

Original Paper

Research on the Influence of Sound Therapy in Music Education on College Students' Mental Health

Ke Haoran¹

¹ Wenzhou Polytechnic, Wenzhou, Zhejiang Province, China

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Abstract

At present, college students are suffering from various influences, and the pressure is increasing day by day. Many college students do not know how to deal with these pressures. Over time, they have psychological problems, which is a major obstacle to the growth and development of college students. Therefore, college education should emphasize mental health education, with the goal of cultivating students' good psychological quality, carry out various activities, stimulate students' psychological potential, and promote students' comprehensive and healthy development of body and mind. For the psychological problems of college students, the traditional treatment plan is to intervene, such as cognitive therapy. Although it is helpful for students' psychological problems, there are still some deficiencies. Music therapy mainly uses music as the carrier to cure people's heart, which is easier to be accepted by students and has better effect. Therefore, it is of positive significance to apply music therapy to college students' psychological education. For students, it is a simple and enjoyable treatment. For teachers, it is a new research path. In the long run, music therapy must have broad prospects for development. The mental health education in colleges and universities will also slowly turn their attention to music therapy.

Keywords

music education, Sound therapy, College students' mental health

1. The Effect of Music Education on College Students' Mental Health

1.1 Regulate Emotions and Improve Cognitive Ability

With the constant change of social environment, college students will slowly find that the gap between “ideal” and “reality” is very large. Nowadays, social recruitment pays more attention to the comprehensive ability of students, and the ranking of college students' professional ability is no longer as persuasive as before, which inevitably makes some students fall behind, unable to make accurate evaluation of their learning quality, and suspicious of their self-confidence in the past. In the long run, it is easy to have psychological problems. Under the role of music education, university teachers give full play to advanced teaching concepts, take college students as the guide, and let students actively participate in different forms of music teaching models, improve students' ability of appreciation, perception, imagination, etc., so that students can fully understand themselves in music learning practice, and correctly view their own advantages and disadvantages. Music education can relax students' emotions, help students to objectively look at the people or things around them, cultivate correct values and self-cognition ability, constantly evaluate themselves correctly, and constantly improve themselves.

1.2 Improve EQ and Enrich Spiritual Life

In modern society, if you want to win the recognition of others, you need not only excellent working ability, but also excellent interpersonal skills and high emotional intelligence. Therefore, in the new era, interpersonal communication ability is one of the abilities that college students must have. In the process of college music education practice, students need to constantly communicate, exchange and cooperate. In this process, not only can college students fully appreciate the beauty of music, but also can college students have friendly and peaceful exchanges, and learn to deal with the relationship between individuals and individuals, individuals and groups in the future in the process of exchange, so as to form a good learning atmosphere for communication, cultivate college students' ability to deal with things invisibly, see the needs of each other clearly in the communication, and also pave the way for the improvement of psychological quality. In addition, music education can transmit various knowledge to students, such as geography, traditional Chinese medicine, history, etc., which is of great significance for students to improve their knowledge system. The enrichment of spiritual life will make people more interesting and have higher EQ, which will pave the way for the improvement of psychological quality.

1.3 Help Students Form Correct Self-Cognition

The university campus is full of all kinds of things, which leads to the lack of students' self-awareness. Students often feel that there will be a certain gap between their ideal self and their real self, which will lead to a psychological gap, resulting in the contradiction between the subjective world and the objective world. A considerable number of them often fail to see and evaluate themselves correctly, sometimes full of confidence and sometimes feel inferiority; Sometimes I think too highly of myself, and sometimes I think too low of myself; Sometimes I feel childish, and sometimes I feel painful inside.

In response to this phenomenon, teachers can conduct music education through various forms of music activities, so that students can have a more comprehensive and specific understanding of themselves, objectively analyze their own advantages and disadvantages, and improve and improve their future study and work in combination with the actual situation. On the other hand, students have been edified and infected in the process of receiving music education, and can imperceptibly develop a complete self-awareness, which can adjust students' psychological state in time, let them calmly deal with difficulties or challenges in learning and life, and make correct judgments and predictions on their own behavior, thus promoting their overall development.

1.4 Promote the Cultivation of Students' Good Personality

In daily study and life, some students often have a weariness of learning. These students are lazy and slack in their studies, have no clear orientation for their studies, cannot implement their learning plans, have no motivation and objective motivation for their studies, and have no requirements for their academic achievements. Therefore, when they study, they will lack self-control, willpower and self-motivation, cannot deal with things in time in life, have weak social adaptability, lack of resilience, and lack self-confidence and sense of responsibility in life. Through targeted music education-related psychotherapy activities, students can have a good positioning of their personality and find a suitable way to improve their personality. In addition, music education plays a guiding and motivating role in shaping students' personality, and the advantages brought by music education are irreplaceable by other education.

2. Problems Encountered in the Development of Music Education

2.1 The Teaching Staff Is Insufficient and the Teaching Equipment Needs to Be Improved

Some colleges and universities do not pay enough attention to music education, and are affected by traditional ideas, resulting in a shortage of teachers in music education in colleges and universities, and the construction of teachers' team is not perfect, so it is difficult for colleges and universities to have more strength to do well in music popularization. In addition, the professional quality of teachers is uneven, and some teachers have a poor sense of innovation, or simply focus on theoretical knowledge and ignore the importance of practice, which also directly affects the music education in colleges and universities. In addition, due to the imperfect teaching facilities of various music majors, some schools are only equipped with basic multimedia classrooms, which is difficult to improve the quality of music teaching. The classroom efficiency is not fully played, and the teaching effect is not obvious. The students' experience is also not very good. It is difficult to stimulate students' interest in music. It can be seen that the faculty and teaching facilities in music education in colleges and universities will have a great impact on music education in colleges and universities, resulting in a huge gap with the needs of students under the multicultural background.

2.2 Knowledge Popularization Is Limited, and Students' Cognition Needs to Be Improved

At present, due to the limited popularization of music-related knowledge in colleges and universities,

the cognitive level of most college students for music education is only at a superficial level. Students' enthusiasm for music education-related courses cannot be improved, and they have not developed good interest or positive attitude. This is the main factor that is not conducive to the development of music education in colleges and universities. On the one hand, when students have psychological conditions, they can't use music correctly to regulate their emotions, and their understanding of music is limited, so they can't use music to promote their psychological health development. In fact, the correct use of music can improve students' cognition and promote students' mental health development, and also make them get twice the result with half the effort. On the other hand, some students only accepted music education related courses from the perceptual level, but did not really understand the meaning of knowledge in music education, which undoubtedly brought difficulties to the development of music education, thus making the adjustment of music education to students' psychology have limitations.

2.3 Relevant Departments Pay Little Attention to It, and the Education Model Needs to Be Improved

Music education plays a more and more important role in the development of national education. Correct use can promote the development of college students' mental health. However, in the education of various colleges and universities, the attention to college students' mental health is not high. Although colleges and universities have set up mental health consultation rooms, the degree of utilization is also not high. With the diversified development of modern society, college students' psychology needs more attention, which can use music education to improve and regulate college students' bad mood, so that every student has a positive attitude towards college life. Some university leaders only pay attention to the quality of students' professional courses and employment, and lack the cultivation of students' psychological quality, resulting in many students only mastering their professional and technical abilities, but not getting good psychological growth. In addition, some colleges and universities have never offered music education-related courses, and most of the time have been replaced by professional courses, so students can not have interest in music education. Even though some colleges and universities have set up relevant music education courses, they do not treat them as normal courses, and only deal with them as elective courses in terms of credit and course assignment. This has greatly affected the development of college music education on students' mental health.

3. Improvement Measures of Music Education in Colleges and Universities

3.1 Cultivate the Teaching Staff and Improve the Comprehensive Quality of Teachers

First of all, the school can carry out reasonable planning and training for teachers according to the actual situation, and regularly organize to learn some professional courses, such as learning the works of some famous artists, listening to expert lectures, etc. Gradually cultivate teachers' awareness of learning and communication, guide and encourage teachers to participate in more professional competitions or related activities. Secondly, the school itself can also carry out more relevant seminars and exchanges to provide more platforms for teachers to contact the content of teaching reform, strive

to advance towards a diversified teacher development model, and cultivate a group of new teachers with professional knowledge and teaching ability. In addition, in addition to improving the comprehensive quality of teachers, schools should fully combine some excellent music education teaching ideas with students' psychological quality and health according to the actual situation, and spread them through more channels. Teachers themselves should also keep pace with the times, learn from the new concept of mental health, increase their professional knowledge, and strive to improve their music literacy.

3.2 Improve the Diversified Music System and Improve Students' Understanding of Music Education

Schools should pay attention to the publicity and popularization of knowledge about music education, so that students can get closer to music in their lives. Schools can provide students with more access to music through a diversified publicity model, with the help of the network media that students can easily accept, and establish a diversified education view. Secondly, the school should also change its traditional teaching mode and treat the excellent works brought by different nationalities and cultures with an equal perspective. Because the music art itself has no fixed standard, we need to break through the shackles of this traditional thought, so the school should actively absorb the essence of the excellent music culture around the world. Finally, set up music courses reasonably, accept the world's excellent music culture with an inclusive perspective, spread the characteristics of different cultures, and form an independent music system. In ordinary courses, teachers should give full play to their own strength, set up a series of related activities to mobilize students' enthusiasm for learning, and let students more integrate into the music psychology teaching.

3.3 Pay Attention to Talent Introduction and Improve Education Mechanism

The school can take the way of talent introduction to consolidate the position of the music teacher team in colleges and universities, and add new strength to the school music education. In recent years, due to the lack of comprehensive understanding of music education and insufficient attention paid to music education in our country, the number of relevant practitioners is relatively small, so we are faced with the shortage of high-level music talents. Therefore, we can improve the strength of the overall faculty through talent introduction in colleges and universities. At the same time, colleges and universities should also pay attention to retaining talents and adopt various incentive methods to make talents better play their potential.

In the construction of school psychological counseling institutions, university leaders should invest relevant human and material resources to improve students' psychological counseling. For example, the selection of music teaching materials is not necessarily single. They can be excellent works of art from different countries or minority, but folk art with strong national characteristics can be introduced as a reference for students to learn. In addition, the school should also reasonably set up activities related to music courses according to its own situation, and carry out teaching arrangements according to the characteristics of the school. Finally, mental health education should not only stay in the traditional mode, but also increase the introduction of foreign advanced psychological counseling mode, and apply

it to daily psychological counseling work, so that students' physical and mental health can be comprehensively improved.

Epilogue

Proper application of music therapy can timely adjust the psychological state of college students, eliminate the psychological haze of college students, and comprehensively promote the sustainable development of college students' psychological health. Therefore, colleges and universities should actively apply music therapy to college students' mental health education and help them create a healthy psychological environment through music therapy.

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