

## Effects of Music Education on Children's Mental Health

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**Abstract:** Music is an art form produced by human beings in daily life and productive labor. In the long history of human development, music as a special form of auditory art runs through the history of human civilization. Music has an extremely powerful artistic expression. It can arouse people's infinite longing for beauty, bring people into a certain special artistic realm, and inspire people to actively fight spirit. People have memories of the past because of music. Because of the artistic performance of music, they have emotions and sadness. Even many psychological states that cannot be expressed in language can be perfectly expressed in music. This paper explores the effect of music education on the development of children's mental health.

### 1. Introduction

Introduction: School life is the main body of elementary school students' life. Children at this stage are at the sensitive period of growth in terms of their physiological and psychological conditions. In the traditional family life, the considerate concern given by their parents and the warmth brought by the family boosts children of this period to have a smooth transition, who grow up healthily in both body and mind. However, the appearance of leftover children transfers the responsibility of children's healthy growth, especially the psychological health growth that should be taken by families to schools to some extent. Under such situation, the schools should attach enough importance to the psychological health growth of the leftover children. The function of music education in boosting children's psychological health development cannot be neglected. Hence, music education is of active significance in improving and solving a series of psychological problems of children caused by lack of familial warmth.

### 2. The Current Situation of Children's Psychological Health Conditions

Children at the childhood stage do not have strong judgment ability of the external things. They are at the perceptual recognition stage or at the transitional stage from perceptual recognition to reasonable recognition. They tend to start from the subjective perspective in their life and learning. Parents and the people they trust play an important role in their development of the spiritual world; in particular, their family has an outstanding influence. Children in the warm and happy environment seldom have psychological health problems. But children that lack the kinship concern easily have psychological problems if they lack the correct and valid guidance. At present, a large number of leftover children in our country have the psychological health problems. The reason is that the lack of family makes the children grow up healthy in terms of physiology but it lacks effective guidance in terms of children's psychological health development[1]. The lack of family leads psychological problems to children in their psychological growth. In this aspect, the leftover children are not limited to the villages that we mention. Children that have psychological problems out of lack of sufficient kinship concern can be called 'leftover children'. Under the condition of familial affection insufficiency, the leftover children will have many psychological problems, which are shown as follows:

#### 2.1 They tend to be extreme and lack sense of happiness

The spiritual world of the leftover children is at the long-term deserted state. Out of the family insufficiency, they are at the state of psychological imbalance in interpersonal intercourse. Being

inferior is the early-stage symptom of most of the children's psychological health issues. If they are not effectively guided, they will tend to become depressed and anxious etc. The appearance of negative emotions cannot be released, which is easy to make them produce awe and hatred to the external world and thus form the extreme character.

## **2.2 They lack momentum of learning and have worse effects**

In the growth of children, if they lack encouragement from their parents, they will lack initiative of learning. When problems arise, they cannot get effective help and have worse learning effects. After long-term development, they will hate going to school and may play truant and be involved with the bad guys in the society, which will further have the unfavorable negative impact on their growth of psychological health. Researches show that most of the leftover children have large learning pressure and bad learning effects. If they lack the positive guidance, it is difficult for them to gain better learning effects[2].

## **2.3 They have weak adaptation ability and lack communication with the external world**

As a kind of gregarious creature, interpersonal intercourse is the necessary activity of people's normal life. Leftover children have large problems in communication with the external world, so it is difficult for them to adapt to the social life. Their adaptation ability of the social life remains weak. Most of the leftover children are introverted, which will influence their interpersonal intercourse to a large extent. Meanwhile, they lack the imitation and learning of parents' interpersonal process, so the leftover children are insufficient in terms of interpersonal awareness and interpersonal skills, which causes that they do not know how to correctly communicate with others and tend to be nervous, inferior and doubtful in interpersonal intercourse. Hence finally they will become introverted and unsociable.

All in all, the ultimate reason for the psychological problems of the leftover children is that during their growth period, they lack dependence in their spiritual world. They are at the depressing state in a long term, which is not effectively released nor emotionally solved. In the end, it leads to a series of psychological problems. To study the psychological health problems of the leftover children and discuss the effective means to boost the psychological health development of the leftover children is the key of education.

## **3. Music Education's Function of Children's Psychological Health Development**

Music can release peoples' negative emotions, give people the joyful feelings and enable people to be at the good spiritual stage, which is of active significance to people's psychological health. Meanwhile, music can cultivate people's aesthetic tastes and trigger people's enthusiasm of the beautiful things[3]. For the psychological problems caused by the lack of spiritual world for the leftover children, music education has an important role that cannot be neglected.

### **3.1 Music education is good for children's sound character**

Through showing the beauty of the world with music, music education can motivate children's enthusiasm of the beautiful things so that they will love the world and enrich their spiritual world. Under the conditions that the spiritual world is rich, children will dare face the world, explore the world and receive the world so as to form the correct life outlook, values and world outlook. Pursuit of the beautiful things enables them to produce the sense of recognition so as to form the good morals and boost development of sound character.

### **3.2 Music education is favorable for development of children's negotiation ability**

In the process of music education, children will jointly participate in the collective, relaxing and joyful activities. In the process of having sympathy of the same beautiful thing, children and others will have better exchange environment and stronger communication desires, which will improve the effects of communication to a large extent and will gradually cultivate children's confidence in communication. Meanwhile, such collective activities play an active role in improving children's

sense of recognition of the world, strengthen children's emotional exchange with others, boost their development of the team work awareness and play an active role in developing children's communication ability[4].

### **3.3 Music education is favorable for improving children's comprehensive quality and activate their enthusiasm for life.**

While cultivating children's aesthetic ability, music education can improve their ability of language, interpersonal relationship and observation etc and boost their development of comprehensive qualities. After they make progress in these abilities, it can improve children's confidence. They will be at the good state in both learning and life for mastering stronger abilities, which will make children enthusiastic about life and learning, better adapt to life and thus effectively avoid the psychological health problems caused by the negative emotions.

### **3.4 Music education is favorable for cultivating children's noble sentiments**

Music inherits culture and contains rich artistic sentiments. Both the instrumental music and vocal music praise goodness, kindness and beauty in music. Music eulogizes people's innovative acts, nation's strive and hero's struggles and also shows the beauty of the picturesque nature. The music shows the wonderful world with the beautiful melody and the rich rhythms. Music education for children can not only make them feel the beauty of music, but also cultivate their sentiments and enable them to form the noble qualities and become lofty people, thus effectively boosting their psychological health development.

### **3.5 Music education is favorable for the coordinated development of people's body and mind**

When children are at the period of psychological health problems, they are also at the physiological development stage. Some confusions brought by their physiological growth also influence children's psychological development. If they lack the effective release channels, the confusions will bring negative impressions on children's psychological growth. Music education can effectively adjust children's emotions, release their psychological pressure and make them feel balanced at the good spiritual state, which is good for their physiological growth. Body conditions will also boost the development of psychological state on the contrary. Music education can well coordinate the two, which is good for children to maintain the healthy psychological state.

## **4. Approach Discussion of Music Education's Boosting Function of Children's Psychological Health Development**

Children that have the problems of psychological health development, especially the leftover children mainly learn and live in schools. Hence school is the main place to solve the leftover children's psychological health problems. And teachers are the concrete implementer that improves children's psychological health development. The two should work closely and fully exert the important function of music education in solving children's psychological health problems so as to boost development of their body and mind and improve their comprehensive qualities.

### **4.1 Combine the psychological features of children and cultivate children's music interest**

However better the education method is, if it cannot be accepted by the educated, it is difficult to reach the good effects. The reason why music teaching plays an active role in children's psychological health development is that first of all, it has great benefit and has the advantages of being good to children's learning. But only this point is insufficient for children to maintain long interest in music. It should also have a full mastery of children's psychological features, cultivate their music interest so as to make them gain profit through music learning and boost their psychological health development.

Research shows that the psychological phenomenon of people includes two parts: psychological process and individualized psychology [5]. Individualized psychology mainly includes psychological tendency and psychological features. Interest belongs to the individualized

psychology, which is an individual psychological tendency. The formation of individuality is mostly influenced by social activities, which is of strong social significance. Once formed, it owns the long-term stability. Researchers hold that the core contents of individuality should be the self-awareness of individuals. Children have possessed certain self-awareness, but their individuality has not been fully formed and owns strong plasticity. Any thing that we touch at this stage will have an important role in their individuality formation, which has decisive impact on their interest development. Children will show strong interest and efforts for the teachers or classes that they like. In music education, teachers should fully master children's psychological phenomenon and correctly guide them so as to make them have profound interest in music so as to gain profit from it and finally boost children's psychological health development.

#### **4.2 Combine children's thinking features and reasonably conduct music education**

Even children have profound interest in music, scientific teaching method is still necessary if music teaching is used to boost their psychological health development. Children's thinking ability and thinking features are of important influence on music education's effects on their psychological health development. Related researches show that imagination is the process of the human brain to process and create the current superficial phenomenon of things; thinking is the indirect summarized image of things formed by the human brain[6]. Children's thinking is mainly at the stage from imaginal thinking or at the transitional stage from imaginal thinking to Abstract thinking, which refers to the perceptual thinking and reasonable thinking in daily life. Children of low age mainly have imaginal thinking who lack sufficient cognition ability of the Abstract things. Children of higher age gradually own certain Abstract thinking ability, who can process the non-concrete things and form the Abstract concepts. Hence in the process of music education, it should pay enough attention to children's cognition features and arrange the teaching contents in a scientific and reasonable way according to their thinking features. For children of higher age, arrange some music without the concrete images and improve their music appreciation ability; for children of lower age, choose some music contents with the concrete music images. Child songs are a kind of good music education materials for the low-age children. Traditional child songs in our country include broad and abundant contents with merry and active emotional keynotes, which include various topics such as landscape and geography, folk customs, culture and history and social phenomenon etc. They tend to have the concrete images; even the Abstract things own the concrete images portrayed by the former men, which accords with the cognition features of low-age children. In addition, the contents of child songs are also related to the nature, labor, life and animal etc, which accord with children's interest and adapt to the emotional expression of this stage. It is good for children to understand and recognize music and make them cultivated in the process of learning music, form correct values and boost children's psychological health development.

#### **4.3 Pay attention to the individual differences of children and apply different materials**

Children of the same age periods mostly have the common features of physiological and psychological development. However, concretely speaking, it will still show differences. Influenced by different life experiences, their psychological development will present difference; their thinking abilities also vary. The development speed of different abilities is not balanced, which requires that music education should apply different materials for different children in the process of boosting children's psychological health development. At present, many schools tend to emphasize children's learning ability of cultural curricula but lack emphasis of the talents and abilities of children. If such thinking method is continued in music teaching, it will be mechanic teaching, which will not effectively boost the psychological health development of children and will create counter-function. To make music education play the active roles, we should emphasize the individual differences displayed by children. Teaching should face all the students and give each child the sufficient performance opportunities and make them feel that they are emphasized and cared in the learning process. For children with strong learning ability, while praising them, prevent them from producing complacency; for children with weaker learning abilities, give them enough encouragement and make them overcome the nervous and humble psychology. In teaching, choose some encouraging

music, such as Race between Turtle and Rabbit so as to make children feel the harm of pride and the importance of efforts so as to enable children with different growth experiences to benefit from music teaching, form good characters and maintain healthy mentality.

#### **4.4 Lead children's creativity development through music education**

Creativity is the original momentum for human development. People with creativity tend to better face difficulties in life and maintain the active and healthy psychological state. For children, to cultivate their creativity is of active significance for their growth of psychological health. Music is the jumping emotion, the deft creature and the deep culture. Production of each piece of music works is a creative activity. Composers use their own subjective awareness and ideological emotions and apply what they think to the music works through notes. It is an emotional art. In music teaching, teachers should choose the music works with different situations, illustrate the connotations of works and lead children to the creation world of composers through videos, audio files and musical instrument etc so as to make them deeply feel the charm of music works and the production process. Hence the children can feel the emotions of music and see the process of music production. It is favorable for their creativity. Through the constant process of self-creation, children will have beautiful longing for the world and become more active.

#### **4.5 In music education, subconsciously improve children's comprehensive quality**

People's psychological state will be influenced by their survival state. A person at the good life state will have better levels in terms of their psychological state. Besides the external environment conditions, their own qualities are also the important guarantee for better living states. For children, they may not realize the influence of their qualities on their psychological state, but their living states can be changed through improving children's comprehensive quality and further boost their psychological health.

Cooperation ability is an important interpersonal ability, which is one of the comprehensive qualities. Investigation shows that most children with psychological health problems have weaker communication abilities; they are introverted and are not good at communicating with others, so they tend to be unsociable and isolated by the group, which will further intensify their psychological health problems. To cultivate children's cooperation ability is good for them to be integrated into the group, improve their confidence and maintain good psychological state. In music education, we should emphasize to cultivate their cooperation ability. For example, organize the competition activities of multiple people, which will activate students' competition awareness and improve children's participation, increase children's interpersonal relations and boost them to be integrated into groups. In addition, to carry out some music activities requiring group work, such as chorus, double-people musical instrument performance and dance to music etc can greatly improve children's team work awareness and coordination ability. It is of great importance to improve their life state and finally boost their psychological health development.

Will is also an important comprehensive quality. Strong character will make children more brave in facing difficulties and will not have the negative psychological development. In music education, select the music works that is good for children to build the tough character, which is favorable for cultivating their good character. Training of musical instrument has higher requirements of children. They have to be accurate in pitch and rhythm and also know about the music score. To carry out musical instrument training is favorable for cultivating children's patience and perseverance, which will help form their toughness character so as to gain healthy psychological growth.

### **5. Conclusion**

Music education plays an important role in boosting children's psychological health development. It can motivate children's enthusiasm about life, improve children's comprehensive quality, cultivate children's sentiments, mould their sound character and boost their coordinated development of both body and mind. However, in order to effectively exert the effects of music education, the scientific and reasonable application approach is necessary. In the process of music education, fully combine

the physiological and psychological features, thinking features and individual differences of special age groups, choose reasonable music teaching contents, adopt correct teaching methods and conduct pertinent cultivation of children's comprehensive ability so as to better exert the function of music education and boost children's psychological health development.

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