

## **Aesthetic education as a method to cultivate high competent talents**

### **—Talking briefly about the necessity of offering music appreciation class**

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**Abstract:** This article briefly expounds the great significance of music aesthetic education to the cultivation of students' competence from three aspects: positive effect on students' intelligence, learning capability and emotion. The music appreciation course, as a battlefield and method, can help to implement aesthetic education. A well-developed music appreciation course is essential to improve students' music aesthetic competence, assist and promote the formation of other abilities, and cultivate generations of talents with comprehensive competence in ethics, intelligence, physical fitness, aesthetics and work. That is the necessity of offering a "music appreciation class". But how to improve students' music appreciation competence and make them become high competent talents?How to make out a good music appreciation class? The second half of the article will make simple research which starts from the teachers and students, and then to the aspects of hobbies, music forms and emotional experience.

#### **1. Introduction.**

Aesthetic education is also called artistic education. It is an important part of quality education. Music education is the main means for the implementation of aesthetic education, and music appreciation class is the most effective way to carry out aesthetic education in the aspect of music education. The "China Education Reform and Development Program" pointed out: "Artistic education plays an important role in cultivating students' healthy aesthetic concepts and abilities, noble moral sentiments, and talents with comprehensive competences. Aesthetic activities in various forms shall be carried out according to the different conditions of schools of various levels. "Aesthetic education is an important content for higher education in our country whose basic task is to cultivate new talents with comprehensive competence of competence in ethics, intelligence, physical fitness, aesthetics and work.Since the third meeting of the National Education Working Conference in June 1999, artistic education has received unprecedented attention as an important part of the comprehensive implementation of the party's policies. The "Decision of the Central Committee of the Communist Party of China and the State Council on Deepening Educational Reform to comprehensively promote quality education that ensures the well-rounded development of students", from the perspective of quality education, incorporates aesthetic education, moral education, intellectual education, and physical education into the party's education policy, and fundamentally establishes the status of music education. In recent years, many scientists and musicians have discovered that music education has a great influence on the improvement of the quality of college students and the establishment of a good worldview. Music education brings college students to a world of truth, goodness and beauty through the appreciation, perception, and empathy of healthy and progressive music works. On the basis of the influence of art, positive emotions will be it stimulated, noble sentiments and correct aesthetic concepts will be cultivated, thereby personality will be integrated and overall quality will be improved.

#### **2. The significance of the artistic education of music to the cultivation of students' quality.**

##### **2.1. The artistic education of music can improve students' intellectual effects.**

At all times and in all over the world, many scientists and outstanding talents have proved that music can improve people's intelligence. Confucius was an educator and a musician. "The Analects of Confucius" records: "Zi (Confucius) heard about 'Shao' (a kind of elegant music and dance) in Qi Kingdom. He was too focused to forget the have meat in meals in three months, he said that 'I didn't expect music is so charming like this', it can be viewed as the highest compliment to music. Later, the famous "Eight Great Masters of Tang and Song Dynasties", "Three Scholars of Su Family", "Li Yian and Xin Youan" and other great writers left us with many well-known Tang poems and Song lyrics. Back then, these poems were all sung in tunes, Therefore, they were all deemed to be great poets, music connoisseurs and composers. Chinese modern geologist Li Siguang can play the violin well; the physicist Qian Xuesen is also a piano master; and the mathematician Hua Luogeng's erhu performance was regarded in the top level. In abroad, the physicist Bonn is a pianist, the chemist Borodin is also a musician, the famous doctor Berlioz is a composer, and the physicist Alan Feist is a pianist..., Einstein once said: "If I hadn't received music education in the early years, then I would have done nothing in any field." Among all mentioned above, we can conclude that music education can improve people's IQ and help them become more outstanding.

## **2.2. The artistic education of music can promote the learning effect of students.**

Scientific research has found that listening to music can stimulate the learning sense. Listening to music will not disturb one's learning, but on the contrary can improve the agility of thinking. The beautiful melody and comfortable rhythm of music can relax the brain, make people be less easier to get fatigued, and improve learning efficiency. Practice has proved that the close connection between music and other subjects can promote the academic performance of college students. For example, in music, mathematics is applied in harmony, mode, and composition; the prosody problems such as the five-degree coexistence prosody and the twelve-degree equal prosody also require knowledge of physics; when appreciating musical works, based on their own emotional experience, students will combined the understanding and comprehension of the music content and empathy will rise from the heart. All of these require students to think independently, and then express their unique insights into the work in language or words. This can cultivate students' ability of language organization, accurate expression, and strict logical thinking. In addition, when appreciating music works of different periods and different regions, except for possession of certain knowledge of history, geography, literature, etc., it can also promote students' learning of the cultural differences and spiritual beliefs of different countries.

With the continuous deepening of economic system reforms, knowledge becomes more and more integrated all over the world, and the connection between music education and social science and natural science becomes more close. Remer, a famous American music educator, puts forward the viewpoint of "comprehensive art education": Only when music education is combined with other disciplines can it improve students' comprehensive quality and better realize the function of artistic education. Many music genres have benefited from the enlightenment of humanistic philosophy of other disciplines. Such as the works of Leonardo da Vinci and Dürer are closely associate with numbers. The impressionist music style of German musician Debussy absorbed the essence of impressionist poetry and painting. Chinese Guqin performance emphasizes the poetic imagery of "clear, elegant and distant", which is similar to Chinese ink and wash landscape painting. Now computer software can also be used for music production and arrangement, and music can even assist to treat mental health. More and more fields and disciplines are founded to have inextricably links with music.

## **2.3. The artistic education of music can improve the emotional effect of students.**

In the aesthetic education of music, music is not directly expressed in the form of human intellect, but in the form of human emotion. It plays a medium to move people with emotions, to stimulate people's emotions, and to arouse empathy from the heart. German music theorist Schubert said in "Thoughts on Music Aesthetics": "The human heart is also the sounding board of great musicians. If the heart does not be touched, then nothing called great would come out." The musician Liszt also said: "Music is the omnipotent language of human beings, and human emotions can be delivered

and be understood by all people in this language."

Music conveys emotions through its own texture, and the emotions delivered are human emotions. The ups and downs of the melody, like the language in human life, accurately and vividly convey human emotions. Generally speaking, a loud and strong voice expresses joy and excitement; soft and deep music expresses depression and sadness; a faster rhythm expresses enthusiasm and liveliness; a slow rhythm expresses melancholy and pain. The transitions of speed and intensity, or the crescendo, decrescendo of a long paragraph, the change of tone can bring many different feels to listeners. By listening to music with various emotions, college students are bathed in various positive emotions, so that they will be deeply moved and realize what love is, what is truth, goodness and beauty, so as to encourage students to work hard with lofty ideals and strive for a better life with full of positive emotions.

To sum up, music does have the effect of developing IQ and improving academic performance, and it plays an irreplaceable role in the establishment of college students' aesthetic orientation, the cultivation of aesthetic ability, and the overall improvement of talent's quality. How to let music enter the hearts of students and give full play to the aesthetic effects of music? Offering music appreciation courses in schools at all levels has become an effective method. However, there is still a long way to make and organize a good music appreciation class and qualified students with the ability of music appreciation.

### **3. How to improve students' music appreciation ability and make them become high competent talents?**

#### **3.1. To inspire students to take music appreciation classes through guided listening.**

The first is to stimulate students' interest in music, Einstein once said: "Interest is the best teacher." Music appreciation class is an important social practice activity for students to perceive, understand emotion in music. Music appreciation class is not a professional course, students do not have the pressure of examination. Moreover, the music appreciation class can well adjust the fatigue caused by the intense study of other subjects. When several music works with beautiful images are played, many students start to go in for the music appreciation class.

Second, the selection of tracks should be as comprehensive as possible. As Copeland said: "To be fully engaged in music means to expand one's own taste. It is not enough to just like traditional music. It is necessary to treat music of all periods and genres, new, old, conservative and modern. And engage with your heart and soul without prejudice." Not only listening to traditional Chinese instrumental music, such as the Guqin, Erhu, and Pipa, but also famous foreign symphonies; not only instrumental music, but also like domestic vocal works and drama works.

#### **3.2. To cultivate students' music appreciation ability through the teacher's explanation of music knowledge.**

In addition to strong interest in music appreciation classes, it is also very important for students to have the ability to appreciate and identify music. Before appreciating each work, explaining the background knowledge of the work and composer can help students to have a more comprehensive and profound understanding of the content of the music during the appreciation process. For example, when appreciating the Erhu Concerto "The Great Wall Caprice", not only the excellent national musical instruments, but also the love of the Chinese people for the Great Wall and the splendid and long history and culture of the our nation should be explained. In this way, when in the process of appreciating music, they connect with their love for the motherland and understand the patriotism in the music. And finally achieve the goal of aesthetic education in a easy way.

#### **3.3. To transfer the beauty of music into student's own emotional experience through music practice.**

In music appreciation classes, in addition to music appreciation, it is also necessary to create opportunities for music practice. For example, after enjoying a beautiful work, let students talk

about their understanding of this piece of music and write some appreciation feelings in words. Sometimes students are asked to create some simple music, and record them if they can't make musical notes, when they start to use music to express their emotions, music becomes another tool for expressing themselves besides words and language. By listening to and singing beautiful melody, students can develop their listening ability, music memory and thinking in images.

Music practice activities not only test the students' music appreciation ability, but also make them sublimate their minds, refine their spirits, and turn the beauty of music into a part of their own emotions, to help them to become comprehensive competitive talents of the new century.

#### Conclusion

On the basis of above-mentioned aesthetic significance, it can be concluded that music appreciation class plays a very important role in aesthetic education and comprehensive competence of students. And vice versa, the music appreciation class is a powerful measure and guarantee to play this important role. Carrying out music aesthetic education has not only improved the students' personal competence, but high-quality talents formed by them has also made a beneficial contribution to the rise of the Chinese nation.

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