

# *Advantages and Application of Vocal Music Art in College Students' Mental Health Education*

**Xiaobo Chi**

*Qingdao University, Qingdao, Shandong, 266061, China*

**Keywords:** College Students; Vocal Music Art; Mental Health Education

**Abstract:** Music is an emotional language. Although not everyone can appreciate music, everyone will feel different when listening to the same music, which is the embodiment of the charm and personality of music. Through music, people's inner feelings can be transplanted into music, so as to realize the transfer of emotions. Because of the particularity of vocal music art and its education, the academic achievements of vocal music majors are more obviously determined and influenced by psychological factors than those of other majors. In this sense, the key feature of vocal music art therapy is the integration of various art forms in psychotherapy. Adding vocal music art to college students' mental health education is an innovation and improvement of the means in college students' mental health education. It is not only the enrichment and development of mental health education methods, but also the need of discipline construction, which is imperative. Compared with the traditional teaching method, it can better reflect the essence of vocal music teaching and make vocal music teaching more scientific and rational.

## **1. Introduction**

Vocal music refers to the musical form of singing with human voice. The popular understanding is singing or singing, which is an important part of music education. It is the most instinctive and primitive musical expression behavior of human beings, and it is the way for human beings to actively express their emotions and emotions by using music. This active expression method can directly reflect their emotional needs from their own emotions and emotions [1].

Vocal music art therapy belongs to social psychotherapy in the subordinate category, which is a relatively common treatment method. In the process of treatment, psychological counselors often use vocal music art therapy to help students get rid of the psychological shadow of the past, face the painful memories of the past again, and help them learn to live with a more positive and better attitude [2]. Because of the particularity of vocal music art and its education, the academic achievements of vocal music majors are more obviously determined and influenced by psychological factors than those of other majors. In this sense, the key feature of vocal music art therapy is the integration of various art forms in psychotherapy.

## **2. Common psychological problems of college students**

The common psychological problems of college students mainly include poor study planning,

poor interpersonal communication and frustration in love. College students often rely on their own self-control in their daily study. However, many students are anxious because they have just got rid of the pressure of college entrance examination and have no plans for the future. In recent years, with the social transformation and intensified competition, the increasing number of college graduates and the increasingly full job market, and the gap between college students' own employment expectations and the real environment, it is increasingly difficult to find a job and find a satisfactory job. Faced with these problems, some college graduates are at a loss, so they suppress anxiety, feel uneasy, lose their sense of security, and their psychology changes, causing mental health problems.

Vocal music teaching and performance is a typical psychological process, and learning psychological knowledge is of great significance to vocal music learning and teaching [3]. Because psychology is a very rich subject, various psychological activities and students' psychological understanding play a great role in vocal music learning and teaching. Some students with weak adaptability feel panic, contradiction, anxiety and self-distrust, and multiple pressures make college students prone to various psychological problems. At this time, if there is no good venting and dredging channels, it will lead to frequent psychological problems of college students. It can be seen that it is imperative to find a reasonable way to vent so that students can ensure their mental health.

### **3. Advantages of vocal music art in college students' mental health education**

#### **3.1. Promote interpersonal communication**

Due to the lack of enough opportunities and platforms for college students to exercise and develop their communication skills, they can't solve the contradictions between classmates and handle the relationship between teachers and students well in their lives, and their interpersonal communication skills can't be well developed. Using the auditory characteristics of music, we create a rich music community environment, and use different styles of music works to create a suitable background environment for college students' interpersonal communication, promote emotional experience and produce emotional resonance. Therefore, through vocal art therapy, we can help them make up for the shortcomings of communication skills, open their hearts with the help of music atmosphere, build a brisk and cheerful scene, and reduce or even eliminate their nervous shyness in the process of communication, so as to achieve the purpose of improving their interpersonal skills.

#### **3.2. Helps regulate mood**

Music is an emotional language. Although not everyone can appreciate music, everyone will feel different when listening to the same music, which is the embodiment of the charm and personality of music. Through music, people's inner feelings can be transplanted into music, so as to realize the transfer of emotions [4-5]. Listening to different types of music has different experiences. Listening to soothing and beautiful music can stimulate dopamine secretion in the brain, thus enhancing positive emotions.

The main advantage of the completion form of vocal music art is that it can properly adjust the emotions of college students. Taking vocal music art therapy as an example, people's emotions will be affected by the changes of external sounds, melodies and rhythms, and many music works can resonate with personal emotions. For example, melodious music can relieve stress, and fluctuating music can stimulate students' vitality. In the process of listening to music, we actually accept the emotions brought by music, change the emotional state, and then change the mentality mode.

### **3.3. Relieve the pressure of life**

With the improvement of living standards and the continuous acceleration of social rhythm, today's college students are facing the dual pressures of employment and study. At the same time, major universities have begun to implement various educational reforms. In this process, a large number of students are unable to adapt and have a relatively large psychological pressure. Vocal music is an art form that combines music art and language art. An important feature that distinguishes vocal music from instrumental music is that vocal music has lyrics. Compared with instrumental music, vocal music can be easily understood by viewers.

In the process of mental health education by vocal music, we can flexibly use different forms of singing art according to different situations [6]. Traditional psychological intervention therapy sometimes presents a state of preaching, which makes students unwilling to take the initiative to accept it. However, vocal art therapy is a relaxed way. For students with great psychological pressure, a comfortable environment and state are very rare. Therefore, vocal art therapy is feasible and a very effective psychological intervention method for college students' mental health education.

## **4. Application of vocal music art in college students' mental health education**

### **4.1. Impromptu vocal art therapy**

Integrating vocal art therapy into the mental health education curriculum of a university can not only increase students' participation and guide students to think spontaneously, but also enhance the interest in the classroom and improve students' enthusiasm. Impromptu vocal art therapy emphasizes the characteristics of music and people's innate musical ability, which is natural and flexible, and can better show people's personality and self [7-8]. This kind of treatment is mostly for the patient and the therapist to improvise musical instruments. The patient can choose relatively simple musical instruments, such as some percussion instruments, supplemented by the therapist's musical instruments, and the two of them can complete a tune together. Let the group members reflect on themselves, fully analyze themselves, and feel the importance of role adaptation and cooperation in the group. Passive vocal art therapy can also be used in group counseling, so that group members can listen to a thematic piece of music together, and then share their listening and inner feelings in turn.

In the process of playing, the therapist can guide and play the whole music, or improvise. After the performance, the team members will express their feelings and thoughts. Through this therapy, people can get better exercise in adapting to interpersonal relationships and social life. Group impromptu vocal art therapy can also relax people's body and mind.

### **4.2. Offering special lectures on vocal music**

Vocal music course, as an independent subject in China's music education system, has its important significance and value. In musicology, vocal music is a compulsory course, and every student must complete a certain amount of vocal music credits. However, the art of vocal music is not just as simple as singing a good song. Vocal music is a comprehensive art with strong generality, an art form combining theory with practice, and has a strong abstraction. Music is only its basic form, and vocal music art also contains many other subjects, so it is difficult for amateur vocal music lovers to solve all the professional problems in vocal music singing alone [9]. The theoretical problems of vocal music learning are conveyed to students through vocal music lectures, and the practical problems of vocal music learning are solved through vocal music public elective courses, thus effectively solving the technical problems of vocal music learning for ordinary college students.

### **4.3. Using psychological adjustment to achieve the effectiveness of vocal music teaching**

The effectiveness of vocal music teaching includes two aspects: on the one hand, effective teaching; On the one hand, it is effective learning. Effective teaching mainly focuses on teachers' teaching, paying attention to the effectiveness, benefit and efficiency of classroom teaching. Effective learning focuses on students' learning state and whether they have mastered scientific and effective learning methods. The core of effective learning lies in students' learning efficiency and the speed of development and progress, so that students can really learn to learn, master correct and scientific learning methods and develop good study habits. Its purpose is to learn more and better knowledge by using a small amount of practice, and make learning achieve twice the result with half the effort with the correct learning methods. For example, when students are exposed to new and unfamiliar works, they can imagine the content presented in music, create visual artistic scenes in their minds, and better restore musical events. The application of intuition and synaesthesia can make students give full play to their intuitive feeling and imagination, and make the expression of sound richer and more visual.

Vocal music singing is an artistic activity at first. When this artistic activity is going on, the singer needs to enter a relaxed and natural singing state. Therefore, in the process of vocal music teaching, teachers need to use various teaching methods to help students get this state experience as much as possible, both physically and psychologically. The same is true for vocal music learning, so that all the parts involved in technical work can cooperate well, and the singing state can form a smooth and coherent action at one go [10].

After overcoming the bad psychological obstacles in learning, students' original inner desire to sing will erupt, which will release all the inner energy of students from the inside out, make the communication between teachers and students smoother, and students can quickly understand what teachers say, so that classroom learning can be more efficient. People of different ages may not have a common language, but the beautiful melody of music can really interact. Through vocal art therapy, relatives of young and old can narrow the generation gap caused by age difference, promote intergenerational communication, and enable them to understand each other better and be considerate of each other.

### **5. Matters needing attention in application**

The evaluation of vocal music art therapy should always be maintained, and vocal music art therapy without evaluation is not scientific. At present, evaluation can be divided into two types: phased evaluation and targeted evaluation. Stage evaluation is also divided into initial evaluation, mid-term evaluation and final evaluation. Every link is indispensable. The close and rapid completion of each stage can help the therapist find the deep-seated cause of the patient and finally achieve the result of efficient treatment. Because the process of university education is related to the future development of college students after leaving society and the future construction of the country, it is necessary to provide professional guidance for college students' psychological state. Therefore, psychological teachers must have strong professional ability and professional ability. Improving teachers' own psychological consultation and vocal art therapy ability will help promote the implementation of mental health education in university campuses.

In the course of mental health education, the self-portrait in vocal music art therapy can help students to know themselves from the subconscious level, to know their gender roles and to understand their mobility. Students can ease their anxiety in the process of vocal music art creation, sort out their self-concept slowly in the process of self-image, and also strengthen their teamwork ability and improve their interpersonal communication skills in the form of group singing. The promotion and popularization of vocal music art therapy in universities is far from enough.

In the survey of students, most students think that the publicity work of the school is not in place, the scope of activities is too small, and the number of times is not enough. Universities should hold more lectures, salons and other activities, publicize and promote them in students' classrooms, group activities and digital platforms, so that college students can face mental health education with a more positive attitude and arouse students' curiosity and interest.

## 6. Conclusions

Vocal music teaching and performance is a typical psychological process, and learning psychological knowledge is of great significance to vocal music learning and teaching. Because psychology is a very rich subject, various psychological activities and students' psychological understanding play a great role in vocal music learning and teaching. Due to the lack of enough opportunities and platforms for college students to exercise and develop their communication skills, they can't solve the contradictions between classmates and handle the relationship between teachers and students well in their lives, and their interpersonal communication skills can't be well developed. Using the auditory characteristics of music, we create a rich music community environment, and use different styles of music works to create a suitable background environment for college students' interpersonal communication, promote emotional experience and produce emotional resonance. Vocal music art therapy is to make students' psychology, physiology and emotions develop in a better way through reasonable guidance and guidance, so as to achieve the goal of health. Only in this way can college students have strong psychological endurance to cope with all kinds of pressures and adversity, and better adapt to the social environment.

## References

- [1] Bi Aihong, He Huixing, & Yang Weihua. (2009). Analysis of the application of the concept of "parallel infiltration" in college students' mental health education. *School Party Building and Ideological Education*, 2009(8), 2.
- [2] Zhang Ming. (2021). Application of Music Therapy in College Students' Mental Health Education-Comment on Music Education and College Students' Mental Health Research. *Leadership Science*, 2021(6), 1.
- [3] Dong Fang. (2020). Application of Music Therapy in College Students' Mental Health Education-Comment on Music Psychology and Music Therapy. *Food Industry*, 41(10), 1.
- [4] Wang Xiaomei. (2018). The application of tea culture thinking in mental health education. *Fujian Tea*, 2018(5), 1.
- [5] Lu Li. (2016). Study on the relationship between China traditional culture and college students' mental health. *Theoretical Monthly* (3), 38-41.
- [6] Li Chunying, & Yang Chun. (2014). Application of Sandplay Therapy in Mental Health Education of College Students in China. *Educational Exploration*, 2014(3), 2.
- [7] Tai Qian. (2013). The application of class psychological counseling in college students' mental health education. *Education and occupation*, 2013(35), 2.
- [8] Wu Junduan, & Tang Zhenghua. (2009). Application of Peer Education in College Students' Mental Health Education. *China School Health*, 30(5), 3.
- [9] Ping Li. (2020). Application of Art Therapy in College Students' Mental Health Education. *School Party Building and Ideological Education*, 2020(16), 3.
- [10] Ji Li. (2020). The application of tea culture in college students' mental health education. *Fujian Tea*, 42(11), 2.