

A Psychodynamic Analysis of Music Performance Tension Based on the Perspective of Reception Aesthetics

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Abstract: With the improvement of living standards, people's requirements for spiritual and cultural aspects have also increased, and music has gradually become an indispensable part of people's daily life. Therefore, music performance has entered people's field of vision. With the rise and development of music psychology, an interdisciplinary subject of musicology and psychology, more and more scholars have begun to pay attention to and study the psychological tension in music performances. Music psychology is the special function of human brain and the subjective reflection of the brain on the objective music reality. In other words, in all music activities, including music creation, music performance and music appreciation, all the psychological contents related to music, such as feelings, thoughts, memories and emotions, belong to the category of music psychology. Many musicians, music educators and learners are concerned about how to make the performers smooth and comfortable in the music performance and achieve the state of "unity of music and emotion". In the research focusing on the psychology of music performance, the causes of tension and how to overcome regulation are the focus of the research. It is not difficult to see in the research that tension is a general psychological phenomenon of human beings, and it is a psychological state (reaction) produced in emergency and special stressful situations. This makes the problem of psychological tension in the performance of music all the more important.

1. Introduction

In ancient times, China paid more attention to the research of music psychology, and left many articles related to music psychology [1]. But later, due to the national autistic, policy deviation and scientific backwardness, until the reform and opening up, the research of music psychology has hardly developed in China [2]. Later, with the reform and opening up, China's music psychology research began to wake up with the recovery of science, technology, culture and education [3]. Music psychology is an interdisciplinary subject of musicology and psychology, and it is also an emerging subject. It mainly studies the relationship between music performance and the psychological dynamics of performers, and realizes a comprehensive cognition of music elements. It mainly adopts experimental psychology way to explain people's musical experience and musical behavior[4]. Tension is not terrible, what matters is how we manage this tension in music performances. Too high or too low negative tension will have certain negative effects on the performance, such as sweaty palms, shortness of breath and other adverse reactions; What's really better is to keep a moderate normal tension, which can not only relax ourselves, but also keep a positive tension to a certain extent [5].

All human activities are directed by the brain, and music performance is no exception. The study of music performance psychology is helpful for people to understand music, feel music, learn music and perform music [6]. In this paper, the author will analyze the psychology of music performance according to different stages. In performance, the importance of psychological problems cannot be underestimated, which also has varying degrees of influence on the expressiveness of music. It is of great significance to conduct in-depth analysis and research on psychological problems in music performance. To become an excellent music performer, you must Possessing three conditions: Innate physical quality, superb technical skills, and good psychological quality. Music performance

psychology dominates the music performance activities of actors. Whether a music performer has a good music performance psychology will affect his musical performance. success or failure, but the current situation is that people pay too much attention to the training of techniques and skills, but do not pay too much attention to or even ignore the training of psychology, which has caused many negative effects. Therefore, it is more important to arouse people's attention to music performance psychology. to be important [7].

2. Psychological Tension System in Music Performance

2.1 Psychological Tension System

The nervous system is German psychologist Kurt? It was put forward by Lei Wen in Dynamic Psychology. He made a dynamic analysis of the origin of human behavior, in which “tension” and “demand” are the two most basic terms [8]. Lewin believes that “as long as there is a psychological need within a person, there will be a nervous system”. For a performer, professional level is the basis of music performance, lack of professional performance skills, and all other qualities are castles in the air [9]. For example, in singing, the performer's pronunciation skills, breathing methods and mastery of breath all need long-term practice to achieve certain results. The so-called “ten minutes on stage and ten years off stage” is this truth [10]. Before each performance, a “previous impression” will appear in the actor's mind. The so-called “previous impression” refers to the impression left in the actor's mind when singing, playing or listening to this work. “Orientation reflex” is a term in psychology, which means “understanding and familiarizing with activities, figuring out what to do and how to do, so as to establish a directional map of activities in the brain”. “The great pianist Rubenstein always closes his eyes and meditates on the traveling plane, imagining the upcoming repertoire and playing it in his brain in advance. Fu Cong, a young man, was used to reciting the music of the next concert the night before, which caused him to suffer from insomnia. Based on the fact that tension is a state of human body, “need” can be understood as a kind of crisis. With a sense of crisis, the original static balance will be broken, thus producing dynamic stimulation to the body. At this time, the human body will start an instinctive defense mechanism, and “tension” arises spontaneously. As shown in Figure 1.

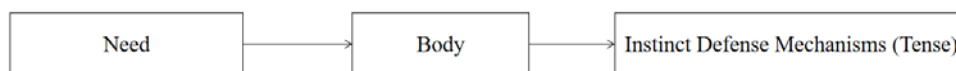


Fig.1 Mental Stress System Diagram

In music performance, it is precisely because the performers have more or less psychological needs, such as the desire to perform well, to show a perfect singing (playing) level, etc., and at the same time, there are different degrees of uncertainty. , so it will inevitably cause a certain degree of psychological tension.

2.2 The Abduction of Stress

The factors that cause the nervous psychology of music performance are multidimensional, which can be divided into two categories: personal factors and environmental factors. Personal factors include psychological quality, difficulty and proficiency of songs, etc. The external factors include the stage, lighting, audience and so on. Finally, both personal factors and environmental factors will have a compound effect on the performance tension to a certain extent. Introverted people are more likely to have nervous and stage fright in the process of on-the-spot performance of music performance, and everyone's goal expectations are different. Some people are picky about their own performance. Such people often have high goals and requirements for themselves. Some performers have suffered setbacks and blows in their previous performances. Therefore, when he comes on the stage again to face the audience, he is vulnerable to the psychological shadow of the past, resulting in the lack of self-confidence of the performers.

Personality is a personality characteristic displayed by a person, which is mainly reflected in a person's morality and the influence of the world outlook, outlook on life and values. Evaluation is

reflected in personality differences, and this is also true in the process of musical performance. Nervousness is not terrible, unless it is a robot, we are all born human, and we are all affected and controlled by emotions. According to scientific analysis, when you are nervous, you will secrete a certain degree of adrenaline, and that hormone will make your brain function more active than usual. There are many reasons for nervousness. Here I divide them into internal reasons and external reasons. The internal reasons are mainly personality, attention, willpower and so on. The external reasons mainly include a series of problems such as stage, lighting, audience, technology and so on. For example, it is related to people's natural psychological quality, caused by too high requirements for themselves, caused by too difficult selection of tracks, caused by not in place practice, caused by the audience, caused by the grade of the concert hall, caused by non repeatability, the former "shadow" is making trouble, ignoring the cultivation of psychological quality, etc. Different targets attract players to "enter" different areas. As shown in Figure 2.

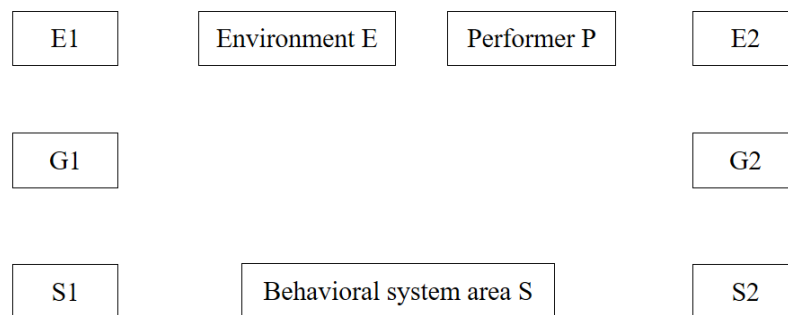


Fig.2 Vector Analysis of Psychological Tension System in Music Performance

In Figure 2, the performer and the environment together form his living space. Psychological tension is a state in which the region loses balance with the surrounding environment and tries to achieve a new balance. When the performer is in a state of tension, or a "appropriate" area in the, it has the corresponding rejection value and tends to their respective goals (g).

3. Psychological Control Measures of Tension

3.1 Exercise to Strengthen Mental Quality

Performers must first correct their attitudes, eliminate the influence of bad psychological factors, improve their comprehensive performance ability through the exercise of psychological factors, and integrate their own performance skills and emotions into the performance of the works. Only in this way can they improve their performance. The performer's ability to play on the spot and the ability to deal with emergencies. Clear self-positioning and solid and meticulous training can prevent and eliminate unnecessary performance tension. Objectively analyze the key points and difficulties encountered in daily practice, and divide into two parts to think about which ones can be solved through specific practice; And which are not easy to solve in the short term, and need long-term training and persistence to achieve the desired results.

The improvement of professional cultivation can help the performer's own psychological factors and profession are directly related. The on-the-spot tension is in direct proportion to the performer's proficiency. When the performer is proficient in the content. Connotation and emotion can perform calmly even if there are problems in the performance, and may also reap unexpected results. Excellent performers are often able to control their emotions. Whether it is work or daily life, a healthy physical condition is inevitable, and a good physical condition is the capital of life. In order to better record the content of the work, you need to strengthen your memory and have the ability to adapt to changes. For example, some physical training such as breathing exercises, neck exercises, shoulder exercises, etc., through these external physical exercises to avoid tension during performances, rest in some quiet and soft light environments, fully adjust the mentality before performances, and eliminate tension mood. A drop of water is not something that can be done in a day. Any consummate performance is built on the basis of daily diligent practice. The so-called

diligence, if you are not skilled enough in the works you perform, you will inevitably be nervous. The more nervous you are, the less you can achieve the ideal performance effect. However, with the gradual improvement of the proficiency of performing (singing) works, the confidence and self-confidence in the formal performance will be more sufficient and firm.

3.2 Improve Music Performance Skills

In the skill training of music performance, performers always start from their own state, and after long-term repeated training, they can meet the requirements of automatic completion of works, such as keyboard fingering, singing breath, etc. The perception of music requires a certain artistic intuition. Music performance is the performer's "second" creation. It is a complex psychological activity. Psychological quality occupies an important position. It requires the performer to have sufficient energy. Having a high level of expression ability, systematic professional training and good psychological quality will have a direct effect on the performance of musical works. Nervousness is caused by psychological prayer breaking the original balance. The behavior stimulated by nervousness is not to "avoid suffering and seek pleasure", but to obtain a new internal balance. Moreover, "balance" is not only static, but also changes with powder, which is embodied as a process and is a dynamic concept. After studying and practicing, performers can easily perform difficult movements.

Generally speaking, superb performance skills can bring joy to the performers, enhance the performers' self-confidence, and for the audience, they can find more appreciation points in the music performance. We can maintain interest in the work in a number of ways. For example, don't practice just one piece of music. Cultivate a firm will. Will is the root of all existence and movement, and performers may face all kinds of situations in the process of performance, even unprecedented situations in daily life. You can practice two or three works alternately, or practice one work for a period of time, interspersed with a few relaxing ditties, etc., all of which can have a good effect. Improving the skills of music performance can also simplify the performers' movements, which reflects the high agreement between the performers' own movements and musical instruments. This high agreement enables the performers to conform to the process of music performance and complete the music performance in an unconscious state, which also avoids various psychological problems caused by lack of stage experience. Of course, this quality is not formed overnight, which is closely related to the personal character and environment for a long time. Therefore, cultivating a firm will needs to start from all aspects of life. After all, a firm will is the key to success.

4. Conclusions

"Music performance is a creative music activity that requires a combination of excellent performance skills and good music performance psychology." Having a good music performance psychology is an essential foundation for a successful performance. From the perspective of music aesthetics, music performance belongs to an important and unique branch. On the one hand, the comprehensive research of music aesthetics and music psychology has promoted the development of psychological music aesthetics, and gradually made music aesthetics get rid of the traditional metaphysical philosophical speculation. In the process of music performance, the psychological problems of performers get people's attention. Only by properly solving the psychological problems existing in music performance can we achieve the best music performance effect. We not only need to pay attention to it in daily practice, but also some methods such as on-the-spot psychological counseling. In addition to the above-mentioned solutions to overcome the psychological problems of performers in music performances, there are other psychological adjustment methods, which require the majority of performers to perceive and experience in continuous practice in order to achieve their own psychological quality and artistic quality. The continuous accumulation of cultivation.

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