Research on Psychological Impact of Solfeggio and Ear Training Reform on College Students

Dan Wang

ABSTRACT

The teaching level, teaching methods as well as teaching objectives of music in universities in China have developed rapidly under the influence of the western music teaching mode. In the new teaching mode, Solfeggio teaching reform plays an irreplaceable role in the process of music learning. It is a necessary training method for professional music learning. In order to deepen the Solfeggio teaching reform, this report will research the psychological impact of solfeggio teaching reform on college students.

1. UNDERSTAND THE CONCEPT OF SOLFEGGIO AND ITS TEACHING STATUS

Solfeggio and Ear Training is not only an essential music course, but also a primary course to cultivate music quality and ability. In a micro sense, it is a comprehensive music subject which includes interval, chord, mode, tonality, rhythm, beat, melody, solfeggio, etc. At the same time, it emphasizes the comprehensive training of perception, understanding and expression of music. In a macro sense, Solfeggio and Ear Training includes visual spectrum and auditory training. Solfeggio is supposed to develop the ability of students to sing in accurate pitch and rhythm based on all the requirements of the score and to help the students deepen the perceptual understanding of meter, interval and mode. Ear training is used to develop the ability to recognize musical rhythm and remember musical pieces thereby cultivating the inner hearing ability which is key to the solfeggio technique.

The teaching methods of Solfeggio and Ear Training include Fixed Do and Movable Do. The Fixed Do method is conducive to the development of students' Hypersensitive tone and the performance of Musical Instruments. The Movable Do method is more conducive to the grasp of tonality and mode, which has a great convenience to a certain tonality, internal tone level, interval, chord series and functions. The two teaching methods both have their own characteristics and shortcomings. Music College focuses

Dan Wang, China West Normal University
on cultivating professional songwriting and performing talents, so the college pays more
attention to the Fixed Do method. But the student mostly faces the awkward situation of
"the Fixed Do is not accurate, the Movable Do is not familiar". In today's society, even
with good quality teaching, students also often feel confused of these two methods.
College students face an important problem when they learn harmony, melody and
polyphonic—students cannot find a melody mode with Fixed Do in the harmony and
melody class. However, it is very convenient and practical for students with Movable Do
method. The Movable Do method will not reduce the quality of the course, rather it
emancipates students' thinking, deepens understanding of skills and can further mobilize
students' enthusiasm, thus encouraging the development of a music career into a broader
world.

The following picture is music professional solfeggio teaching picture.

2. THE PRINCIPLES OF SOLFEGGIO TEACHING REFORM IN COLLEGES
AND UNIVERSITIES

2.1 Scientific Principles Should Be Followed

The scientific principles should be followed when solfeggio teaching reform is
implemented in colleges and universities. It requires that the reform of solfeggio
teaching should be carried out scientifically according to the actual situation. The reform
should be in accordance with objective laws. The university should highlight their
characteristics and combine with their own knowledge in the reform. In this way,
students will have a better development space and a broader future.

2.2 Educational Principles Should Be Followed

Teaching reform should be educational. It is expected to improve students' music
quality and actively educate students so that it could improve college students' ability of
music learning and music taste. Through reforming professional solfeggio and ear
training, college students will have a broader music learning conditions which helps them inspire potential and create greater value.

2.3 The Principle of Systematization Should Be Followed

Solfeggio and ear training reform should follow the principle of systematic. It should be relevant to professional teaching theory and college students' own quality in order to build a scientific and complete system. By doing this, students could better adapt to the new reform and integration into the new learning mode faster. The teaching reform would gain more value. It will be more possible to help students to inspire their potential as well as create infinite value. It could maximize benefits for both college students and the university.

2.4 The Principle of Development Should Be Followed

Colleges and universities should follow the principle of development when carrying out solfeggio and ear training teaching reform. College students' future development should be given priority. It is not encouraged to pursue results and success blindly. The university is supposed to consider a suitable way for college students to develop and a special way which suits the characteristics of the university. According to the actual situation and the college students' learning status, the university should adjust the reform system and methods in order to develop the teaching reform purposefully and systematically.

2.5 The Principle of Professionalism Must Be Followed

In the process of solfeggio and ear training teaching reform, colleges and universities should follow the principle of professionalism. Teaching reform should be planned professionally in combination with the general quality of college students, especially their ability of music learning, so that the reform could make college students have greater enthusiasm in the learning process. Colleges and universities should also innovate teaching methods in order to enrich and improve curriculum teaching system professionally, so as to achieve the best teaching effect.

3. THE PSYCHOLOGICAL IMPACT OF SOLFEGGIO AND EAR TRAINING REFORM ON COLLEGE STUDENTS

3.1 Help to Promote The Formation of Music Concept of College Students

The teaching reform of solfeggio and ear training is conducive to promoting the formation of music concept of university students. The teaching reform of solfeggio and ear training liberates the thinking of college students, broadens students' horizon and forms a good music ideological view for them. It is conducive to the future development
of college students and the formation of a good music view. It will play an indelible role in their career.

3.2 Conducive to Promoting the Enthusiasm of College Students

There are many drawbacks of the old model before the reform of the teaching method, which reduce the enthusiasm of college students for music learning. After the reform, the old model is broke and the new learning stage is built. College students and music collide with new sparks and greatly strengthen their enthusiasm. College students will be more motivated.

3.3 Help College Students to Control Their Emotions More Reasonably

The students will have a broader thinking mode after teaching reform. It could mobilize their enthusiasm and cause emotional resonance with the music, which help them feel sense of self-awareness in the process of learning music. It could further help them adjust their life state and correct bad feelings. In the constant adjustment, the students can stabilize and control their emotions more reasonably.

3.4 Conducive to The Sublimation of College Students

College students will produce many kinds of emotions in the learning process, especially when they encounter various difficulties. If their bad feelings can't get controlled, they will be under the pressure of bad emotions for a long term. It will seriously affect the psychological health of them and even endanger the peace and stability of the society. solfeggio and ear training teaching reform and practice may be a better guide for the students' mental health. It could stabilize its students’ heart so that the students could form a healthy state of mind and the state get sublimation.

4. THE REFORM OF SOLFEGGIO TEACHING IN COLLEGES AND UNIVERSITIESW

4.1 Improve the Diversity of Teaching Content

In order to change the single feature of teaching content, the university should not blindly emphasize listening, writing, reading, singing, which is not conducive to improving students' learning enthusiasm. The universities should make students better understand solfeggio and ear training so that they can tap students' inner potential and improve their perception of music ability. Therefore, we should increase the teaching content and combine cash teaching software and audio software to make the teaching more diversified.
4.2 Improving the Teaching Staff

The quality of music teachers in colleges and universities needs to be guaranteed. Otherwise it may lead to unsystematic teaching content. It more emphasis on vocal music, instrumental music, dance and other learning subjects which can make more outstanding achievements. But it neglects the importance of solfeggio and ear training as music basic courses. It will result in students' lack of solid foundation and music quality level. Colleges and universities should improve the level of teachers, especially improving their attention. That is more conducive to the development of teaching career.

4.3 Improve Students' Interest

We should not just focus on grades and improving skills, but ignore the most authentic things in music. It will greatly reduce students' interest in music. After the reform of solfeggio and ear training teaching, the university breaks the old mode and innovates the new mode to broaden students' thinking, stimulate students' inner potential and promote their enthusiasm. At the same time it further improves students' interest in music learning.

4.4 Cultivate Music Thinking and Imagination Ability of College Students

Solfeggio and ear training teaching encourage students to feel the charm and connotation of music. A series of practices and experiences can deepen their impression so that they can slowly increase music's thinking and imagination ability. solfeggio and ear training teaching also encourage college students to understand and experience the purest form of music and get great fun from music.

5. START AN INNOVATIVE INTERACTIVE LEARNING MODE

5.1 The Importance of Interactive Learning

1) Improve students' professional level
   The interactive learning in solfeggio and ear training teaching in colleges and universities can guide students to apply theoretical knowledge to practical application and improve students' professional level through the application of music knowledge system.
2) Cultivate the aesthetic concept of sentiment
   The interactive learning in solfeggio and ear training teaching in universities can cultivate students' aesthetic consciousness and establish correct aesthetic values in the process of training.
3) Improve students' imagination
   Music development and imagination are inseparable. unrestrained imagination continuous injecting new blood for music.
5.2 Design the Overall Teaching Plan

In the process of modern music education, the interactive learning in solfeggio and war training teaching is an important part. In the actual teaching process, the complex music concept is introduced from the simple to the deep to deepen students' understanding and cognition of music. Combining theory with practice better promotes students' all-round development. The following steps are designed for this purpose:
1) Scale mode training. The order is from major to minor, from no tone to 2.
2) Listening intervals. The order is pure unison, pure octave, pure fourth, pure fifth, minus fifth or plus fourth, size third, size sixth, size second, size seventh. The requirement is to sing the model first, and then sing the composition. First up, then down. It basically schedules one interval training session per week.
3) Listen for chords and practice recognizing chords. Major triad, minor triad, dominant seventh chord, diminished seventh chord. It would break up the chord pattern and arrangement. Several students could work together and each with a part to singing chord.
4) Rhythm listening. Listen to the rhythm according to the types of notes you have learned. This throughout the teaching process.
5) Sing the melody.
6) Solfeggio in duple meters, triple meters, quadruple meters and various rhythm patterns.

6. CONCLUSIONS

Solfeggio and Ear Training teaching reform in music department of the university has significantly psychological impact on students. It promotes the formation of college students' concept of music. It is beneficial to promote college students' enthusiasm and help students control their emotions. Furthermore, it is conducive to college students sublimated realm, so that the college students can get more music learning ability which help them developed their own potential better. It helps them develop a good mental health diathesis and comfortable study life in the future and lay a more solid foundation.

REFERENCES