

Province Department of Education Teaching Reform Project [2018] No. 40 “Research and Practice on Construction of High-level Characteristic Major of Painting”

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## INFLUENCE OF MUSIC EDUCATION ON STUDENTS' MENTAL HEALTH IN DIFFERENT PERIODS

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**Background:** In recent years, the evaluation of college students' mental health status has become the focus of attention of colleges and universities and even all walks of life, the focus of which is how many college students have “psychological problems “With the rapid development of society, people's thinking mode, values, interpersonal relationships and so on are constantly changing. The complex social environment makes people bear more and more psychological pressure, how to deal with the fierce competitive environment with a healthy attitude has become the focus of increasing attention. As the future builders of the country, whether college students have good psychological quality will be particularly important. However, with the continuous development of the market economy and the continuous intensification of social competition, college students in the ivory tower are more and more feeling the pressure from all aspects, and the psychological problems caused by the pressure are constantly exposed. In recent years, due to psychological problems caused by malignant events of college students are common, their mental health status has attracted more and more attention. Strengthening the mental health education of college students is an important measure to carry out quality education in an all-round way and an important way and means to promote the all-round development of college students “.

At present, how to improve the mental health level of college students through effective ways, so that they can meet the needs of the development of the times, has become the focus of college education. Quality education is an important way to improve the mental health of college students, and music education is an important link in quality education. The influence of music on human emotion has also become a hot topic in psychology, pedagogy, medicine and so on. Some theories of music psychology abroad provide some important references for this subject. There are different schools of modern European and American psychology, which affect music psychology, but most scholars hold eclectic views. The main schools are “structuralism”. As represented by American scholar Tichner (E.B. Titchener, 1867-1927), this theory holds that the object of psychology is the experience. The experience of consciousness can be divided into some basic elements, such as feeling, image, emotion and so on” Behaviorism. Therefore, this paper analyzes the correlation between the influence of music education on students' mental health in different periods. It provides a certain foundation for students' mental health education.

**Subjects and methods:** In order to analyze the relationship between music education and students' mental health in different periods, this study selected 314 undergraduate students in 2020, including 164 boys and 150 girls, randomly divided into two groups: matched group ( $n=195$ ) Study group ( $n=119$ ). There was no significant difference in the basic data between the two groups ( $P>0.05$ ), and there was comparability.

**Study design:** This study through self-made questionnaire to understand the psychological state of college students, so as to formulate the corresponding music curriculum, analysis of the psychological state of students in the early stage of music education and the state of the later stage. The 119 students in the survey were treated with music course intervention for 3 months (2 times a week). SCL-90 was then used to test the subjects. This scale is one of the most famous mental health test scales in the world. It is the most widely used outpatient examination scale for mental disorders and mental disorders. The scale can effectively measure the mental health status of the subjects. By using the method of mean difference significance test, the scores of college students majoring in music and non-musical majors in SCL-90 questionnaire were tested, and the mental health level of the two kinds of subjects was tested by empirical method.

**Methods of statistical analysis:** The survey data were processed by SPSS 22.0 statistical software. The data were expressed as ( $\bar{x}\pm s$ ) and given t test. If the P was 0.05, the difference was statistically significant.

**Results:** By comparing the state of students' music education in the early and late stages, and analyzing the relationship between music education and students' mental health, the results are shown in Figure 1.

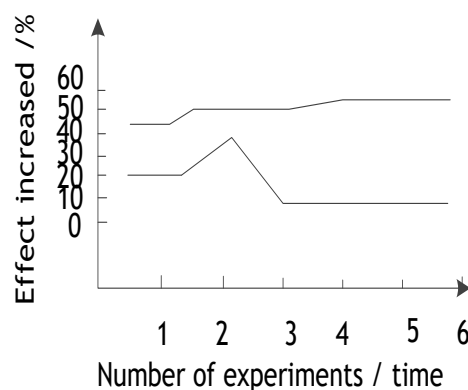


Figure 1. Status of Students in the Early and Late Stage of Music Education.

It can be seen from figure 1 that after the intervention of music curriculum, the mood of students can be significantly improved, and students can be more positive and optimistic, which provides a reliable guarantee for future study and life. Before the music course intervention, there was no significant difference in mental health scores between the two groups ( $P>0.05$ ); The mental health scores of the two groups were significantly decreased after intervention ( $P<0.05$ ), and the scores of the study group were significantly lower than those of the control group ( $P<0.05$ ). It shows that music education has a certain impact on students' mental health in different periods and can help students improve their mental health.

**Conclusions:** In deepening the reform of education and promoting quality education in an all-round way, music education has a unique charm that cannot be replaced by other disciplines. We should fully tap the great potential of music education, constantly renew the concept of music education, and explore music education activities beneficial to students' physical and mental health, so as to improve the mental health level of college students. Cultivate qualified talents to adapt to the development of the times. College students are in the stage of psychological transformation. Music education plays a very important role in adjusting their emotions. We must correctly position music so as to give full play to the function of music education and rationally adjust the psychological state of college students. In order to promote the healthy growth of college students.

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## PROMOTING ROLE OF HUMANISTIC PSYCHOLOGY IN THE RESEARCH OF HUMANISTIC SOCIOLOGY OF SPORTS

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**Background:** The humanities and sociology of sports is an applied subject developed with the development of sports science and psychological science. Its purpose is to reveal the essence, characteristics, structure, function and development rules of sports behavior, as well as the impact of sports on human behavior and society. Humanities and social phenomena, and reasonable explanations of the importance and value of sports. Therefore, the humanities and sociology of sports is the study of sports in the field of all cultural phenomena and comprehensive disciplines of social phenomena, the research direction of its sports development direction, the inherent dissemination of sports values and sports culture, the establishment of the sports discipline system, the improvement of the sports system, and the standardization of sports behaviors. Promote sports to play an important role. Especially in the past ten years, the humanities and sociology of sports have continued to innovate and develop, and interdisciplinary and multidisciplinary interdisciplinary research and applied research have also made remarkable achievements.

Historically, there are three forms of psychology: philosophical psychology, scientific psychology, and humanistic psychology. They have played an active role in recognizing and understanding human social psychology. Among them, humanistic psychology emphasizes that the problem is the center, and methods and schemes are designed according to the problem, and the problem is solved on the basis of serving the