

Application of Music Therapy to Psychological Intervention of College Students

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ABSTRACT. The increasing burden of life and uncertainties in many aspects have triggered a strong sense of urgency and pressure among contemporary college students. As a result, many college students have psychological problems to varying degrees. In order to improve the mental health of college students and make them grow and develop better, colleges and universities are actively carrying out psychological counseling. Music therapy has made great development and achievements in theory and clinical practice, and can break through the original application fields and enter the mental health education of contemporary college students. Music therapeutics is a new interdisciplinary subject which integrates music, medicine and psychology. With the development of music therapy specialization, music therapy is widely used in medicine, psychology, special education and other fields, and has achieved many significant therapeutic effects. This paper explores the significance of music therapy for mental health of contemporary college students, and puts forward the orientation and implementation of mental health education for college students.

KEYWORDS: Music therapy, College students, Mental health education

1. Introduction

A considerable number of college students have adverse psychological reactions and adjustment disorder. The mental health of college students has become the focus of attention of ideological and political workers in colleges and universities [1]. The sudden manifestations of some college students' mental health problems not only cause great harm to college students themselves, but also cause serious impact on families, schools and society [2]. In order to improve the mental health of college students and make them grow and develop better, colleges and universities are actively carrying out psychological counseling. The development of mental health education for college students is very unbalanced, and there are fuzzy understandings and practical deviations in reality [3]. Fully realizing the positive influence of music therapy on college students' mental health and effectively implementing music therapy are the key points of psychological education management in colleges and universities. Music therapy is different from other kinds of education. While paying attention to music knowledge education, it can effectively relieve the psychological pressure of college students by cultivating their aesthetic ability and cultural connotation [4]. College music appreciation teaching should not only cultivate the appreciation ability of music, but also further cultivate and shape the healthy psychology of college students [5]. Although most ordinary colleges and universities have set up psychological consultation institutions, teaching courses such as psychology and mental health care for college students. But it is far from meeting the requirements of college students for mental health education [6].

Music therapeutics is a new interdisciplinary subject integrating music, medicine and psychology [7]. With the development of music therapy specialization, music therapy has been widely used in medicine, psychology, special education and other fields, and has achieved many remarkable therapeutic effects. Music appreciation is an important means in aesthetic education. Through the process of music appreciation, the ability of image thinking and abstract thinking can be improved [8]. Healthy psychology can not only protect the normal study and life of college students, but also play an important role in their future development and career prospects [9]. This paper explores the significance of music therapy to the mental health of contemporary college students, and puts forward the orientation and implementation approach of mental health education for college students.

2. Advantages of Music Therapy in Solving Psychological Intervention of College Students

Music, as an emotional art, is also the most important subject in aesthetic education, so it should play its unique role in the field of psychological education. Music is a kind of art produced through communication between people, and it is also a tool for communication between people. Colleges and universities should strengthen the construction of

campus culture and attach importance to the positive role of campus culture in the cultivation of college students' psychological quality. When dealing with social reality, complex and changeable environmental factors will lead to college students' deviation in self-cognition. Like other arts, music is closely related to real life. It can create artistic images through organized music to express people's thoughts and feelings. Mental health college students should be able to maintain good contact with society. Music therapy is closely related to psychology. In all music activities, music therapy can reflect psychological characteristics. At present, the general music education in colleges and universities is mainly to inculcate students with basic music knowledge, with narrow teaching vision and single teaching method. Excellent music works, with strong appeal, can not only inspire the spirit and morale, but also give us the enjoyment of artistic beauty. In teaching, students' social development is mainly realized through communication and cooperation. Communication and cooperation between students and students and between students and teachers are beneficial to students' social development. The interactive relationship between students' social development is shown in Figure 1.

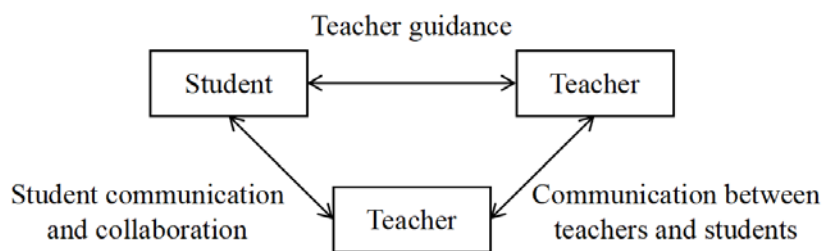


Fig.1 Interactive Relationship of Students' Social Development

In the process of listening to music, college students can freely choose the types and forms of songs to relax their mood, vent their emotions and achieve the goal of mental health balance. Limited by productivity and level of knowledge, human beings only pay attention to how to adapt to and conquer nature, maintain their own survival, and treat health and life continuation in the same way. College students have strong rebellious mentality, and many students in the group have resistance to mental health education. They generally believe that only those with psychological diseases need psychological counseling and psychological intervention. This idea is not conducive to the comprehensive development of mental health counseling. Music, as the common spiritual food for human beings in music therapy activities, can make people obtain pleasure and aesthetic feeling in spirit. It is also necessary to enrich the curriculum content and the application of teaching methods, and to make the teaching content timely and pertinent according to the characteristics of the development of the times. Only by ensuring that they have strong interpersonal skills can they obtain more like-minded teachers and friends.

3. Intervention Methods of Music Therapy on Psychological Problems of College Students

College students have a certain sense of fear and powerlessness about the new environment of the university. At the same time, they have a certain sense of loss and loneliness because they are far away from their hometown and relatives. Everyone has the need of psychological satisfaction, especially college students, who need more emotional recognition and affirmation from others to meet the needs of their own growth and development. A successful music therapy depends not only on the therapist but also on the visitor. There are certain requirements for visitors in music therapy. In the process of treatment, when listening to music, visitors need to be able to have emotional resonance with the music, and then have certain associations with the development of music, so as to achieve the purpose of adjusting emotional experience. While appreciating music, college students not only have a visual understanding of the formal characteristics of music culture, but also can establish the connection of image thinking in music [11]. Emotion regulation refers to the role of emotion as behavioral motivation, which can cause and maintain actions and remove obstacles in progress. The regulating effect of emotion can make people eliminate excessive tension, guide behavior to a correct and reasonable track, and promote the healthy development of psychology. In the process of enjoying music, one needs not only rich imagination and profound understanding, but also conscious image association such as contrast and foil.

Music therapy involves a great deal of knowledge. Apart from music theory knowledge, humanistic geography, common sense of history and deeds of people are the focus of education. Judging from the development and maturity of music therapy in the east and west, we say that no matter how the music therapy develops, the theories of music therapy in different countries have many similarities and differences. The setting of music courses should highlight the college students' absorption, understanding and comparison of music culture and increase their aesthetic experience through music. Music can express all human experiences, and can also affect people's emotions unconsciously. College students are more sensitive to emotions and are more likely to immerse themselves in the imagination brought about by music,

thus creating a beautiful emotional experience. Music, as a social art form of nonverbal communication, can use invisible emotional penetration to reconcile the relationship between people, people and society, and people and nature. The psychological characteristics of college students determine the feasibility of music therapy in colleges and universities. Music therapy, as a psychological counseling measure, will play an important role in improving the psychological quality of college students and has bright prospects.

4. Conclusion

Mental health education for college students is an overall educational project, of which music therapy is an important link. Due to the potential effect of music, college students' special physiological and psychological characteristics are more likely to accept music psychological cues, which has a special effect on relieving college students' psychological pressure. College students are an important group in the society and will be the mainstream force in building the country and promoting social progress in the future. Schools have the obligation not only to impart knowledge to them, but also to cultivate their healthy psychology. Music therapy has a positive effect on the mental health education of college students. Music therapy can help college students to improve their psychological quality, adjust bad emotions, cultivate healthy emotions and eliminate interpersonal adaptation obstacles. Music therapy should fully understand the important role of music teaching in college students' mental health, and firmly establish the view that music therapy is an important content and an effective way of mental health education. The psychological characteristics of college students determine the feasibility of music therapy in colleges and universities. Music therapy, as a psychological counseling measure, will play an important role in improving the psychological quality of college students and has bright prospects.

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