



REVIEW

Research on the Function of Music in College Education

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ARTICLE INFO

Article history

Received: 12 April 2019

Revised: 15 April 2019

Accepted: 23 April 2019

Published Online: 30 April 2019

Keywords:

Music

College education

Function and value

ABSTRACT

College students are the hope of national development and future. College education is an important position for college students to grow and grow up. Music is an indispensable artistic existence in College education. The cultivation of college students has become a problem that colleges and universities must face. Their new characteristics and ideas have brought new challenges to the education of colleges and universities. As the most active and energetic college students of the new generation, their training is not only related to their all-round development, but also directly affects the international competitiveness and development strength of countries in the 21st century. Therefore, it is an urgent and necessary direction to explore the new work of higher education. And music plays an extremely important role in shaping the personality charm of modern college students and their growth and success.

1. Direction of Higher Education

College education is the main channel to cultivate college students' correct outlook on life, values and world outlook. It is also the main position to shape college students' healthy psychology and healthy personality. On the one hand, students expect to solve some puzzles and vague understanding in their growth through the training of teachers, and give them correct guidance; on the other hand, contemporary college students have unique values and behavior patterns, which also bring some new challenges to ideological education in Colleges and universities. On the way of growth, what kind of development strategies do college students need? How can higher education innovate with the times and make it more targeted and effective? It will be a new exploration of efficient education in the new era.

2. What is Music?

Music is the art of expressing human thoughts and feelings, and it is a natural expression of sound. Like related words, it enables human beings to express meanings among themselves; at the same time, through the mixed voice can also clarify their inner feelings. Music, like other arts, is a reaction of personal and social feelings. In different social groups, in view of their geographical and historical differences, music is the result of human perception of life and world outlook^[1].

3. The Impact of Music on College Students

3.1 The Impact of Music on Life

In every period of life, music will exist, especially in rest and good mood and bad mood, music has played a consid-

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erable role. It can be said that the impact of music on life cannot be ignored. Lyric and light music is very popular in life. It can give different people different feelings under any circumstances.

Lyric music can help students get physical and mental adjustment in a tense life. In the three moments of rest, good mood or bad mood, the number of people who do not listen to music is not very large, and the distribution of all kinds of music types is quite uniform except for “lyric/light music”, which shows that all kinds of music can give listeners the feeling they need. It can be said that music is full of music everywhere. To a certain extent, music can relieve the pressure of college students on study and life, and help to remove psychological barriers, so that listeners maintain an optimistic and upward mental state. In addition, music also enriches people’s enjoyment of hearing and improves the needs of spiritual life.

3.2 The Psychological Effect of Music

Music is an art that has no explanations or motives when it influences the listener’s thinking. Music, with its amazing influence, rescues college students from depression, loneliness, anxiety and many other mental distresses in their study, life and work. So at present, many institutions have been set up in some countries and universities in the world to assist in psychotherapy and physical therapy through this artistic form, to solve the psychological problems of college students through the soft melody of music, and to soothe their suffering and trauma. The use of music as a method of psychological comfort has been recorded since the time of Aristotle and Plato. Among many of Iran’s ancient music works, some focus on the spiritual impact of musical tunes.

4. The Role of Music in College Education

Music art is always centered on people’s emotions. It shows the value of life and the charm of human nature as a whole. It grasps people’s inner world as a whole. It has strong and profound influence on people and strong radiation. As early as two thousand years ago, Confucius, a Chinese thinker and educator, attached great importance to the study of “poetry” and “music”. He deeply realized the close relationship between artistic aesthetics and personality cultivation. In his opinion, music art is not only a form of singing praises and virtues for emperors, but also a form of expressing emotions and pursuing freedom and happiness for individuals. It is the only way to accomplish the final accomplishment of personality cultivation. Confucius’s so-called “thriving in poetry, standing in rites and making music”, “aspiring in Tao, according to morality, benevolence and entertainment”, all regard music aesthetic education as running through the whole process

of education, and higher than other education. That is to say, without music aesthetic education, education is incomplete, and personality spirit cannot enter a higher level. Excellent music works impress people with their noble sentiments, profound ideological connotations and emotions, and introduce reverie, so that people can enjoy spiritually in vivid and colorful cultural life and establish criteria to distinguish right from wrong, so as to shape healthy personality in subtle influence.

4.1 Music Can Cultivate College Students’ Correct Aesthetic Outlook

Aesthetic outlook is formed in people’s long-term practice of feeling, appreciating and creating beauty. It is closely related to people’s world outlook, outlook on life, values and moral outlook. People infected with good music can see the natural things reflected in the works of art very quickly. When they see the beautiful things, they will appreciate them and happily absorb them into their hearts as nourishment, thus making their personality noble and beautiful^[2]. Schiller once said: “The stage of morality can only be realized through the stage of aesthetics, and beauty is the only way to create a perfect personality.” Music provides college students with the best aesthetic practice opportunities. By contacting various types of music works, students cannot only feel the beauty of music language, improve aesthetic ability, but also help to establish a correct aesthetic view.

4.2 Music Can Cultivate College Students’ Good Mentality

Someone once said, “A positive attitude is more powerful than a hundred wisdoms”. Everyone’s potential is infinite, what kind of mentality, there will be what kind of life. Because fundamentally it is not money, power, or even knowledge and ability that determines the quality of our lives, but mindset! Psychology determines the state of mind. Keeping a good state of mind plays a decisive role in the healthy growth of College students. For example, by appreciating Beethoven’s “For Alice”, “Moonlight Sonata”, “Violin Sonata” “Spring”, Mozart’s “String Serenade”, Mendelsson’s “Midsummer Night’s Dream”, Schubert’s “Serenade” and so on, these peaceful and melodious music works can make students relieve their worries in joy, turn rage into tenderness, and achieve psychological balance. Such as Chopin’s Revolution, Beethoven’s Enthusiasm, Symphony of Destiny, Tchaikovsky’s 1812 Prelude and Concerto Little Heroes of the Grassland, etc. These works are conducive to cultivating college students’ confidence in facing difficulties and challenges, en-

couraging them never to bow to difficulties and setbacks, and maintaining a good mentality^[3].

4.3 Music Is Conducive to the Improvement of College Students' EQ

Music art is the art of emotion. Music education is a kind of "emotional education". It is particularly important for the cultivation, purification, enlightenment and cultivation of human emotion in modern society. As a kind of "emotional education", music education can play a positive role in the cultivation of EQ, which is attracting more and more people's attention. For example, maintaining good interpersonal relationships is an indispensable part of EQ. Music, as the common language of human beings, has its unique charm and characteristics, which can ease the contradictions between people. Through music, we can cultivate college students' tolerance spirit and open personality, learn how to get along with the people around us, and establish good interpersonal relationships. As confidence and will are also indispensable parts of EQ, no matter what we do, we need to build up our confidence and have firm will to succeed. By appreciating some uplifting works, such as Beethoven's Ninth Symphony, the exciting and heartbreaking melody can stimulate people's fighting spirit, enhance students' confidence and temper their will, which is conducive to further improving their EQ and laying the foundation for their success.

4.4 Music Can Cultivate College Students' Sense of Gratitude

At present, the ideological and moral cultivation of college students is generally positive and healthy development. Most students value the opportunity to go to college very much. They are grateful for the help given by others and the convenience provided by the outside world, and returns it with their own practical actions. However, due to the prevalence of social utilitarian concept, there are worrying negative phenomena in some college students: spiritual emptiness, lack of motivation, no progress, no achievement than consumption, no simplicity and generosity. Some college students are self-centered and take their parents' efforts and other people's help for granted. Ignoring the precious kinship, friendship, teachers and students, it shows a certain degree of spiritual vacuum. This kind of "ungratefulness" which deviates from the mainstream values is becoming an undercurrent on University campuses. It is in this way that the element of music can better cultivate students' sense of gratitude. For example, "give thanks", "grateful heart", "my future is not a dream", "come back again", "the love of the green

leaves to the root" and other songs can teach students to be grateful and grateful. As the song says: "Thanksgiving heart, thank you, accompany me all my life, let me have the courage to be myself; Thanksgiving heart, thank fate, flowers blossom and fall, I will cherish the same". Such songs are always bathed in the spring breeze of kindness. Therefore, through the baptism of music to cultivate college students' ability to feel life, but also can arouse emotional memory stored in the brain, mobilize rich emotions, establish students' sense of gratitude^[4].

4.5 Music Can Release the Emotions of College Students

The history of human development tells us that human beings are a kind of high-level emotional animals. Once people's emotions are produced, they always seek a way of expression, which is determined by the balance between people's physiological and psychological needs. To a certain extent, people's emotions need to be vented in order to maintain a positive attitude towards life, on the contrary, if a person's heart accumulates too much emotions cannot be vented, it will produce a variety of unhealthy psychology. The theory of "emotional catharsis" of art holds that human instinct and all kinds of desires and needs are often restricted by social morality and law, and their repressed psychological energy can be vented through the form of music and art; the unsatisfactory desires in real life can be satisfied and reposed in the artistic world, and the instinctive desires of human beings can be sublimated into societies, the civilized form allowed and acceptable by the club. This kind of emotion catharsis in artistic form restores and maintains people's mental health, purifies people's emotion and soul, and balances people's spirit, thus unifying human's animality and sociality, sensibility and rationality, and realizing the shaping of human nature. Because of the pressure from all sides, coupled with the immature thought and psychological immaturity, college students are apt to produce depressive state. Through music, their emotions can be vented, which is conducive to the shaping of their healthy personality.

4.6 Music Can Shape the Creativity and Creativity of College Students

Music is the art of emotion. It comes from the heart, so it can move the heart. Let students further experience the close relationship between music and human life, create opportunities for students to create music, cultivate their self-confidence, enjoy the joy of music, and stimulate students' interest in learning. In a relaxed music environment, students are encouraged to express themselves

confidently, express their unique opinions, dare to create and be willing to explore, and finally form a good creative personality to enhance students' creativity^[5].

5. The Value of Music to College Education

In addition to meeting the needs of college students in life, music can also achieve spiritual sublimation in psychology. The value of music in college education is to use music to achieve goals, including rebuilding, maintaining and promoting mental and physical health. Music counseling can design a music counseling plan according to the special circumstances of the individual, and use various music activities, such as singing, musical instrument playing, rhythm training, music games and music listening, to help students in need with the application of psychology. Since the beginning of human culture, music has been a unique tool. Modern music counseling research has further confirmed that music directly or indirectly affects people's mood, mind and body. Using music to develop language is a major goal of applying music to counseling. College students who have certain psychological problems need counseling on language and expression ability. Music counseling just reflects its value.

To sum up, music plays a vital role in shaping the healthy personality of college students in College education. College students are future leaders and builders. They will largely determine the future direction and development of the country. Their personality health will not only affect their learning and healthy success, but also

the whole country. Both are crucial. Therefore, colleges and universities should give music art enough space and status, combine music and education well, shape college students' healthy personality through its combination method, establish college students' correct outlook on life, values, world outlook, and cultivate their growth and success. Music is an extremely important method of education, and it is also a brand-new exploration in education in today's colleges and universities.

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Review of Educational Theory

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Contribution: Researchers A and B researched literature and conceived the study. Researcher A was involved in protocol development, gaining ethical approval, patient recruitment and data analysis. Researcher B wrote the first draft of the manuscript. All authors reviewed and edited the manuscript, and approved the final version of the manuscript.

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- This result was later contradicted by Becker and Seligman^[5].
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XX. References

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