

# Research on Music Appreciation Teaching Based on Students' Psychological Demands

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**Abstract:** Music appreciation can help contemporary secondary vocational school students improve their psychological quality. At the same time, it is hoped that more educators can help secondary vocational school students establish a correct outlook on life and values through music appreciation. Music teaching is the unity of aesthetic education and mental health education. Teachers should infiltrate mental health education into music appreciation class, take advantage of music's subtle influence on young students' psychology, and consciously use psychological theory and technology to help young students improve their psychological quality and promote the development of students' cognitive, emotional and behavioral skills. Music appreciation is an important part of school music education, a practical activity for people to perceive, experience and understand music art, and a complex psychological process. Music appreciation plays a very important role in quality education. This paper puts forward that we should combine the psychological characteristics of middle school students, adopt corresponding teaching methods to stimulate students' interest in learning, and take students' psychological demands as the driving force to improve the teaching quality of music appreciation, so that students can play in middle school and play in learning, so as to achieve the goal of music appreciation teaching in middle school.

## 1. Introduction

In recent years, music education has been a breakthrough in the implementation of quality education, and its unique role has been increasingly recognized by people. Healthy and beautiful music, touching with beauty and touching with emotion, can give young students a relaxed and pleasant aesthetic enjoyment, allowing them to develop freely, coordinately, and healthily in a beautiful mood [1]. I hope that music appreciation can help contemporary secondary vocational students to improve their psychological quality. At the same time, I hope that more educators can use music appreciation to help secondary vocational students establish a correct outlook on life and values. It is possible to make some music emotions into stories so that students can appreciate the music by understanding the story. As long as there is interest, there is enthusiasm. Music is preface ritual, ritual is clear heart[2]. Music appreciation is an important part of school music education. The teaching purpose of the course is that students gain a sense of beauty in appreciation, gain wisdom in the process of aesthetics, and establish a healthy life attitude and upward ideological sentiment by feeling the profound ideological connotation of the works [3].

Educational psychology believes that there is often a strong motivation behind the positive actions of individuals. Because music appreciation class has the most direct and specific aesthetic education value. "It takes certain music as the aesthetic object, and takes the people participating in the appreciation activity as the aesthetic subject, forming a special aesthetic view. Through this kind of audio listening, it can realize the feeling and appreciation of the beauty of music [4]." Music appreciation is a middle school. The important teaching content of music courses is also an effective way to cultivate young people's interest in music, broaden their artistic horizons, and develop their musical experience and aesthetic abilities. Interest is the basic motivation for learning music, and it is the prerequisite for students to keep close contact with music, enjoy music, and beautify their lives with music [5]. "Clarified the psychological needs of students, teachers should give full play to the unique charm of music art, in different teaching stages, according to the students' physical and mental development laws and aesthetic psychological characteristics, with rich and colorful

teaching content and lively teaching methods to stimulate and cultivate Students' interest in learning.

## **2. The important role of music appreciation teaching in students' psychological quality**

### **2.1. Music appreciation can improve students' ideological and moral qualities.**

Ideological and moral quality education of secondary vocational school students has also become one of the important tasks of current secondary vocational education. We can make use of excellent music works and pass on the excellent ideology and morality in these works to students. Let students feel the beauty of music through the beautiful melody in music. Students' psychological development has changed from concrete thinking in images to abstract thinking in logic, and they began to gradually turn their interest to music works that can meet their various emotional needs. Therefore, teachers should prefer to appreciate teaching materials to meet students' spiritual and emotional needs, and they should also know the psychology of students of this age before class, and combine music appreciation psychology to meet students' psychological demands, and fully find out the best teaching scheme [6]. Music is the art of emotion, which can make people feel happy, angry, sad, happy and other emotional changes, and make people feel relaxed and happy instantly. It acts on students to vent their emotions and turn them into conscious calm, which is the fundamental need of mental health, and brings people to a potential consciousness depth with the magic power of music.

Students in adolescence have a strong desire for expression. Therefore, teachers should grasp students' psychology and make use of the characteristics of music class to let students fully show themselves. In this way, music class will present an active atmosphere. Combine music with other disciplines to provide students with more opportunities for performance [7]. For students, they hope to have the opportunity to show their musical talents. In view of this psychology, teachers should give them enough space and time to practice and create. For students' achievements, teachers can not use the same standard to evaluate, because it is normal for different people to have different understanding of the same music. We can not restrict students' thinking and lead them to lose interest in music.

### **2.2. Music appreciation can promote the improvement of students' cultural and psychological qualities**

Through the music appreciation class, secondary vocational school students can not only acquire rich and varied music and cultural knowledge, but also enhance students' cultural and artistic vision, thus promoting the improvement of students' cultural quality. In youth music teaching, teachers should consciously lead students to find their idols in the field of classical music, fully tap the positive and healthy psychology and excellent qualities of musicians in teaching materials, and conduct psychological education penetration [8]. Music teaching innovation should focus on cultivating young students to creatively express music.

In music appreciation class, teachers should adopt appropriate teaching organization forms according to different teaching contents and teaching objectives to create a classroom effect full of music beauty [9]. In order to organize students' reference concert, let students feel the shock brought by music through their appeal to the live stage, which is to stimulate students' interest by continuing to understand the mystery of music, feel the extension of music charm, and have a deeper understanding and feeling of the music works they are interested in. Teachers should consciously choose music works with strong contrast as appreciation repertoire, which can be two music works with different styles and emotions, or a music work with contrasting emotions, rhythm and speed in different paragraphs [10]. Through comparative appreciation, students will intuitively distinguish different works in hearing, understand the means of music expression, and have a deeper understanding of music. Through music appreciation, we can give students caring psychological hints and promote the healthy growth of students

### **3. Promoting the mental health of young students through music appreciation**

#### **3.1. Infiltrate mental health education and cultivate excellent quality.**

There are many musicians. Their struggle and their music works can become an example for young students. The hearts of young students gradually strengthened in the dialogue with these excellent musicians and their music, and learned how to face the setbacks of life. Teachers let different types of students have different learning requirements through invisible division, which will not only speed up the class learning efficiency, but also make students not afraid of learning. Invisible stratification can not only make up for the teaching disadvantages that each student can not take into account in large class teaching, but also fit in with the teaching mode of teaching students according to their aptitude, and find out the different development conditions of such students. The purpose is to promote the optimal development of students and meet the real sense of group oriented teaching.

Teachers should find the shining points on students like their parents, and give students proper praise and reasonable evaluation on different occasions. After being encouraged, students will think that they have this ability, will be more confident and motivated, and be able to tap their own potential. Middle school students have strong self-esteem, rich and complex emotions, but relatively weak self-control and willpower. When going smoothly, they often have obvious superiority and blind self-confidence. Once they encounter difficulties and setbacks, they especially need the care of others. The traditional teaching mode of music appreciation class has great limitations in stimulating students' enthusiasm and interest in music learning. Therefore, students should be the main body of training, shaping and development, and fully mobilize and give play to the initiative of students in learning. Independence and creativity, so as to build a new teaching model that optimizes teaching quality and cultivates students' creative thinking.

#### **3.2. Attach importance to practice and creation, and achieve all-round development.**

In music teaching, young students can be guided to cultivate the fluency of creative thinking through similar ways of thinking, such as association, contrast association, and causal association. In the classroom, we should also make full use of the tripartite evaluation mechanism of group discussion, self-evaluation and mutual evaluation, and teacher evaluation. This kind of collective learning and creative process not only cultivates the concept of collectivism, but also enables them to fully realize their self-worth in the activities. At the same time, it also cultivates the cooperative consciousness and healthy psychology of young students. Let students fully and intuitively experience the charm of music through music appreciation, so that students can get a psychological balance in the process, so that they can be more confident to deal with the problems of life and learning. You can also use the teaching of different musical instruments to cultivate students' rich emotions, increase the courage to face life, correct their own life attitude, and walk more excitingly on the road of life in the future.

Music is a highly artistic and comprehensive discipline. In music appreciation, music is often associated with other related arts and disciplines. At this time, we should connect music with other arts and disciplines by analogy, which will help students appreciate music accurately and quickly. Through music appreciation, we can tap the spiritual strength of students' inner goodness and promote students' mental health. Only when teachers grasp students' psychological needs in music teaching, and stimulate and meet their needs through certain teaching methods and means, can music teaching tasks be successfully completed.

### **4. Conclusions**

Integrated teaching improves the professional quality and professional level of music teachers as a whole, so that young students really feel that their mental health is inseparable from music. Music appreciation is also one of the best ways to improve quality education. Music appreciation can not only develop students' intelligence, but also improve students' aesthetic ability and innovation ability. Interest is a psychological characteristic with tendency. When a person is interested in

something, he will actively, actively and persistently explore it. It is an effective way to promote the mental health of middle school students to carry out music appreciation education, guide middle school students to release and vent their emotions, dredge their emotions, eliminate depression, and balance their psychology. Help students gradually strengthen their understanding of music and life, so that they can fly their hearts in music, find self-confidence, have a healthy and happy life, and become a healthy and positive person. Cultivate students' interest in music, improve their ability to feel and understand music, and finally develop students' quality in an all-round way. In teaching practice, we should use innovative teaching ideas, constantly explore and study new teaching methods, develop young students' creative thinking, let young students actively and independently contact music, participate in music and create music, and cultivate young students' good humanistic quality. Teachers use music to guide young students to the road of healthy psychological development.

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