Research on the Effect of Public Music Course on Regulating College Students’ Mentality and Emotion

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ABSTRACT

College students escape from the shackles of teachers on homework, and learning becomes a thing that needs to take the initiative to do in this era of talents coming forth in large numbers. However, college students are still facing all kinds of unknown challenges and withstanding multiple pressures, such as the employment after graduation. Therefore, regulating emotions and releasing pressure for contemporary college students should be an indispensable part of higher education. Public music course can enable college students to experience the emotional changes contained in music. And they can resonate with the author in the world of music. In this way, college students who are going through an important turning point in their life, or who are under pressure, can have a healthy mentality to live positively. In the following part, the author will carry out a profound research on the mental health of contemporary college students and propose some solutions.

1. THE STATUS QUO OF MENTAL QUALITY OF MODERN COLLEGE STUDENTS

China's higher education is becoming increasingly popular with the progress of society and the continuous improvement of educational resources. Modern college students can share perfect educational resources and study in excellent educational environment. However, a "hollow heart" disease has become popular among modern college students with the gradual improvement of educational equipment. The so-called "hollow heart" disease refers to the psychological disorder caused by the lack of values. They think that life is meaningless. They are very confused about life. And they don't know what to do and what they want. According to the survey, there are many mental problems of college students in China. The number of dropouts due to mental illness
accounts for 54.4% of the total. Moreover, the survey found that 28% of college students have mental problems of different degrees. And nearly 10% of them have mental problems above the medium level. In addition, recent surveys on the mental health of college students show that the detection rate of mental and behavioral abnormalities among college students is 16%. And about 30% of them are in a sub-health state. The analysis of the mental state of Chinese female college students is as follows:

The mental state of male college students in China is different, as follows:

Many data and facts show that college students have become psychologically vulnerable groups. Another authoritative survey shows that the qualification rate of American teenagers is 34%. It is 55% in Japan but only 11% in China.

More survey data show that modern college students have a big problem in mental and emotional regulation. They don't want to get up early on weekends. They don't want to study but they don't know what to do. No matter who you are, you face the problem of
not wanting to get out of bed in the morning. Especially in the cold winter, this problem will be more obvious. The network buzzword—"the place beyond the bed is far away," is popular in the communication of college students. It fully reflects the difficulty of getting up early for modern college students. In college, students have to attend classes from Monday to Friday. And most colleges and universities use the credit system. That system forces students to get up early from Monday to Friday. But on the weekend, without the shackle of the school, most college students will stay in the dormitory and do not go out to know the society. Then on Monday, they will regret that they have fallen down. Some college students will plan for the weekend on Friday. But they will still stay in the dormitory instead of going out. This is a symptom of the so-called weekend decadence of contemporary college students. Most parts of China are still carrying out exam-oriented education. So, parents believe that entering an ideal university is their greatest expectation for their children. And in high school education, getting into a famous university is also regarded as an important way to change one’s destiny. Therefore, most students will regard it as their life goal to enter a key university. However, they will find that their life has no purpose and nothing to aspire to after being admitted to the ideal university. And this will cause the modern college students to suffer from the syndrome of not knowing what to do.

2. THE EFFECT OF PUBLIC MUSIC COURSE ON REGULATING COLLEGE STUDENTS' MENTALITY AND EMOTION

2.1 Effectively Promote the Formation of Students' View of Music

The public music course is also part of music study. Students can be exposed to a variety of music styles through the study of public music courses while studying specialized courses. And they will inevitably have their own views on music. Also, they will have their favorite music style in the process of appreciating music. College students are the main part of young people. Listening to music and singing is also one of their main ways to relax and entertain themselves. If they meet music they like in class, they will surely learn and appreciate it after class. In this way, students will have more and more understanding of this kind of music. And this will improve students' discrimination of music. Moreover, under certain circumstances, it can effectively promote the formation of students' view of music.

2.2 Effectively Treat the Mental Illness of College Students

Public music courses are provided with fair-sounding melody, beautiful songs and passionate tune. Music can cure mental illness, which is recorded in the Esoteric Scripture of the Yellow Emperor. In the theory of five tones and five internal organs, music has a significant regulating effect on human body and mind. For instance, light music can adjust breath, and make the person feels comfortable, cheerful, peaceful. Powerful and rhythmic music can make people feel refreshed. Modern medicine has also
confirmed this. Modern medicine has fully affirmed that music can cure diseases. And it is found that music influences the treatment of diseases in physical, biological, psychological and other aspects. At the same time, college students have high ability of comprehension and understanding. So, they can correctly and fully understand the true, good and beautiful things expressed by music. And students can have emotional resonance with music. And this makes art play the role of purifying the mind and cultivating the taste in the development of their life. In addition, music can also relieve pressure and regulate emotions to make students become positive and optimistic. Therefore, music can effectively treat some college students' mental problems caused by excessive pressure.

2.3 Effectively Train College Students To Control Their Emotions

Music is a kind of regular sound wave vibration. It can coordinate the rhythm of various organs of the human body and stimulate the potential of the body. Human body vibrates everywhere. Brain has a wave-like vibration. Stomach has peristalsis. And the heart beats, tenses and relaxes, contracts and stretches. These movements are not only of vibration, but also have a certain rhythm. This is like a human biological clock, which is regular and rhythmic. When the rhythm and melody of the music match the rhythm felt in your body, you will have a sense of pleasure. And you will gradually enter a state that makes you feel peaceful and happy. For example, the great composer Beethoven's Moonlight Sonata is easy to resonate with the listener because of its cheerful melody, fast and slow rhythm.

2.4 Cultivate the Sound Personality and Healthy Psychology of College Students

Contemporary college students have a healthy body and excellent educational resources. Compared to what happened to Beethoven, each of us is lucky. He has different experiences from ordinary people. So, we can experience the difficulties and frustrations of his life in his music. Listening to his music, we can set the right goal in life. We can make our life more wonderful without losing the luster of life because of the pressure in front of us. Schubert is known as the King of Songs. His popular works include The Linden Tree, Wild Rose, and Whale. The refreshing, touching melody will remind people involuntarily of his miserable childhood. After being an adult, Schubert did not beautify the medieval society with his works. He also did not guide people to escape the reality with ancient dead in disguise like some negative romantic artists. He did not like some musicians supported by the rulers, use music to whitewash the peace and intoxicate people's spirit. On the contrary, facing the harsh reality, he used his own music works to express the sadness and anger, to show his desire for light, and to accuse the injustice of fate. Therefore, when appreciating his musical works, contemporary college students can be reminded of their own life, to find their own foothold and pursue their own life in the rapid development of modern life.
3. THE MEASURES OF THE PUBLIC MUSIC COURSE ON COLLEGE STUDENTS' MENTAL AND EMOTIONAL REGULATION

3.1 Chorus Training

Chorus training is a collective activity. In the process of chorus, college students can get to know more people. They can expand their social circle and cultivate their ability to communicate with others. Also, they can convey their confusion and puzzlement to their friends or to others in the form of music, to reduce depression caused by their inability to express their feelings. Through chorus training, students should learn to put forward their own ideas, share their views, understand and listen to others' opinions, strengthen their sense of teamwork. Also, they need to improve their ability to communicate and make friends with others. In addition, in daily study, college students seldom do a good job full of enthusiasm. But in the chorus competition, students will unite together and work hard for a better performance. Therefore, in the process of this chorus training, it also plays the role of releasing stress and regulating emotions.

3.2 Vocal music Training

Vocal music training is a very important part of music learning. It is an important step for students to learn music from amateur to professional. However, vocal music learning is difficult. Therefore, students will inevitably encounter difficulties in the process of vocal music learning. Then students can increase their stamina, constantly overcome difficulties, learn to persevere in the process of learning vocal music. At the same time, students can improve their singing level in vocal music learning. In this way, they can participate in various activities in the future. They can actively participate in various singing competitions to improve their self-confidence and broaden their horizons.

3.3 Music Appreciation

When colleges and universities offer public music courses, they can add the course of music appreciation. This course can be taught professionally by music teachers to students. And teachers can introduce the creation background and connotation of music, as well as the stories of musicians. So, students can feel the personality charm of musicians and understand the connotation contained in music. In this way, students can learn the spirit of the songs and the excellent qualities of the musicians in the process of music appreciation. In class, the teacher can set some songs close to life, such as Jasmine, Chanty of the Ussuri River, Embroidering the Pouch, Everyone Pulled Together to Set Sail. Then students can enjoy the colorful life after busy study. In addition, teachers can also set some songs to praise the motherland, such as The Yellow River Cantata, Kissing the Motherland, Love the Chinese Nation. This can enhance the contemporary college students' sense of responsibility and mission. In class, students can
enjoy some classical poetry sung in the recent music-themed program—Everlasting Classics. This program is officially hosted by CCTV. Students can enjoy the song—You Are the Tender Month of April created by Lin Huiyin, sung by Li Yuchun. The clear voice, beautiful melody, and touching lyrics fully show the tender beauty of Chinese women. It makes the whole music present a sense of beauty. And Wang Sulong sang the Arrogant Youth. This work expressed Su Shi’s child-like innocent heart. At the same time, this is to remind contemporary college students to always maintain their own pure heart, to pursue their dreams. This song has a strong voice, coupled with the magnificent momentum, and powerful lyrics. It fully shows China's extensive and profound culture and cultural tradition, thus increasing national self-confidence and self-esteem. Being influenced by fine traditional culture can make modern college students have the energy to make progress in the struggle stage. And it can reduce the hesitation and confusion in their lives.

3.4 Instrumental Music Training

During the study of the music, school can set relevant courses for instrumental music learning. Students can improve their music quality and artistic accomplishment by learning various musical instruments they are interested in. Moreover, it is of great significance to cultivate a rigorous and practical learning attitude and a conscientious and diligent learning ability. At the same time, it has a subtle influence on the formation of a person's cultural literacy, morality, sentiment and character. It can also cultivate students' coordination ability and exercise their patience. Besides, in the process of learning, they can communicate with other students with the same hobbies. In this way, students can improve their performance level, strengthen the communication between students. Also, it is a good way to release pressure and adjust emotions during communication and creation. And students can express their feelings by playing the tune themselves. In addition, learning some musical instruments can enrich students' spare time and increase their personal charm.

4. CONCLUSIONS

College students now is a group with weak mental emotions. Therefore, to solve the mental problems of them is the bounden responsibility and obligation of leaders in every university and every educator. The opening of public music course in higher education is a key to adjust modern college students' mentality and emotion. In the public music course, there are beautiful melody and fair-sounding singing voice, positive lyrics and poems endowed with traditional culture. This enables contemporary college students to relieve pressure and negative energy effectively. Also, this can improve their national self-confidence and embody their life value in the long flow of history. At the same time, they can find their life ideals and goals in the optimistic lyrics. In this way, the negative influence brought by college students' psychological emotions will be reduced. The
incidence rate of mental diseases among college students will be decreased. And the mental health qualification rate of Chinese teenagers will be increased.

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