

A Study on the Expression of Anger and Joy in Music Education Settings

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Abstract: This paper aims to explore the expression of anger and joy in music education settings and their application in teaching. By analyzing the musical characteristics of anger and joy, this study reveals their interaction and challenges in education. The research finds that individual differences in emotional expression, as well as issues of overexpression and underexpression, and the limitations of teachers' emotional expression, all impact students' emotional development in music education. The paper proposes optimization strategies, including the establishment of diversified emotional expression methods, personalized guidance in emotional education, and the optimization of teacher training and emotional teaching concepts. The ultimate goal of this research is to help music educators guide students in emotional expression more accurately and effectively, promoting the integration of emotional education and musical performance.

1. Introduction

Emotion plays a crucial role in music education, especially the emotions of anger and joy, which not only enhance students' emotional awareness but also deepen their musical performance. These two emotions, through different musical forms, showcase the essence and emotional tension of musical works. However, how to effectively guide students in understanding and expressing these emotions, especially in the context of significant individual differences, remains a pressing issue in music education. Existing studies often focus on music techniques or music history, with relatively less research on emotional expression, particularly how to guide students in authentically and appropriately expressing anger and joy through music education^[1]. This study aims to fill this academic gap by exploring how to promote healthy emotional expression and interaction in music education, offering corresponding optimization strategies.

2. Characteristics of Anger and Joy Expression in Music Education Settings

2.1 Musical Expression of Anger

The expression of anger in music is often conveyed through strong rhythms, rapid tempos, and dissonant harmonies. High-pitched tones and fast tempos can trigger tension in the listener, subsequently evoking feelings of anger. For example, in many rock and heavy metal genres, rapid

drumming, syncopated rhythms, and powerful chords are used to express anger and dissatisfaction. This type of music transmits the emotion of anger directly to the listener through changes in sound intensity and frequency, while also stimulating physiological responses such as increased heart rate and breathing. Some modern musical compositions also use clever manipulation of pitch and harmony to create dissonance, intensifying the emotional conflict and aggression^[2].

Anger in music is not only expressed through changes in rhythm and harmony, but can also be conveyed through the rise and fall of melody. For example, sharp and rapid leaps in melody often reflect the agitation and emotional outburst, particularly in irregular rhythms where the anger feels uncontrollable. These musical techniques profoundly reflect the inner turmoil and intense emotional shifts. In music education, teachers can guide students in performing pieces that embody anger, helping them better understand the diversity of emotions and how to express complex emotions through music. For instance, when learning to perform pieces with anger as a theme, students can experience the inner conflict and emotional release within the music, deepening their understanding of emotional expression^[3].

2.2 Musical Expression of Joy

The musical expression of joy is typically conveyed through bright melodies, smooth rhythms, and harmonious harmonies. The key is usually major, with melodies that are beautiful and rhythms that are light and lively, quickly evoking feelings of happiness in listeners. For instance, celebratory classical music and some positive pop tunes often express endless joy and happiness through ascending scales and buoyant rhythms. The bouncing feel of the notes, the flowing and cheerful melodic progression, and the harmonious intervals and chord structures make the listeners feel a festive and joyful atmosphere. Such music, with its joyful qualities, infects the listener and sparks feelings of joy and positive emotions within^[4].

The expression of joy in music is not solely reliant on bright melodies and lively rhythms, but is also enhanced by the dynamic motion of the music and the harmonious melodic lines. For instance, in many festive songs, the strong rhythms of percussion and the bright orchestral sections intertwine, giving the sense of a natural joy bubbling up. In music education, by teaching students to perform cheerful and bright pieces, teachers not only help students understand how to express joy through music, but also enhance their emotional expression skills, encouraging them to master the flow and presentation of emotions in their compositions and performances. For example, when a children's choir performs a celebratory song, collective collaboration in creating a joyful atmosphere better motivates the students and their enthusiasm for music^[5].

2.3 Interaction between Anger and Joy in Music Education

The interaction between anger and joy is an essential component of emotional development and expression in music education. These two emotions often alternate in musical creation and performance, forming a contrast and balance. In some pieces, the anger expressed through intense notes and dissonant chords is followed by a transition to joy through bright and gentle melodies^[6]. This emotional shift deeply showcases the emotional tension and diversity in musical works. Such interaction not only aids students in understanding emotional expression but also helps them recognize the contrasts and layers of emotions. For instance, when studying certain classical works, students experience the alternating changes between anger and joy, enhancing their musical expressiveness and emotional control.

In music education, teachers can design various teaching strategies to allow students to experience the interaction between anger and joy. For example, incorporating role-playing or improvisational performance allows students to quickly switch between the emotions of anger and

joy, which not only sharpens their emotional perception but also improves their musical performance skills. Through this experience of alternating emotions, students can better sense the emotional expression in music and learn how to convey their complex inner world through musical language. This teaching strategy helps students master the technique of emotional transformation, understand the importance of emotional contrast and layering, and better practice emotional education.

3. Problems in the Expression of Anger and Joy in Music Education Settings

3.1 Individual Differences in Emotional Expression

Individual differences in emotional expression are a significant issue in music education. Each student has a unique way of expressing and experiencing emotions, as well as understanding them. Some students may express anger or joy more outwardly and intensely, while others may be more reserved and subtle. These differences are closely related to factors such as the student's personality, upbringing, cultural background, musical experience, and psychological state. In music education, if teachers do not adequately consider these individual differences, it may lead to an imbalance in emotional education, even inhibiting students' natural development in emotional expression.

To address these differences, teachers need to provide personalized guidance and attention in their teaching. By observing and understanding each student's emotional expression, teachers can offer tailored emotional expression training for different students. For example, for more introverted students, teachers can provide additional guidance and encouragement to help them gradually open up emotionally and experiment with different ways of expressing emotions. For students who display more intense emotions, teachers can teach them how to control the intensity of their emotional expression, avoiding over-exaggeration or loss of control. Through careful observation and personalized teaching strategies, teachers can help students find their own way of emotional expression, thus enhancing the emotional depth of their musical performances.

3.2 Overexpression and Underexpression of Emotions

In music education, both overexpression and underexpression of emotions can have negative impacts. Overexpression of emotions typically manifests as exaggerated or uncontrolled emotional displays, particularly in the expression of anger or joy. Students may become overly invested in their emotions, leading to tension and unnaturalness in their performance, and they may even deviate from the intended emotional tone of the piece. Overexpressed emotions not only risk distorting the essence of the music but also make it difficult for students to control their emotions, ultimately affecting their musical skills and performance. On the other hand, underexpression occurs when students fail to invest sufficient emotion into their performance, resulting in mechanical, hollow-sounding notes that lack soul and depth, making it hard to evoke emotional resonance from the audience.

The key to solving this problem lies in balancing the intensity of emotional expression. Teachers should guide students in their performances on how to manage the appropriate degree of emotional expression, avoiding both excess and insufficiency. For students who overexpress emotions, teachers can help them learn to temper their emotions and refine their techniques, encouraging them to focus on the subtlety and complexity of their performance. For students who underexpress emotions, teachers can guide them with emotional cues and demonstrations to help them enhance their emotional perception and introduce more emotion into their performances. Ultimately, with proper guidance, students can find a balance in emotional expression that is both authentic and suitable for their performance.

3.3 Limitations in Teachers' Emotional Expression

Teachers play a crucial role in emotional education; they are not only transmitters of technical skills but also guides for emotional expression. However, the limitations in teachers' personal emotional expression often affect students' emotional learning and performance. Some teachers may struggle with expressing a full range of emotions in their teaching due to their own emotional constraints, which could prevent them from fully conveying and transmitting diverse emotional layers. In particular, when guiding emotions such as anger and joy, if teachers lack emotional resonance or expressive skills, they may fail to inspire students to deeply understand and experience these emotions. A teacher's own emotional limitations can lead to students mimicking incorrect emotional expressions, preventing them from mastering the deep integration of emotions and music.

To address this issue, teachers need to continuously improve their emotional awareness and expressive abilities. Through professional training, learning emotional expression techniques, and studying emotional theory, teachers can become more adept at guiding students in emotional expression during teaching. Additionally, teachers should strengthen their emotional communication with students, respect their emotional differences, and make adjustments based on students' performances. By improving their own limitations in emotional expression, teachers can better inspire students' understanding and expression of musical emotions, thereby enhancing their emotional depth in music creation and performance.

4. Optimization Strategies for the Expression of Anger and Joy in Music Education Settings

4.1 Establishing Diversified Emotional Expression Methods

In music education, emotional expression should be diverse and flexible. Each student has a unique way of expressing and experiencing emotions, so educators need to provide a variety of emotional expression methods to help them find the one that best suits them. For instance, through different musical styles and rhythms, such as classical music, folk music, and modern music, students can experience various emotional expressions and be inspired by them. The choice of instruments can also explore the expression of anger and joy through the tonal differences of different instruments. Teachers can design rich and varied emotional expression training based on students' interests and individual needs, making students' musical performances more dynamic and diverse.

By establishing diversified methods of emotional expression, students can not only expand the boundaries of emotional performance but also enhance their creativity in music composition and interpretation. In teaching, teachers should encourage students to try different emotional expression techniques in their musical performances and to switch emotions flexibly through improvisation or singing. Cross-disciplinary integration, such as combining dance, drama, and music, can also enrich students' emotional expression training. Students can develop a more comprehensive and rich ability to express emotions through these varied methods.

4.2 Personalized Guidance in Emotional Education

Personalized guidance is crucial in emotional education. Every student's emotional expression is unique, and teachers need to provide differentiated guidance based on students' personality traits, psychological state, and musical background. For students who are more reserved in their emotional expression, teachers can gradually guide them through suitable emotional exercises to help them overcome emotional barriers and gradually enhance their emotional expressiveness. For students who are more outwardly expressive, teachers can train them in controlling the intensity of their

emotional expression to avoid overexaggeration that may lead to imbalance. Patience and keen observation are essential in emotional education, as only through constant interaction with students can teachers truly understand their emotional needs and adjust accordingly based on students' feedback.

Personalized guidance not only helps improve students' emotional expression abilities but also builds their self-confidence in emotional education. Teachers can use one-on-one conversations, regular emotional feedback, and other methods to understand students' difficulties and confusion in emotional expression, helping them gradually solve problems. With this personalized guidance, students can find their unique way of expressing emotions, while also developing richer and more diverse emotional experiences, ultimately achieving the true goals of emotional education.

4.3 Optimizing Teacher Training and Emotional Teaching Philosophy

Optimizing teacher training and emotional teaching philosophy is a key step in enhancing the quality of emotional expression in music education. A teacher's emotional teaching philosophy determines the emotional direction and teaching strategies in the classroom, so it is essential for teachers' emotional understanding and teaching philosophy to be continually updated and improved. Teachers need to constantly study and explore theories and methods related to emotional education to understand the differences in emotional expression across various cultural and musical backgrounds. By participating in professional emotional education training, teachers can better master techniques and methods of emotional expression and apply them to practical teaching.

Teacher training should include practical emotional expression exercises, helping teachers master how to guide students in effective emotional expression during teaching. For example, through teachers' demonstrations of their own emotional expression, students can more clearly feel the transmission and technique of emotional expression. This not only enhances teachers' teaching abilities but also helps students breakthrough in emotional expression. Regarding emotional teaching philosophy, teachers should always focus on meeting students' comprehensive emotional development needs, continuously exploring and practicing innovative methods of emotional education to promote the all-around development of students' musical performances.

5. Conclusion

Through the analysis of the expression of anger and joy in music education and the associated issues, this paper draws the following conclusions: individual differences in emotional expression, overexpression and underexpression, as well as the limitations of teachers' emotional expression, all affect students' emotional learning to varying degrees. To address these issues, optimization strategies such as establishing diversified emotional expression methods, implementing personalized guidance, and optimizing teachers' emotional teaching philosophy are proposed. These strategies not only help improve students' emotional expression abilities but also promote a deeper understanding of music and their overall development. Future research could further explore the interaction between emotional education and students from different cultural backgrounds and age groups, enriching the theory and practice of emotional education in music.

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