

The Implementation Strategy of Music Therapy in College Students' Mental Health Education

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Abstract: At present, the mental health problems of college students are concerned, and colleges and universities are actively promoting the mental health education of college students. This paper will analyze the positive effects of music therapy on College Students' mental health, and put forward some ways and Strategies of using music therapy in college students' mental health education, so as to better improve the effect of College Students' mental health education and promote the development of College Students' physical and mental health.

1. Introduction

As a popular auditory art, music is the product of people's spiritual civilization, which can intuitively express people's psychological activities, mental state and so on. Music therapy is becoming more and more common in university campus and plays a significant role in regulating the psychological state of college students. It cannot only enhance emotional experience and arouse resonance, but also effectively improve and regulate negative emotions.

2. The Positive Effect of Music Therapy on College Students' Mental Health

The main function of the music therapy in the mental health education is to adjust the physical and mental health and the emotional experience through physical and psychological and physiological functions. On the one hand, music can purify the mind of a person. The social pressure of the college students is increasing day by day, the state of mind becomes impetuous, the music or the happy, or the euphoria, or the rhythm and the melody of the strong, the combination of the beautiful harmony and the timbre can show the human and its rich emotional changes dynamically, can let the impetuous heart sink down, The negative state is encouraging, creating a better, positive heart The situation. On the other hand, the emotion regulation, the speed of the music, the tone and the melody can be different, so that the body and the mind can be relaxed and stable. In the depressed mood, the music can help to release and release the emotion effectively, and find the outlet for the bad mood. In addition, communication and communication can be promoted. different types of music can always find a suitable group, for example, many college students are keen on the widespread use of pop music, buffeting, micro-blogs and the like, so that the college students contact more types of music, and can find the same companion as their own interest, and enhance the communication of music, so that the emotional exchange and the intercommunication are promoted, The inner mood is expressed[1].

3. The Application of Music Therapy in the Psychological Health Education of College Students

3.1 Use a Variety of Music Treatments

The application of music therapy in the mental health education of college students is not only limited to the classroom or in the classroom, but also needs more flexible application, and the method of the music therapy is continuously innovated, which is beneficial to the improvement of the participation of the students, and has a positive effect on the effect of obtaining a better mental

health education effect.

Through the frequency of music to make the psychological response, which is the main function of the music relaxation chair, good music can improve the excitement of the cerebral cortex, stimulate people's feelings, so that the spirit can be exhilarated. At the same time, it can also help regulate bad emotions, including anxiety, depression, tension and so on. Music relaxation chair is divided into many types, including basic type, somatosensory type, physical and mental feedback type and 3D massage type. The relaxing chair can be placed in the psychological counseling room or mental health education room. The interior layout and color should be mainly light tone, such as light green and light yellow, pure white and light blue, and so on. Is the color that can promote psychological relaxation, at the same time equipped with adjustable light source, and match some green plant.

Many contemporary college students have strong personality, rich heart, like to be alone, unwilling to integrate into collective activities, lack of enthusiasm and ability of interpersonal communication. In order to improve the problem, receptive music therapy can be adopted. The first stage is song discussion. The therapist and the students share and discuss songs, experience each other's aesthetic feelings, only talk about music, do not talk about others, more simple, relax, will eliminate students' feelings of insecurity and tension, and make students further let go of their bodies and minds [2]. In the second stage, we discuss the songs of cognitive behavior. This paper mainly discusses the lyrics in the song, which leads to the discussion of ideas, beliefs, values and so on. In the first stage, some perceptual lyrics coincide with their inner feelings, which causes students to resonate with each other. Team members discuss lyrics with each other, deepen understanding of lyrics, promote emotional communication and interaction, and find emotional sustenance.

By means of chorus music therapy, students who are not confident can be helped to regain their self-confidence and sublimate their inner feelings. For example, some students are lonely, introverted, lack of decisiveness and boldness in expression, and are easy to have a sense of inferiority in their future work. In the choir, the therapist arranges this kind of students in a suitable position and actively guides them to sing. Under the influence of the chorus atmosphere driven by other students, they will bravely sing the lyrics. If they can sing loudly with confidence, the therapist can arrange to be the voice minister, and make a affirmation of its improvement and give further encouragement. In the future study and life, more brave In the expression, the voice is even brighter when communicating with the human, and is no longer the only one, and a stronger self-confidence is set.

The humanism of music can have a subtle influence on people, thus helping to enhance moral sentiment and aesthetic ability. Although the subject does not need to have music knowledge in music therapy, but the difference of music literacy, music theory knowledge and different horizons, the acceptance and perception of music are also different. Therefore, in order to achieve more significant music therapy effect, it is necessary to set up music elective courses. By studying in the music elective course, we can further understand the different background of music creation, including its history and culture, customs and customs, etc., at the same time, we can understand the growth experience of different musicians, which can help to open the music. Broad vision, cultivate good character quality. In elective courses, you can feel the charm of music through music meditation, discussion and so on, and enhance your interest in music.

3.2 Strengthen the Publicity, and Raise the Students' Awareness of Music Therapy

There is an essential difference between music therapy and hospital diagnosis and treatment. It is not that the "medicine" of psychotherapy can achieve mental health, but a kind of treatment means to improve the psychological state of students step by step through the imperceptible and gradual improvement of students' psychological state through different forms of music. Therefore, colleges and universities should continue to strengthen the publicity of music therapy, make use of a variety of publicity channels, including campus network platform, WeChat official account, departments, classes to form a variety of groups, with the help of network power to make students deepen their

understanding and understanding of music therapy [3]. At the same time, provide a variety of music download platforms, and set up a music therapy column, on the website, to meet the different college students. The demand of music therapy, through the analysis of music therapy case law, music therapy online experience and so on.

3.3 Enrich Campus Cultural Activities and Enhance Students' Sense of Experience

Through the colorful campus activities to permeate the music therapy, in combination with the group teaching and guidance and individual consultation, from the teaching, the training, the cultural activity and so on. As the most part of the extracurricular activities of college students, the community activities often have a variety of activities, and at the same time it is an important activity to promote the exchange and interaction among students. It is possible to advocate the organization of various kinds of community activities, including the chorus, the street dance, the music community, the art community and so on, so as to make the students contact more music in the activities of the club and bring about a variety of emotional experiences. It is also possible to actively invite folk art groups to perform in the festival to the school to create a specific music atmosphere and experience The charm of the elegant art.

3.4 The Construction and Improvement of the Psychological Consultation Site and the Opening of the Music Treatment Room

At present, for the mental health education of college students, colleges and universities have always been concerned about it. For this reason, a lot of money and manpower have been invested, including actively training and introducing excellent music therapists, adding music therapy rooms, music therapy consulting rooms, etc. In the construction of a special psychotherapy site, various music therapy rooms can be added to the site, while creating a beautiful, bright and comfortable environment, equipped with sound equipment, network facilities and related music products and educational equipment. The professional and functional music therapy room will be built. Through the digital and network “music potion”, it will directly attack the students' mind and gain more significant psychotherapy effect.

3.5 Strengthen the Construction of the Teaching Staff of the Music Therapist

The mental health education in colleges and universities in China is still in the exploratory stage of music therapy and started relatively late, but it has been widely used in developed countries for a long time, which is closely related to the complete teaching staff and training system. And there are many music therapists who obtain relevant qualification certificates in foreign countries, but our country is slightly insufficient in the training of music therapists. Moreover, there is still no formal standard of music therapist certification system in our country, which makes music therapist in an optional awkward position, which is very disadvantageous to the development of music therapy. Therefore, colleges and universities should actively set up excellent teachers of music therapist to ensure the application of music therapy in mental health education. To be further promoted. At present, psychological counseling is the main work of music therapist in colleges and universities, which conflicts with the teachers in psychological counseling room.

Therefore, colleges and universities should actively guide music therapists to gradually change the work content, focus on the application and innovation of music therapy methods, and give full play to the effects of music therapy. Master the use of a variety of music therapy methods, including receptive music therapy, creative music therapy and impromptu music therapy, and constantly learn the latest music therapy methods suitable for college students, and learn more from the relevant achievements of foreign countries. At the same time, in addition to having the basic professional knowledge of psychological education, we should also have a certain music foundation and high music literacy, have unique views on music, and have the ability to carry out relevant music practice. In order to combine theory with practice, music therapy can be used in college students'

psychological education to achieve more remarkable results. In addition, more experienced music therapist to help music therapist improve professional ability, really build a professional excellent, high quality, high level music therapist teacher team.

4. Conclusion

As a new way of the university's mental health education, the use of the music therapy is of a certain advanced nature and the times, and the music therapy can be very good to the taste of the contemporary college students than the traditional mental health education. In order to help more college students to solve the psychological problems and to promote the physical and mental development of the college students, the university should further improve the attention of the music therapy, and actively promote and guide the students in the music therapy.

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