

A Study on the Combination of Music Therapy and Mental Health Education of College Students

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Abstract: With the rapid development of society, most people enter the stage of fast life, and the body and mind are in a highly tight state for a long time, so the psychological problems are gradually highlighted. At present, college students are generally post-95 and "millennials", as the pillars of national progress, they should be given adequate mental health education. This paper takes the mental health problems of contemporary college students as the starting point and puts forward corresponding suggestions through music therapy in order to improve the mental health of contemporary college students.

1. Introduction

College students are the talent guarantee of social progress and the inexhaustible source of social development. It is precisely because of being in an important social position that brings great psychological pressure to students. Its performance forms such as: the society to the staff's skill request level is higher, the parents have the excessive expectation to the student, the student does not have the good adjustment emotion, the catharsis emotion outlet.

2. The Reasons for the Mental Problems of Contemporary College Students

2.1. Social Stress

At present, the number of college students is increasing day by day, and the social situation indicates that college students face more competitors after entering the society [1]. College students, especially those who are about to graduate, often have major mental health problems. Students with mental health problems are surrounded by darkness, especially lonely patients, who do not rely on, or have no place to vent their emotions, as shown in Figure 1:



Figure 1 Lonely patients

Relevant social employment institutions believe that college students who have mental health problems have great employment pressure, high learning requirements and excellent professional knowledge, which leads to great psychological pressure on students to study in school. As the saying goes: "pressure is like people do not meet the current level of life, learning, through unremitting efforts to achieve a higher level of living conditions and learning results", but too much pressure will lead to college students losing their confidence in learning, life, employment, and thus

produce serious mental health problems, which is not conducive to the development of students' mental health.

2.2. Family Factors

With the continuous development of social and economic level, people's material living conditions have also been improved, at the same time, ideas have also produced corresponding changes. At present, many college students are mostly only children, is the hope of parents. Parents always have high demands on their children in learning. As students grow older, they become conscious of their own independent thinking. In the face of their parents' expectations and commitments, they are always habitually accepted by their parents. The following phenomena occur (Figure 2):

The student in the picture is surrounded by books, showing his powerlessness from his back, not a bit of what he should be at this stage lively and cheerful. The unlimited hope of parents and the limited learning ability of students lead to the serious depressive tendency of students, not only the emotional problems between parents and students, but also the healthy life of college students on campus.



Figure 2 Depression

3. Using Music Therapy to Change the Mental Health Problems of College Students

Music has an important aesthetic function, so that the aesthetic effect can achieve the effect of music therapy. Music has the properties of soothing people's moods, because it has a very practical function, music therapy can become a new way to treat mental health problems [2]. The university is the place where the talented person gathers, because of each kind of student group existence, the different student has the different idea, therefore the university campus has the mental health question the student also increases day by day. As an important way of convenience and relaxation, music is becoming more and more popular among students. Music therapy is more humanistic than traditional psychotherapy, and students are more receptive, so it can gradually reduce students' psychological stress and improve students' mental health through music therapy.

3.1. Increase Student Confidence

Students' mental health problems have an important influence on their study and life. Current music therapy has been put into practice and has achieved good results.

In the final analysis, it is due to the lack of self-confidence and the subconscious belief that they are at a disadvantage in the competition with others. Through music therapy to stimulate students' self-confidence, relieve students' nervous mood, and carry out deep relaxation of students' cerebral cortex. When the students are in a relaxed state, the corresponding psychological knowledge learning cannot only effectively observe the change of students' mood, but also gradually increase their self-confidence and their cognition through music therapy, so as to better face the severe employment situation in the society, and improve the chances of successful employment through the self-confidence released from the inside out [3].

3.2. Correct Recognition of Parental Education

Some of them think that learning is for parents, the wrong idea leads to college students cannot easily, happy to study, but will produce mental illness. Therefore, in the study, college students

should correctly understand their parents' expectations for their own learning, within the ability to carry out professional knowledge learning, to ensure that they have a good mental health.

Studies have shown that music system desensitization therapy can reduce students' anxiety and play a positive role in regulating students' mental health problems. The use of music therapy to treat college students' mental illness can make students more aware of the significance of things themselves, so as to better understand parents' expectations of themselves. At the same time, music is also a way to convey emotion. When using music therapy, it can provide the outlet of emotional catharsis for college students, and play a preventive role in students' mental health problems.

3.3. Regulating Students' mood

At present, college students are under all kinds of pressure, and it is easy to produce restless emotions, and the group of college students will not reasonably regulate their emotions countless.

Among them, it shows the negative effects brought by learning, life, feelings and so on. In recent years, through the widespread dissemination of information media, college students have committed suicide because of emotional, learning problems (Fig.3).

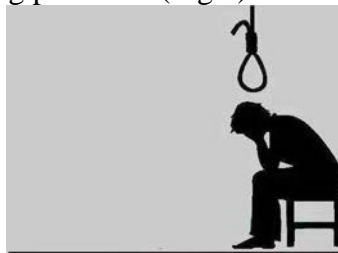


Figure 3 Suicide

Studies have shown that music therapy can bring closer problems with students and provide a better understanding of their true feelings through deep dialogue with students [4]. Compared with traditional mental health therapy and psychological courses, music therapy cannot only attract students' interest effectively, but also reduce the rejection of psychotherapy. Through playing different music, guide students to gradually and reasonably vent their emotions and create a good campus atmosphere.

4. Precautions in the Use of Music Therapy

Every thing itself has two sides, music therapy as a new psychotherapy, used to dredge the health problems of college students, but also from different angles to improve the feasibility of music therapy.

4.1. Music Therapy Differs from Psychotherapy

Music therapy is not just psychotherapy. It distinguishes from psychotherapy, which is mainly to understand the inner level cognition of college students, thus helping to improve the psychological mood of college students. Music therapy contrary to its psychotherapy, it first dredge the emotion of college students, help students to establish a good psychological foundation, and then help college students to change the wrong cognition, which belongs to the gradual treatment.

Music therapy is an effective way to help students create a good state of mind. It has similarities and differences from other psychotherapies. The similarity is that the range of treatments is limited and cannot be related to the various psychological aspects of the students [5]. At the same time in the process of use, also cannot ignore the role of other psychotherapy. Music therapy is also different from music education, and it is not just for college students to enjoy music. Music education pays attention to the cultivation of students' perception of beauty, and music therapy focuses on the healthy shaping of human body function to help students establish a good psychological state, so as to play a therapeutic effect.

4.2. Attention to Exploring before Music Therapy and Guidance of Therapists

Music therapy is a relatively complex treatment concept, traditional psychotherapy doctors only need to understand the behavior and ideological awareness of patients, through conscious guidance to let patients express their feelings. Music therapy pays attention to data arrangement and evaluation before treatment, and makes a reasonable music therapy plan. It is not the same type of therapy music to treat the patients with many different psychological problems. Students are at the forefront of information, and the types of music appreciation are also constantly changing. Before the treatment begins, the treated person should communicate with the music therapy doctor in depth.

First of all, let the therapist set up a special music therapy room in the school to provide mental health treatment for the students in the comfortable, quiet and tidy house according to the situation [6]. Music therapy room should be equipped with sound, guitar, drum and other music equipment like college students, so as to reduce students' resistance. Secondly, music therapy is limited, the faster the college students' psychological problems are found, the better the treatment. For the treatment beyond the music therapy area, such as the anxiety, pain and uneasiness caused by the physical diseases, the music therapy should be used as the auxiliary therapy to make a specific analysis of the students' psychological problems.

5. Conclusion

All in all, music therapy is not only a new psychotherapy measure, but also a way for college students to face up to their own psychological problems. Compared with textbook teaching, music therapy can better treat the mental illness of college students, effectively reduce the psychological pressure of college students, help students to establish a healthy and optimistic attitude, not only reduce the discipline of contemporary college students' mental health problems, but also create a good learning atmosphere for students, purify the negative emotions on campus, help students to live a better life in the campus, and gradually improve the students' healthy state, thus effectively improve the teaching quality.

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