

# Research on the Psychological Mechanism of Vocal Music Teaching and Singing

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**Abstract:** In the process of vocal music learning, singing and teaching, due to its Abstract nature and emotional expression from the heart, it has affirmed the special role and influence of psychological factors on this subject. However, in the past, we focused on the training of skills and skills in singing and teaching, ignoring the important link of psychological factors, directly affecting the learning and teaching effects of vocal music. Cultivating good psychological quality will play an important role in learning, singing and teaching.

## 1. Introduction

Vocal music is widely regarded as a course that is difficult to learn and difficult to teach in the music discipline. Although vocal music has a strict training mode and a scientific and effective teaching system, but today vocal music has reached perfection, vocal music teaching is different for teaching objects, and there are still many uncertain and unstable factors in the teaching process. The psychological factor of singing is one of the important reasons. In the process of learning, singing and teaching, vocal music determines the role and influence of singing psychology because of its Abstractness and particularity.

## 2. An Overview of Vocal Teaching

Vocal music teaching in ordinary colleges and universities in China has a long history. As early as 1871, music classes appeared. Especially after Cai Yuanpei was the president of Beijing University, the "Peking University Music Group" was established. The vocal music teaching really entered the university classroom. After liberation, vocal music teaching has been widely promoted and popularized as a comprehensive education in moral, intellectual, physical and aesthetic education. Some music majors have trained a large number of music talents, using music as a carrier to broaden their knowledge and focus on music. The development of creative thinking and intelligence, in order to create noble personality, promote physical and mental health, enhance humanistic cultivation, and cultivate scientific and innovative spirit, so that the psychological quality of college students is continuously improved.

In the new era of reform and opening up, vocal music has been valued and developed, and there has been a great situation of overall prosperity. The three singing methods of American, national and popular have appeared at the same time, representing three different singing styles, forming a blossoming and simultaneous development. In the new situation of vocal music, the vocal music teaching activities in colleges and universities have also been developed in an unprecedented way. Many singers, composers and music talents have emerged. It can be seen that the teaching of vocal music in colleges and universities plays an important role in cultivating and cultivating artistic talents. effect.

Through the cultivation of the physiology and psychology of college students, the vocal music teaching in colleges and universities, on the basis of enjoying music and singing, the students' aesthetic concepts and aesthetic abilities are improved, and the psychological activities are more active with singing practice, thus generating awareness of things. And to understand, through singing, it will cause various emotional experiences and psychological resonances. For example, when students sing "The Song of the Yangtze River", they will experience the singularity of the Yangtze River with the singer of high-pitched songs, thus Raising love for the motherland.

### **3. The Importance of Psychological Factors in Vocal Music Teaching and Singing**

Vocal music is the music of the human body, the sound of the human voice, the music sung by the people themselves, that is, the music of the human body. It is a literary language that uses scientific sounding methods to make beautiful songs, and uses songs to express music through characters, vividly portrays characters, expresses artistic conception, and expresses the art of thoughts and feelings. Learning vocal music has its particularity. It needs to combine the internal organs of the human body with the singing and singing. According to the natural laws of physiological functions and movements, it combines the principles of physiology, physics and acoustics to form a complete instrument and can be very good. Drive it and play it. The singing organ of the human body is composed of a respiratory organ, a vocal organ, a resonance organ, a bite-speaking organ, and a combination of movements that are performed by these organs when singing. All these movements are controlled by the senior nervous system and coordinate them. . This overall coordinated cooperation is mainly achieved through the control of the singing organs in the cerebral cortex. Therefore, the psychological state or psychological quality of people when singing is very important. No wonder some people say: "Singing is physiology and physics, but in the end it is psychological." Psychologists believe that any activity of a person is carried out under psychological adjustment, so psychological activities are directly related to The level of human practice and ability. We often see some students and singers. During the examinations and performances, they practiced very well under the stage. However, when they came to power, they were nervous, their heartbeats were quick, their bodies were stiff, and the sounds were trembling, the air was floating, and the singing skills and methods they mastered were usually If you don't play normally, you will forget about words, running around, and a blank brain on the stage. Emotional tension caused by various reasons, resulting in the skillful movements that have already been formed, the materials that have been memorized cannot be recalled, reproduced or re-made, and are often referred to as "fields."

### **4. The Psychological Mechanism of Vocal Music Teaching and Singing**

Psychological phenomena are the functions of the brain and are a reflection of objective reality. The so-called objective reality refers to all objective and practical things other than the subjective consciousness, including natural phenomena and the physiological state of the human body itself. Numerous objective things act on our various organs in various forms, causing the activities of the nervous system. The result is reflected in the human mind in the form of feeling, memory, thinking, emotion, will, personality, etc. Various psychological phenomena. The psychology of singing is very complicated, it is influenced by the emotional, emotional, personality, consciousness, temperament and other aspects of each person's psychological factors:

Emotional and emotional effects: Emotions and emotions are subjective psychological activities based on physiological foundations. People always have psychological reactions such as affection, happiness, anger, fear, etc., and they show different attitudes. Emotional and emotional reflections are a whole-hearted experience. When emotions and emotions are produced, our feelings are reflected not only in the brain, but also in other parts of the body. The nature, extent and strength of emotional emotions can only be felt through the experience of the individual's whole heart. The singer's emotions: joy, anger, sorrow, music, etc., directly and indirectly affect our vocalization and singing. Even if the vocal state is very good, but the psychological emotions are abnormal, it is difficult to grasp the mood of the song, good Singing skills will be greatly affected, which is subject to psychological factors. Emotions and emotions generally produce positive and negative experiences. A positive experience can enhance a person's ability to move, while a negative experience can reduce a person's ability to move. People's emotions and emotional activities always cause a series of changes within the body. When emotions occur, it can cause heart rate to rise, blood pressure to rise, and breathing to accelerate or slow down, deepen or lighten. Both the internal and external glands will show significant changes in the emotional state. The singing movement is a whole movement. The cerebral cortex controls our singing behavior through visual,

auditory and inner feelings. Many aspects of human vocal organs are coordinated through the control of advanced nervous systems. Therefore, the emotional emotions controlled by the advanced nervous system directly affect the coordination and unity of various organs and senses of the human body.

The influence of personality: Personality refers to the sum of the individual's consciousness tendency and the more stable various psychological characteristics under certain social conditions. ("Deleting" personality psychological characteristics are mainly manifested in temperament, personality and ability. 1 Personality psychological characteristics are individuals' own and relatively stable factors. It affects the form of human psychological activities. Human psychological activities Everything varies from person to person, so everyone has their own unique personality. Some people are lively, cheerful and confident. On stage or in class, singing is very relaxed, singing is very good, and they can play the usual technical level. People are introverted, shy, and are nervous and cautious when singing. They can't play the proper level. These reflect the differences in personality psychology. 2 Ability is necessary for the successful completion of certain activities, and directly affects the personality and psychological characteristics of activity efficiency. 1. Ability is always associated with a certain activity of a person and manifested in activities. For example, vocal music teaching, some people can complete each work well in class or on stage, and have more comprehensive singing. Technology, and the ability to express accurately, this is a manifestation of ability. Ability is the basic condition to ensure the success of singing, but It is the only condition. Whether the singing can be carried out smoothly is often related to people's personality characteristics, knowledge and skills, external conditions, health status and other factors. These factors will shape a good psychological state and help to sing. Under the same conditions. Stronger ability is more likely to make the singing go smoothly and achieve success. 3 Temperament is the stable dynamic characteristic of individual psychological activity. The so-called mental activity is the speed, intensity, stability and psychological activity of the psychological process. Directivity characteristics, etc. Different people have great differences in speed, intensity, stability, flexibility, etc. in various psychological activities. Psychology divides human temperament into bile, multi-blood, mucus And depressive quality. People with bile temperament are energetic, enthusiastic, straight-hearted, strong-willed, unstable. The bloody people are highly reactive, lively and enthusiastic, highly malleable, but their attention is easy to shift, lacking Patience. People with mucus are silent and quiet, with low flexibility and slow response. Depressed people have higher susceptibility and comparison. Low agility, slow response, slow movement, lack of anger. Generally speaking, bile and multi-blood are extroverted, mucous and depressive are introverted. People with extroverted personality value the external world, cheerful and lively. People with this personality are not easy to "spot". People with introverted personality attach importance to the subjective world, lack of self-confidence and easy to be ashamed in contact with the outside world. Due to the tense trend of personality, they are degraded and suffer failure. The response is more sensitive than others. This kind of person is easy to "spot" and difficult to correct. Most people tend to have more characteristics of a certain temperament type, and at the same time have other types of characteristics, which are mixed type. The stage may have major performances or exams and competitions, and the psychology of "the market" can't be avoided.

The influence of consciousness: Psychology divides the personality structure into three categories: the unconscious layer, the subconscious layer and the conscious layer. In the process of singing performances, there are two aspects of the brain's conscious control and subconscious control. The former has a certain purpose, such as the speed, strength, volume, etc., which the song has to deal with, but it is slower because it depends on the organs and muscles of the body through thinking. The latter is a mechanism that we gradually sing and sing about the movement of muscles according to a certain movement trajectory during vocal training. This mechanism is controlled by the subconscious. Since vocal activity is a multi-action combination, it is the process of completing multiple activities at the same time. The human consciousness can only adjust a small amount of movements, and multiple actions require subconscious participation and work together. In the

singing, we must scientifically recognize this psychological characteristic.

## **5. The Psychological Literacy Training Strategy in College Vocal Music Teaching**

Improve the emphasis of faculty and students on vocal music teaching. College teachers can actively guide students to experience the background and theme of music works through audio-visual ear training, piano appreciation and performance. The process of listening to music is to cultivate music sensibility. The process is also a process of students' good psychological development. For example, "Shepherd Piccolo" is the piano work of He Luting. The teacher is guiding the students to listen to the beats, pitches, tunes, etc., and also guide the students to feel the deep local flavor. I think that the two shepherds riding on the back of the cow swayed their legs leisurely and swayed with bamboo flutes. As the old cow slowly walked on the fields, the traditional Chinese world view was made through this piano piece. The perfect reflection of the students in front of them, outlines the beautiful world of a paradise. This will undoubtedly enable students to develop an eagerness for the yearning and pursuit of beauty, thus guiding students to establish a correct aesthetic.

Teaching methods should be flexible and change. College students have relatively independent cognitive abilities. Teachers should not constrain students' exploration and pursuit of good things. Therefore, in vocal music teaching, teachers should change from traditional dominant position to counseling. The secondary status comes up, adopting flexible and varied teaching methods, allowing students to be placed in the beautiful realm of music, showing college students a colorful art world, allowing college students to identify with art, enjoy art, and relax from art works. As an emotional experience, music has a higher requirement for Abstract thinking to a certain extent. However, on the basis of Abstract thinking, students are required to use image thinking to form clear images or feelings in their minds. Therefore, teachers can pass Singing competitions, organizing choirs, and conducting off-campus music practice, actively creating scenarios, strengthening practical teaching, paying attention to students' psychological changes, and enhancing students' interest in singing.

## **6. Conclusion**

In the process of vocal music teaching, students should be the main body, and on the basis of learning basic music and music theory, they should continue to exert their subjective initiative and creativity, actively cultivate students' psychological quality and aesthetic ability, and lay a solid foundation for future lifelong quality education.

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