

Electronic piano is a good teacher and helpful friend for middle-aged and old friends

Kang Di

College of Humanities, Tianjin Agricultural University, Tianjin, China

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Abstract: China has entered a well-off era in the 21st century. The well-off era of affluent life is an era of comprehensive improvement of perceptual needs, of improving the quality of the whole people, and of popularizing the perceptual quality of middle-aged and elderly friends. The state, society, and especially the departments and institutions engaged in education, especially in music education, have the responsibility and obligation to take the lead in comprehensively improving the emotional quality of middle-aged and old-age friends.

Introduction

Rationality represents science and perception represents art. Science conquers the world, art beautifies the world, and science and art are like wings of birds. As a person, to live a happy life, we not only need to obtain the living conditions of happiness, but also have the ability and quality to experience happiness! People with low perceptual quality will not enjoy life. If you do not pay attention to artistic sensibility, it will be as difficult as some people today, but they are not high-skilled but want to succeed!

Why do you recommend learning the electronic organ?

Over the past 40 years of reform and opening up, people's lives have improved significantly, and cultural life has also been greatly improved. Many families' children and grandchildren have learned various musical instruments in their spare time. Now the children and grandchildren have grown up, and there are instruments such as piano and keyboard. At this time, the opportunities for middle-aged and old friends to puzzle, fitness, and submit happiness index are not invited.

The piano is an ancient keyboard instrument. The basic exercises are long, the learning process is slow, and it is bulky and difficult to move.

The keyboard is a modern electronic keyboard instrument. It has dozens or hundreds of timbres and rhythms. It not only covers Western orchestral music, national orchestral music and various percussion music, but also the natural sounds of various winds, rain, and birds. It also includes the basic two-beat, three-beat, four-beat, six-beat and other rhythms and various dance rhythms. Its playing technique is simple and easy to learn. It can be played with one hand on the left and right hands, or with both left and right hands playing at the same time. It can use a single timbre or chord to produce the effect of chorus and ensemble. It has a delicate body, light weight and is easy to move and carry. It can be used for solo, chorus accompaniment, or with electro-acoustic band to achieve the effect of modern electro-acoustic band [1].

People with artistic accomplishment and aesthetic quality lead the happy life of the middle-aged and old people!

If in the future, lack of artistic accomplishment, lack of perceptual wisdom, things cannot be successful. Many experts believe that:

"People who lack art education are less happy, those who lack art education are more difficult to succeed, and those who lack art education are destructive." A considerable number of adults and middle-aged people who live at home and do not go out to work. Lack of social activities, compared

with peers, it is prone to premature aging, slow behavior, slow action, inflexibility, and procrastination. Over time, it becomes a low-quality person, bringing negative energy to society and affecting the lives of children [2]. For such people, they should be encouraged to take part in more social activities and physical exercises, so as to learn some useful musical instruments, hands, brains and use them together. The electronic organ is a very good instrument and a very good choice. It is easy to carry, playing piano, good pitch, changeable rhythm, rich timbre, more attractive to them. Easy to start, step by step, throughout the learning process, gradually correct bad habits, and gradually develop into a positive, healthy and upward person.

People who learn music, that is, electronic piano, are more likely to live longer and have more temperament.

With the growth of age and the decline of the function of brain cells, the middle-aged and old people will have a decline in memory, life procrastination, loss of three and four aging phenomenon, from learning to play is under the control of the brain and nerve center, nerve and muscle. Its law is from eye to brain, to hand, from top to bottom, from inside to outside, from near to far. For example, the upper limbs start from the arm shoulders and then develop to the elbows, wrists, and hands; from coarse to thin, from large to small; from large muscles to small muscles; from large movements to small muscles. Use the limbs, the brain's nervous system, and the acceptance of music to consider the training. The whole learning process makes people feel happy and makes people's heart and brain function more active. It can enhance the rapid operation of the brain, increase the coordination and coordination of the body, enhance the immune function, make people's thinking more active, promote metabolism, and feel relaxed and happy physically and mentally. These are not only the secret of longevity for musicians, but also the secret of longevity for ordinary people by learning how to play the electronic organ. Playing can also improve people's two major mental abilities, one is rationality; the other is sensibility. Rationality represents science and perception represents art. Science conquers the world and art beautifies it. Science and art are like wings of birds. As a person, to live a happy life, we should not only have the living conditions for happiness, but also have the ability and quality to experience happiness. People with low perceptual quality will not enjoy life. If you do not pay attention to artistic sensibility, it will be as difficult as some people today, but they are not high-skilled but want to succeed. In short, music is not only the most natural and safest "preservative", but the longer it is learned, the more unique it is. For example, Mr. Zhou Guangren, the piano magnate, and Mr. Zheng Xiaoying, the conductor, are both "frozen age goddess". The older the piano, the more charming, the more temperament, and the longer the life span. Learning music means opening up the distance with ordinary people every day, playing the piano can get through the boring time, playing the piano can eliminate emotional distress, playing the piano can alleviate the pressure of life [3]. He will give back our whole life wish, everyone loves life, love playing the piano, will live more precise, more temperament.

Learn electronic organ, finger more flexible, more intelligent

Although the fingers of middle-aged and old people are not as soft as those of teenagers, they do not hinder the fingers from moving freely on the keys of the piano. Their fingers are not as flexible and fast as teenagers, but they have enough time to make up for it. They can spend a lot of time on basic skills training. What teenagers can do, Hannon finger training, scales running, they can also do very well. They learn serious attitudes and the initiative of learning, far beyond the youth. Their learning performance is from the inside out, from the heart to the hands of active training, but also can receive good learning results [3]. There are also learning progress, and you can also participate in performances, competitions and grading activities. From the finger to the heart to the whole body, the whole body has a qualitative leap. The flexibility of fingers brings them spiritual and emotional improvement. The teaching of electronic piano for middle-aged and old people is also a wasteland that music professionals should pay attention to. Similarly, it is hoped that leaders can build a platform suitable for middle-aged and old people to learn and compile textbooks suitable for

grading examination, which should be the direction of our joint efforts.

Learning electronic piano, better enjoy the rich and colorful life

In today's open society, the life of the elderly has been rich and colorful, from playing chess, playing poker, to practicing Taijiquan later, to learning painting and calligraphy, dancing in the square, participating in chorus and other activities. If they learn how to play the electronic piano, their fingers are more flexible, their thinking is more agile, their mind is healthier and their body is more coordinated, and their brain response surpasses that of their peers [3]. It can be seen that learning the playing of the keyboard is very beneficial to stimulate the brain to run fast and reduce the cerebellar atrophy. This kind of instrument, the rich variety of rhythms, makes the square dance middle-aged friends enjoy the dance of the body with the rhythm, light and graceful and colorful dance to keep fit. The beautiful sounds of the various instruments in the keyboard let them learn to recognize the sound of the instrument. More enjoyment, listening to music, watching TV, listening to concerts, listening to symphony fun, broadening the way of thinking to listen to music. Promote the improvement of the level of chorus. In beautiful music works, enjoyers can sing, dance, enjoy elegant life of the elderly, reduce social pressure, reduce the burden of children, rich and colorful, happy life.

With the continuous improvement of the national economy, middle-aged and old friends are not satisfied with material enjoyment, they are more pursuing the wealth of the spiritual world. More and more middle-aged and old people have begun to make reasonable plans and arrangements for their old life. With their childhood dreams fulfilled, they went out of their homes to the society and put into practice their beautiful ideas. In the years of teaching the keyboard, I realized that middle-aged and old friends can learn music and learn how to play the keyboard is their best choice. The keyboard will become their mentor and friend! You can use the keyboard as a teacher, learn from the keyboard playing, listen to various rhythms, and square dances such as waltz rhythm, march, disco, tango rhythm and so on. I can learn more about the rhythm of personality. For example, the rhythm of dance, African dance, different styles of country dance, different types of rock and roll rhythm, along with the operation of rhythm, make the sense of rhythm in square dance naturally cultivate and train. From radio and television, records, recordings or concerts live listening, learning to distinguish, seize the rhythm of the soul of music [3]. Dance is closely related to rhythm and makes rhythm the soul of music. It helps to understand the connotation of rhythm in dance movements, capture and express it effectively, and enrich and beautify the artistic conception of dance. Listening to this kind of listening, listening to various styles, various sounds, various musical instruments, solo music until listening to large symphonies, greatly improving the emotional quality, improving the aesthetic ability of art, thereby beautifying the life of middle-aged and elderly, and promoting the improvement The process of the quality of the whole people, so the middle-aged and old people to learn the keyboard playing will become their mentor and friend. To enable China, 400 million elderly people enjoy the happy life brought about by rapid development.

In a word, let us take charge of the teaching of electronic piano for the elderly, so as to make the society more civilized and brilliant, and the sunset more colorful.

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