

Research on the Application of Music Art Therapy in Psychological Health Education for College Students

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ABSTRACT

Music art therapy is an effective non pharmacological intervention that can alleviate anxiety and depression, sleep disorders, and excessive stress in college students. University music teachers actively learn psychological knowledge and build a psychological ecology for classroom teaching, integrate art education and building an art therapy centered on experience, and create an environment that utilizes music and art to maintain the mental health for college students. This can fully demonstrate the effectiveness of music art therapy in maintaining the mental health education of college students.

KEYWORDS

music art therapy; mental health; psychological ecology; experience; supportive environment

1 Introduction

Against the backdrop of increasing academic pressure and increasingly severe employment situation for college students. Psychological health issues such as anxiety, depression, and insomnia are gradually becoming more prominent. Therefore, universities need to pay close attention to the mental health of college students and provide effective psychological counseling and intervention for them, while, music art therapy is an effective method.

2 Music and Art Therapy Alleviate Mental Health Problems Among College Students

2.1 Relieving Anxiety and Depression Psychological Problems

Music art therapy is a non-invasive psychological intervention that alleviates anxiety and depression. Under the guidance of relaxing and soothing music, college students can deepen their breathing, relax their brains, alleviate physical tension caused by anxiety or depression, and enter a completely relaxed state of mind and body, thereby focusing their energy on thinking about the reasons for their anxiety and depression. This helps students recognize their anxiety and depression psychological problems and focus their energy on solving them. College students can thus rid themselves of inner restlessness and anxiety, restore emotional balance, and alleviate anxiety and depression.

2.2 Relieving Sleep Disorders Among College Students

Music is a sleep aid tool that can effectively alleviate sleep disorders in college students. Students can gradually take deep breaths under the guidance of music, promoting gradual muscle relaxation;

During the process of flattening heart rate and blood pressure, sleep disorders caused by tension can be effectively alleviated, and the quality of sleep can also be improved. Some light music has a hypnotic effect, and its melody and rhythm can slowly guide students into a deep sleep state when guiding them to control physiological reactions such as breathing and heart rate, improve sleep quality, and alleviate psychological problems of sleep disorders.

2.3 Relieving the Problem of Excessive Pressure on College Students

Music art therapy can help students re-examine the pressure they face through cognitive restructuring, and make them realize that their pressure is not absolutely real, but rather an emotional response. At the same time, the rhythm and melody of music art can awaken the inner peace and strength of college students, help them adjust their cognitive biases in a timely manner, and gradually change their negative perception of stress. For example, when college students encounter setbacks and failures, they can transform their denial of their personal abilities into believing that failure or setbacks are a part of their own growth and a badge of honor. Under this cognitive shift, the significant psychological pressure on college students will gradually dissipate. In summary, music art therapy can help college students transform their cognition, enabling them to view the pressure they face more rationally, no longer being influenced by emotions, but adopting a positive attitude towards pressure.^[1]

3 The Role of Music and Art Therapy in Promoting Healthy Psychological Development Among College Students

3.1 Cultivating the Self-Esteem of College Students

Music and art therapy can help college students maintain their mental health and cultivate self-esteem. When college students listen to music and feel the positive emotions conveyed in the melody and lyrics, they can unconsciously form a positive self-image, believing that they have unlimited development possibilities in the future, and thus cultivate a sense of self-respect. And when college students participate in music group activities and complete rehearsals and performances, with the support and encouragement of team members, they can have more confidence in their abilities and recognize their own value, thereby cultivating a sense of self-respect.

3.2 Exercising College Students' Social Skills

Social skills are crucial in facing social challenges and possessing certain social skills. Music and art therapy can regulate the psychology of college students, alleviate negative emotions, help them maintain a healthy psychological state, and also enhance their social skills. During the process of participating in music activities, college students can showcase their unique talents through playing musical instruments, singing, and other means, gaining recognition and appreciation from others. This positive feedback can enhance students' confidence, making them more willing to establish connections with others and actively participate in social activities, thus improving their own social skills.

3.3 Cultivating the Creativity of College Students

Music is a unique art form that can directly convey emotions to the audience. Its melodies, lyrics,

and other elements can touch the emotions and thoughts deep within the listener's heart, thereby stimulating their thinking and imagination. Specifically, college students can feel different emotional colors through the melody, rhythm, and lyrics of music while listening to it. This can further stimulate one's imagination and creativity, triggering associations with situations and scenes, thereby helping to enhance one's own creativity.^[2]

4 The Specific Application of Music and Art Therapy in Psychological Health Education for College Students

4.1 Teachers Learn Psychological Knowledge and Build a Classroom Teaching Ecosystem

University music teachers adhere to the basic principles of music education in the teaching process, integrating music education with multiple disciplines, especially with mental health education, which can fully play the role of music in regulating emotions. Firstly, music teachers participate in psychology courses, systematically learning basic theories of psychology and cutting-edge knowledge of modern psychology, and read classic books, academic journals, and the latest research results in psychology, regularly attend lectures, seminars, and training courses related to psychology, and update one's knowledge of psychology. This can more accurately identify students' emotional needs and psychological changes, thereby providing more personalized music therapy for students. Secondly, music teachers actively create a harmonious and democratic atmosphere in the classroom, which can help students relax, establish positive psychological cognition, enhance their sense of self-worth and belonging, and promote mental health in a relaxed and pleasant music environment. In short, by building a positive psychological ecology in classroom teaching, teachers can help students achieve psychological health and growth in comprehensive development.^[3]

4.2 Integrating Art Education and Building an Art Therapy Centered on Experience

Integrating art education and building experiential art therapy is a good way to maintain the mental health of college students. University music teachers integrate mental health education for college students with art education, adopting an experiential learning model, which can effectively promote the emotional development of college students and maintain their mental health. In the teaching process, music teachers divide the teaching focus into two parts: imparting music knowledge and guiding students to explore their inner world freely and unrestrained in the world of music. This helps college students to vent their negative emotions and maintain their mental health. Among them, experiential learning can help college students externalize and express their emotions, thinking, and psychological states through music media, thereby enhancing their self-awareness and self-regulation ability of emotions. When emotional conflicts arise, it can reduce the occurrence of negative emotions such as anxiety and depression, and promote the comprehensive and healthy development of college students.

University music teachers can incorporate the content of mental health education into their teaching to construct themed music activities, allowing students to deeply understand and reflect on their emotional experiences under the guidance of music, thereby helping them relieve negative emotions such as irritability, depression, self denial, and sadness caused by stress, and preventing the continuous deterioration of mental health caused by emotional accumulation. In theme music activities, music teachers can use expressive art forms such as melody, rhythm, and lyrics to guide students to review their own growth experiences and face their sources of pressure in family, academic, and social aspects. When students listen to specific musical works, they can gradually recognize their inner world and find emotional relief and comfort in the emotional fluctuations of

music, thereby achieving psychological relaxation and guidance.^[4]

4.3 Creating an Environment that Utilizes Music and Art to Maintain the Mental Health of College Students

To fully utilize music and art to maintain the mental health of college students, the university campus needs to create a supportive environment. Establishing a music club is a good method. Music clubs provide a place and opportunity for college students to experience the joy and power of music. When students participate in music club organized concerts, band performances, and other activities, they can release stress in a relaxed and pleasant atmosphere, feel the emotional resonance and inner peace brought by music, regulate emotions, alleviate negative emotions such as anxiety and depression, and maintain their own mental health. University campuses can also utilize campus broadcasting to create a relaxed music session, alleviating students' anxiety and stress.

For example, when college students experience negative emotions but have not yet developed into serious psychological problems, listening to music played on campus broadcasts can help them temporarily escape from academic and personal troubles, relieve emotional tension and fatigue, release negative emotions, and maintain their mental health. Professional music therapists or musicians can also be invited to give lectures at the school, explaining the basic principles of music therapy and its applications in emotional management, stress relief, and other areas. It is also possible to demonstrate the specific methods of music in therapy through on-site demonstrations, creating a positive mental health atmosphere on campus, helping students relax and regulate their emotions, while improving their awareness of mental health, and thereby increasing their attention to their own mental health.

Professional music therapists are equipped on university campuses, and music therapy centers with treatment equipment are established. By creating a caring atmosphere for students' mental health on campus, students with serious psychological problems can feel that the school is willing and able to provide them with help, thereby reducing their psychological burden and anxiety. Among them, music therapists can use the melody, rhythm, and other elements of music to engage students in dialogue with their inner emotional conflicts, thereby releasing their inner pain and repression, and promoting psychological recovery in the process of gradually relieving psychological pressure. Moreover, schools can also establish cooperative relationships with some professional music institutions or psychological counseling institutions outside the school to improve the overall level of mental health education, ensuring that every student can receive suitable psychological counseling and support.^[5]

5 Conclusion

In the rapidly developing social context, universities have fully utilized the role of music and art therapy in maintaining the mental health of college students. Under the premise of non pharmacological intervention, teachers guide students to relax their body and mind, transform their cognition, thereby achieving the goal of relieving psychological pressure and maintaining mental health.

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