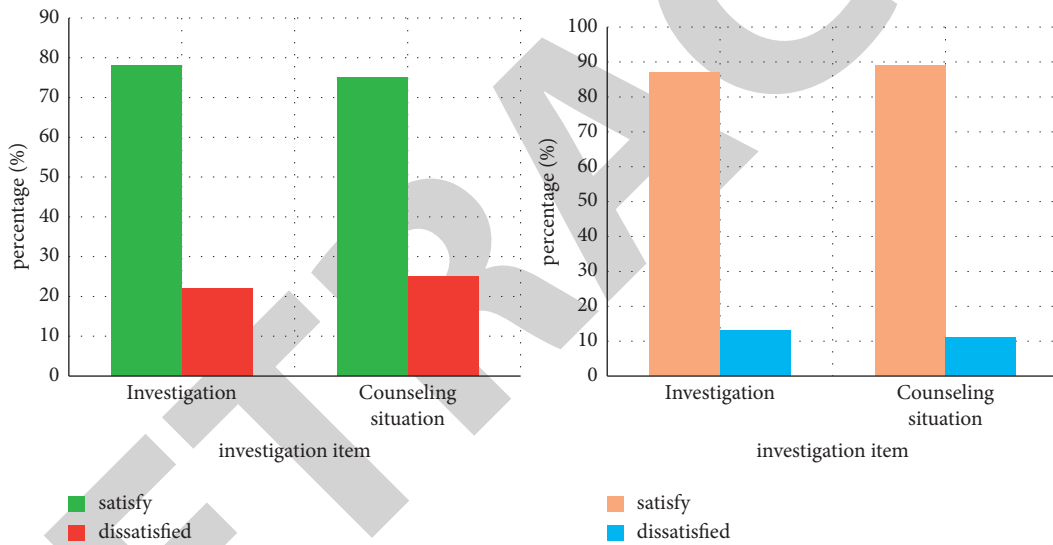


FIGURE 6: Comparison of student willingness survey.

reduces the psychological burden of students and will be more conducive to more students for psychological counseling in employment.

The degree of student willingness is the degree to which employed students accept the survey or not. This is because there are some students who do not accept the survey. According to these two methods of counseling, students describe the satisfaction of counseling according to their own ideas. In the paper, the comparison is mainly done from these two aspects, as shown in Figure 6.

The two sets of data in the graph show that students have a higher willingness to engage in smart IoT-based employment psychological counseling relative to traditional employment psychological counseling. It also shows the connectivity between the Internet and contemporary students, with about 10% increase in willingness relative to traditional employment counseling and 12% increase in

satisfaction with their classmates after counseling. The willingness and acceptance of students to handle things through the smart IoT approach is also higher.

After the employment counseling for the students, the counseling teachers also give some adjustment methods to help the students alleviate their current psychological problems. A comparison of the number of suggestions given by the psychological counseling teacher and the number of entries of the smart IoT-based psychological counseling adjustment methods is shown in Figure 7.

By comparing the two groups of debugging methods, it can be found that, in traditional employment counseling, debugging suggests that students focus on academics and building psychological prevention mechanisms, which are less. Relative to the number of smart IoT employment counseling debugging is only half of it, and the number of debugging based on smart IoT employment counseling has

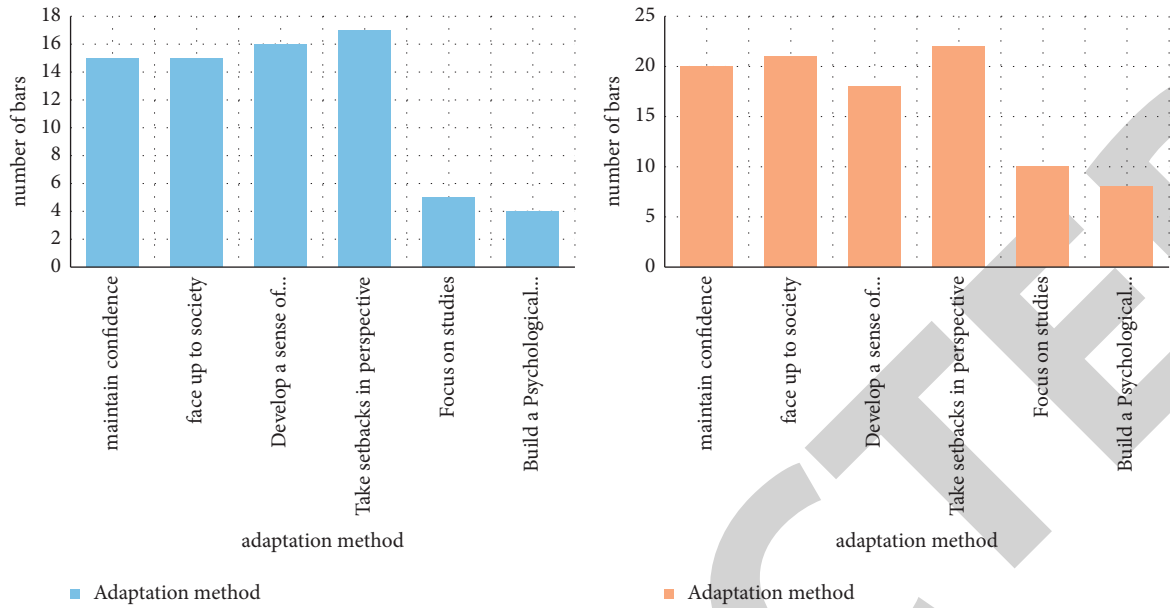


FIGURE 7: Comparison of the number of adaptation methods.

increased about 23% on the number of traditional counseling debugging. It indicates that intelligent IoT employment counseling is also more popular and accepted.

### 5. Conclusion

The paper focuses on psychological counseling and debugging of psychological problems based on intelligent IoT for college students' psychological problems that exist at the time of employment. In contrast with the traditional psychological counseling and adaptation debugging methods, the introduction of the development of intelligent IoT is elaborated, and the possible problems of college students at the time of employment, and the manifestations of the problems when they exist, as well as the debugging methods for these problems are explained in the current era. Encourage college students to develop independence and positive and confident personality traits on their own. By conducting a survey of soon-to-be employed students, the items of comparison are analyzed using the knowledge of mathematical models and variance. It also presents its own thinking about the employment of contemporary college students. Through the comparison, it is concluded that the employment psychological counseling and debugging method based on intelligent Internet of Things is more suitable for the current college students and the current network era. The shortage done in the paper is that there is no detailed introduction of the algorithm, the space is limited, and the explanation of the variance is not perfect, and what each size of the variance represents. It is also hoped that the contemporary college students can develop all-round, morally, intellectually, physically, mentally, and aesthetically, and have certain social practice ability, so that they can avoid a series of psychological problems after they really enter the society. When there is a psychological problem, you should also seek debugging in time to avoid

the formation of a negative mentality, which will affect your life. The author believes that the later college student will also be more independent, be more confident, take their studies as the priority, be a real college student, and become a person who can really contribute to the society.

### Data Availability

No data were used to support this study.

### Disclosure

The author confirms that the content of the manuscript has not been published or submitted for publication elsewhere.

### Conflicts of Interest

The author declares that there are no potential conflicts of interest.

### Authors' Contributions

The author has seen the manuscript and approved to submit for publication.

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