

The Impact of Music Training on the Mental Health of College Students

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Abstract

With the rapid development of modern society, the mentality of college students can be easily affected by various factors, and they are prone to anxiety, depression, restlessness, irritability and other bad emotions. However, it is universally acknowledged that music is an art and an important way to express emotions. Through learning music, college students can cultivate the sentiment, as well as relieve their bad emotions, which is effective to adjust college students' psychological problems, and help them to form good character, so as to form a healthy psychology. This study first introduces the background, significance, literature review and research methods. Secondly, the current situation of mental health of college students is well analyzed, and meanwhile, the meaning and role of music training are explored. Finally, it has explained that learning music can help college students build the self-awareness and regulate their emotions; cultivate a strong will and enterprising spirit; improve social communication skills, and so forth. It is hoped that through this study, the bad emotions of college students can be effectively eliminated, so that every college student can have a healthy psychology.

Keywords

College students, Psychological health, Current situation analysis, Positive effects.

1. Introduction

1.1. Research Background

In an era of the proliferation in most aspects, the demand for well-rounded talents in society is increasing. In order to resist strong market competition as well as occupy a position in a field, college students are urgently to be required to arm themselves with a variety of abilities, such as continuous learning ability, and the capability to cope with various challenges and pressures. Thereby, a healthy psychology causes more attention, as it is the prerequisite for everything, and only with a stable psychological state can they effectively deal with the difficulties in life. However, at present, the mental health of students in some colleges in China has been observed to be not optimistic, and when students face problems, they tend to low emotions, and even use some extreme irrational ways to solve problems [1]. College students often have to face academic burden. In after-school physical training and social practice, they lack perseverance to fight against difficulties. The above problems expose the issue of mental health. Through the learning of music, students can get the relaxation physically and mentally, improve their quality of life through the aesthetics cultivation, as well as obtain more relaxation with higher meaning in life. Ergo, not only can learning music effectively enrich the after-school life of college students, but also alleviate the psychological problems of college students in many aspects.

1.2. The Significance of Research

1.2.1. The Theoretical Significance

Plato was a famous philosopher of ancient Greece, who advocated the use of music to cultivate emotions [2]. Most people understand that music, as an auditory art, can effectively relax the mood, but some people simply believe it is not true that just listening to music and singing can heal the mind. In fact, studying how to use music to soothe bad emotions is an important discipline. Relevant data show that after learning music, the nerves of the cerebral cortex will be more active, the thinking will be more agile, and minds will be smoother. It can be seen that listening to music can promote brain nerve excitement and have a positive promotion effect on many functions of the body.

1.2.2. The Practical Significance

At present, with the increasingly fierce social competition, students' learning pressure has increased. Greater psychological pressure causes students' emotional and cognitive problems, and prone to a series of psychological problems, such as irritability, depression, poor sleep, etc., and these also causes students to lose interest in learning, unable to face failure and setbacks. Therefore, it is important to improve the music education of students, which would help students form a healthy mind.

1.3. The Literature Review

1.3.1. Current Status of Domestic Study

Scholar Zhu Han believes in his work "On the Impact of Music and Art on College Students' Mental Health" that college students are the most dynamic group in today's society [1]. On the one hand, they enjoy various conveniences brought about by economic development. At the same time, it is facing various pressures brought about by the rapid development of society. As a unique art, music has a positive impact on people's physical and mental health in many ways, and it has a role that cannot be ignored.

1.3.2. Current Status of Foreign Research

In his research, he believes that under the multiple pressures of studies, employment and emotions, college students at home and abroad have some mental health problems to varying degrees [3]. Therefore, how to use musicology to effectively carry out mental health education for college students has become one of the important research contents of current college education. At present, the academic circles have introduced music into the mental health education of college students. By using the unique auditory experience of music to relieve related psychological problems, it provides an important way to improve the mental health of college students.

1.4. The research Method

This study will take college students as an example, through the research method of questionnaires, quantitative and qualitative analysis, as well as the literature research method, by using the survey results to analyze whether music plays a positive role in the mental health of college students. It is hoped that through research and analysis, the spiritual life of college students can be more satisfied and the body and mind can be healthy. Coordinated development.

2. The Analysis on Current Situation of College Students' Psychological Health

2.1. The Negative Emotions

Negative emotions refer to the emotions that are not conducive to the continuity of work completion or thinking due to the influence of external or internal factors in specific behaviors,

which corresponds to positive emotions [4]. Negative emotions are very complex, which contains many bad emotions, such as: anger, sadness, pain, unhappiness, etc. The following is an analysis of the negative emotions of college students, as shown in Table 1.

Table 1. The Analysis of Negative Emotions College Students Are Prone to (n=200)

| Negative Emotions | Most Time | Some Time | Little Time |
|--------------------------|-----------|-----------|-------------|
| Anger & Irritability | 40/20% | 90/45% | 70/35% |
| Cry | 50/25% | 80/40% | 70/35% |
| Unhappiness & Depression | 40/20% | 140/70% | 20/10% |
| Bore | 50/25% | 80/40% | 70/35% |

As illustrated in table 1, the negative feelings college students are prone to include anger and irritability, cry, unhappiness and depression, and bored. Almost a quarter of students are prone to negative emotions most of the time, and it is easy to cause depression for a long time.

2.2. The Low Ability of Stress Resistance

Stress resistance usually refers to psychological endurance, which is an individual's ability to regulate negative emotions and psychological stress generated by adversity [5], showing the strength of tolerance and adversity adaptability. Good psychological endurance is the basis for individuals to show strong quality, helping resist difficulties and not be defeated. College students are less frustrated, so their psychological resistance to pressure is weak, and when the pressure is too large, it would be easy to produce sleep problems. The following chart is the analysis of the sleep quality of college students, as shown in Table 2.

Table 2. The Analysis of the Sleep Quality of College Students (n=200)

| | Most Time | Some Time | Little Time |
|----------------|-----------|-----------|-------------|
| Number | 40 | 90 | 70 |
| Percentage (%) | 20 | 45 | 35 |

In table 2, 20% of college students are affected by stress, whose sleep quality will be reduced, and insomnia will be prone to occur; 45% of them are prone to tossing and turning under the influence of stress; Only 35% of college students have good psychological resilience, and insomnia problems occur only a few times.

2.3. The Refusal to Socialization

Social skills, also known as interpersonal skills, are one of the criteria for measuring whether individuals can adapt to the needs of social development [6]. Although each person is an independent individual, human beings are social individuals, required to know various social etiquette and be able to deal with various complex interpersonal relationships. However, many modern college students dislike to participate in social interaction, and even have social phobia. The following is an analysis of the social status of college students, as shown in Table 3.

Table 3. The Analysis of Communication between College Students and Others (n=100)

| | Most Time | Some Time | Little Time |
|----------------|-----------|-----------|-------------|
| Number | 40 | 140 | 20 |
| Percentage (%) | 20 | 70 | 10 |

From table 3, 20% of college students dislike socializing with others most of the time; 70% of them do not enjoy socializing with others some time ; Only 10% do not like to socialize with others in a few cases. Data shows that college students have common social problems.

3. The Effects of Music Training

3.1. The Definition of Music Training

Music training refers to enhancing young people's cognitive ability through music learning, so they can develop understanding of language signals and understand the expression intentions of others [7]. Music training, moreover, would benefit the mental health of college students. Since the cerebral cortex will have a direct effect on the ability to remember, express, think and so on, if it is immature, music training will help the development of the cerebral cortex, not only can make the peripheral nerves become more active, but also obtain richer emotions.

3.2. The Effectiveness of Music Training

Music training will have a positive effect on the psychology of college students, mainly in the following four aspects. First, it helps adapt to the tense, fulfilling and unfamiliar learning and living environment; Second, it allows college students to integrate into the class more quickly and establish good relationships; Third, it enables them to establish a collective consciousness and a healthy mind of being helpful and enterprising; Fourth, it helps develop a sense of responsibility.

4. The Effects of Music Training on Psychological Health of College Students

4.1. The Formation of Self Consciousness and Regulation on Emotions

After a period of music learning, students' self-awareness can be formed, and negative emotions can be improved [8]. The following is a survey of the positive emotions of students, as shown in Table 4.

Table 4. The Survey on Positive Emotions among College Students(n=200)

| Positive Emotions | Little Time | Some Time | Most Time |
|------------------------|-------------|-----------|-----------|
| Optimism | 40/20% | 90/45% | 70/35% |
| Enjoying Entertainment | 50/25% | 80/40% | 70/35% |
| High Concentration | 40/20% | 80/40% | 80/40% |

From Table 4, college students' mood becomes more positive through studying music, and 35% are more optimistic most of the time; 35% like entertainment most of the time and are more active; 40% of them have high concentration most of the time. This shows that college students with musical talents can better regulate their emotions, and help form a healthy and optimistic personality.

4.2. The Cultivation of Perseverance and Enterprising Spirit

Music education prioritizes the cultivation of students' healthy emotions, and insists that sound art can cultivate students' strong will and enterprising spirit [9]. For individuals, strong will quality helps improve psychological stress resistance, plays an important role in college students' future setbacks. The following is an analysis of the sleep quality of college students after learning music, as shown in Table 5.

Table 5. The Analysis of Perseverance and Enterprising Spirit of College Students(n=200)

| | Little Time | Some Time | Most Time |
|----------------|-------------|-----------|-----------|
| Number | 40 | 90 | 70 |
| Percentage (%) | 20 | 45 | 35 |

In Table 5, it is manifest that displays the data that after music training, college students have gained a firm will and enterprising spirit.

4.3. The Improvement in Sociability

Through music training, college students express their emotions more passionately, are willing to communicate with others, and like to participate in some group activities. The following is an analysis of the social skills of college students, as shown in Table 6.

Table 6. The Analysis of Sociability of College Students(n=200)

| | Little Time | Some Time | Most Time |
|----------------|-------------|-----------|-----------|
| Number | 40 | 90 | 70 |
| Percentage (%) | 20 | 45 | 30 |

It can be seen from Table 6 that driven by music, college students' social communication skills have generally been enhanced, and 35% of college students like to interact with others most time, indicating that music learning can promote emotional expression between people and enhance emotional communication between each other.

5. Conclusions

In summary, the mental health problems of college students need to attract widespread attention. In order to promote the formation of a healthy psychology among college students, learning music is an effective way and ought to receive high attention. Music educators are expected to give full play to the therapeutic and educational functions of music, cultivate students' temperament through the use of music training methods, help students establish a strong heart, so as to effectively improve students' psychological problems, as well as assist them to cultivate all-round high-quality talents.

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