

Music appreciation and the cultivation of aesthetic consciousness

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Abstract: Quality education requires the comprehensive cultivation of students in the five aspects of "morality, intelligence, body, beauty and labor", which provides a new development space for aesthetic education. Among all kinds of courses that students study, music appreciation course is the most appropriate course with aesthetic consciousness. Cultivating students' aesthetic consciousness through music appreciation course has become a universal behavior of all schools. The integration of music appreciation and aesthetic consciousness training can give full play to their advantages and better cultivate students' aesthetic consciousness. Conversely, music appreciation is inseparable from aesthetic education. Aesthetics is the core of music appreciation teaching, which is conducive to promoting the communication between subject and object. Conversely, music appreciation is inseparable from aesthetic education. Aesthetics is the core of music appreciation teaching, which is conducive to promoting the communication between subject and object. In the teaching of music appreciation course, students are the aesthetic subject and music is the aesthetic object. The teaching of music appreciation should take aesthetics as the core and promote the communication between the subject and the object. Music appreciation can arouse students' love for life, nature and music. This paper makes a brief analysis of the aesthetic consciousness in music appreciation, the effect of music appreciation on the cultivation of college students' aesthetic ability, and how to improve college students' aesthetic ability through music appreciation.

1. Introduction

Beautiful and healthy music can let students cultivate their sentiment and sublimate their personality in music appreciation. Music will have more or less aesthetic feeling for everyone. Without music, life will become extremely boring. First of all, we should understand what is aesthetic consciousness. The so-called aesthetic consciousness refers to the active reflection of the subject on the aesthetic attribute of the objective perceptual image [1]. Including people's aesthetic feeling, interest, experience, viewpoint and ideal. Aesthetic consciousness exists in music. While appreciating the flow of music rhythm and the beauty of language, the audience can improve their ability to feel and appreciate music, so as to improve their aesthetic ability.

Music appreciation is inseparable from aesthetic education. Therefore, strengthening the aesthetic consciousness in music appreciation teaching and paying attention to the aesthetic education in music appreciation teaching has become a very important topic in today's society. Music can also have an impact on people's aesthetic consciousness. Its rhythm is fast and slow, which is the main factor affecting people's aesthetic consciousness. People's aesthetic emotions usually change with the changes of numbers and music rhythm. Relaxed music can ensure that people's mood is in a peaceful state and let people's emotions be expressed naturally. Expand the vision of music education and make music appreciation one of the important ways to improve college students' aesthetic ability. People's aesthetic ability can be cultivated through aesthetic practice [2]. As one of the most direct and concrete aesthetic practices, music appreciation can improve college students' music appreciation ability and cultivate students' aesthetic sense, the promotion of aesthetic psychological quality plays a vital role. The cultivation of aesthetic consciousness directly affects the function of music appreciation. The cultivation of aesthetic consciousness directly affects the function of music appreciation [3].

2. There is a connection between music appreciation and aesthetic consciousness

Aesthetic consciousness refers to the broad sense of beauty. It is the dynamic reflection of people's aesthetic objects through perception and feeling in aesthetic activities. Aesthetic consciousness can be studied through art. The aesthetic consciousness and aesthetic feeling of music are different from visual art. It feels the emotional changes in music through hearing, and then transmits this feeling to the brain. Through brain imagination and processing, it can experience the meaning of music expression[4]. Therefore, the most basic expression way of music appreciation is to feel the beauty of pure hearing. Even if there is a fast-paced melody, there must be a soothing melody in contrast to it, so that the music will eventually return to the speed roughly the same as people's natural heart rate. This is a standard of music performance, so people's emotion comes from the rhythmic heart rate. The rhythm of music directly affects people's aesthetic taste. The soothing melody is in line with people's natural heart rate and is conducive to stimulating people's emotions. Repeated melody will make people have different ideas. People's thinking will usually integrate with the repetition of melody. Some people can even communicate with music. The aesthetic consciousness of music is based on the existence of objects, and it is precisely because of the existence of artistic beauty of music that it has the aesthetic consciousness of music. Therefore, to improve students' aesthetic ability and carry out aesthetic education, the aesthetic consciousness is the first problem to be solved, and the best way and the most effective way to solve this problem is the teaching of music appreciation[5].

Even people who live in a modern society where culture and art and music art have been highly developed can not have music aesthetic consciousness without the practice of music aesthetics and the long-term learning, contact and repeated chanting of music art. People place their emotional catharsis on music, so they require music to have a comparison between strong and weak[6]. For example, in the process of music, repeated phrases must be compared. Without contrast and change, it is dull and boring. Because, in contrast to the strong music can set off warm, exultation, excited, excited emotions. There is always a contrast between the strong and the weak in the repeated sentences in singing. This is because the strong music can arouse the warm, excited and exultant emotions, to get a subtle aesthetic. That is, based on his aesthetic point of view, the love of beauty and the ability to feel beauty, appreciation and creativity. Aesthetic, then refers to the bag to pick up their own skills, artistic concept. Through the contrast of melody, we can realize the embodiment of people's emotion and aesthetic consciousness, which is due to the influence of music, people's emotion can be fully revealed, whether it is excited or calm or sad, can Be expressed through music. It can be seen that there is a very close relationship between music and aesthetic consciousness, which is where the charm of music lies[7].

3. Music appreciation plays an important role in the cultivation of aesthetic consciousness

Through the appreciation of music, people can find beauty and feel beauty. Among them, music itself, has contained many elements of beauty. As a music teacher, if he can make effective use of various elements of beauty through teaching, he can effectively cultivate students' aesthetic consciousness and taste, make the aesthetic appeal of the student highly reflect[8]. The former is the person, the specific person, the latter is the thing, the broad sense thing. From the perspective of teaching, both of them are objects. From the perspective of learning, students should be the subject of learning. Only when we have the sense of hearing that can recognize the music, can we have the aesthetic feeling to the music works psychologically. For example, listening to rhythm, melody, volume, timbre and other aspects will form a consciousness in the mind, which will produce the feeling of beauty and non beauty in psychology. For example, some lyrical music often brings people into quiet emotions, promotes people to have boundless imagination, and makes their thoughts and emotions soar in the vast world, which is conducive to cultivating students' imagination and ability to feel and understand beauty. Aesthetic consciousness promotes this process, and innovation ability can be improved with students' association[9].

Music appreciation can improve students' imagination. Music is a kind of art. Art Comes from life

and is higher than life. The main reason why people can resonate with music is that many music has a great connection with their own lives, as if they themselves were the ones who experienced these events, through listening to music to express their feelings, and then access to beauty-related enjoyment, their own aesthetic consciousness can therefore be cultivated. When we celebrate, we will have different foolish experiences according to our own culture and art accomplishment, experience, aesthetic feeling and whimsical feeling. As we all know, music is an art, and all art comes from people's life and is higher than people's life. The reason why people can resonate with music is often because the content embodied in music is related to their own experience. In the process of appreciation, it is easy to resonate with the author and rub feelings, so as to obtain an emotional feast. Over time, the aesthetic consciousness can also be improved. The ability to create beauty needs to be cultivated. Only with the ability to feel and experience beauty can we have the conditions to create beauty. Music appreciation strengthens students' ability to feel and experience beauty, improves their ability to appreciate beauty, and lays a foundation for creating "beauty" by cultivating college students' aesthetic experience.

4. The cultivation of aesthetic consciousness in music appreciation teaching

As an important part of music teaching, music appreciation plays an important role in improving the aesthetic ability of college students. For music appreciation works, we can adopt the method of teaching according to the technical difficulty and type. The same technical type of work according to the difficulty together, and then according to these technical types of difficulty to solve one by one, so that a systematic grasp of the appreciation of the skills. The elements of music appreciation are not isolated, only by integrating them can a certain music structure be formed, and the cultivation of students' ability to feel the music melody and music structure as a whole is conducive to improving their aesthetic quality. The teacher needs to give the students a basic understanding of music, such as its own rhythm, tempo and pitch, and introduce the characteristics of different musical instruments to the students, the teacher should tell the students the background of the composition and the author's life. Only by understanding can we feel, only by in-depth feeling can we understand and understand "beauty", promote the integration of music appreciation and aesthetic consciousness, and students themselves can deeply feel the factors of "beauty" in music. Teachers need to let students have a preliminary understanding of music, such as its own rhythm, beat and high and low bass, and introduce the characteristics of different musical instruments to students. Before appreciating music, teachers should tell students the creative background of music and the author Sheng Ping. Only by understanding can we feel, only by in-depth feeling can we understand and understand "beauty", promote the integration of music appreciation and aesthetic consciousness, and students themselves can deeply feel the factors of "beauty" in music.

Music appreciation can cultivate students' ability to feel beauty. There are many factors of beauty in appreciating musical works. This requires giving full play to students' autonomy and Teachers' guiding role in music appreciation teaching. Teachers should help students deal with and analyze works in time, and guide students to understand works accurately, teachers should actively guide students into the stage of appreciation. It can activate students' learning enthusiasm, arouse their learning interest and thirst for knowledge, strengthen aesthetic perception, stimulate aesthetic imagination, carry out aesthetic creation and realize emotional sublimation. Therefore, enriching students' emotional experience and cultivating students' aesthetic ability is an important means to enhance their aesthetic understanding ability. The composer, the lyricist and the singer of every musical work are all great, in these processes, their own experiences, feelings can be expressed through the musical work, students to appreciate music works, feel the connotation of music works, in fact, is to appreciate the beauty of music works. The more different styles and tired music themes or fragments students master, the more conducive it is to improve the level of music appreciation. In the process of appreciation, students will unconsciously compare and better feel the content and emotion of the works. Music appreciation is not only an effective means to stimulate students' aesthetic interest, but also a driving force to cultivate aesthetics. Students can not only learn a large number of rich and excellent Chinese and foreign music works to enrich themselves by learning music

appreciation course[10] . More importantly, music appreciation can enable students to appreciate beautiful things, improve artistic cultivation and cultivate their sentiment. The creators of any music works are unique. They focus their thoughts and Thoughts on the music works and take the music works as the sustenance of their emotions. Students' appreciation of the connotation of music works is equivalent to their experience of beauty.

5. Conclusion

Music appreciation plays an important role in the cultivation of people's aesthetic consciousness, and it is also the only way to cultivate students' aesthetic consciousness. Music appreciation can effectively arouse students' aesthetic interest, move people's emotion, arouse people's emotion, and cultivate students' aesthetic consciousness and aesthetic ability. Students can understand the aesthetic things and improve their artistic sentiment through music appreciation, the mind is enlightened, the spirit is exalted. The cultivation of students' aesthetic consciousness is directly related to their experience and creation of beauty. Music appreciation is of great importance to the improvement of college students' aesthetic ability. Give full play to the role of music appreciation, can let students into the wonderful music world, edify sentiment, rich spiritual world. Music appreciation is very important to the improvement of College Students' aesthetic ability. Giving full play to the role of music appreciation can enable college students to integrate into the wonderful music world, cultivate their sentiment and enrich the spiritual world.

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