

ALLEVIATING THE ANXIETY OF COLLEGE STUDENTS BY MUSIC DRAMA EDUCATION

Ying Yao

Fine Arts School, Binzhou University, Binzhou 256600, China

Background: In today's fast-paced society, anxiety has become a common emotional stress response. The body of college students is basically mature, but their mind is not fully developed, and their ability to control and master emotions is insufficient, which leads to large emotional fluctuations in the face of various pressures, resulting in damage to the social function of college students and anxiety. Studies have shown that a considerable number of college students have varying degrees of psychological problems, such as emotional instability, negative will, abnormal interpersonal relationships and so on. There are many factors leading to college students' anxiety, which can be roughly divided into poor adaptability, improper handling of interpersonal relationships, academic pressure, employment pressure and so on. Moderate anxiety can help students concentrate, so that they can study more attentively and hard, and then improve their academic performance. However, when the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will decline, and even weariness will appear, which will greatly affect students' normal study and life.

Behavioral psychology originated in the United States in the early 20th century. It is a branch of psychology. Behavioral psychology is a subject that studies the relationship between human behavior and psychological activities. Behavioral psychology holds that human behavior is an active and conscious behavior under the guidance of consciousness. Human consciousness is composed of intention and cognition, which is the result of the interaction of these two factors. Based on the theory of behavioral psychology, this paper analyzes the causes of anxiety of college students, discusses the behavior mode and psychological change law of anxious college students, and puts forward the use of the emotional communication and spiritual relaxation function of music drama to alleviate the anxiety of college students. The study provides a new way to alleviate the anxiety of college students, which is of positive significance to the academic progress, personal development and social development of college students.

Objective: The body of college students is basically mature, but their mind is not fully developed, and their ability to control and master emotions is insufficient, which leads to large emotional fluctuations in the face of various pressures, damage to the social function of college students and anxiety. Based on the theory of behavioral psychology, this study proposes to use the emotional communication and spiritual relaxation functions of music drama to alleviate the anxiety of college students, which provides a new way to alleviate the anxiety of college students.

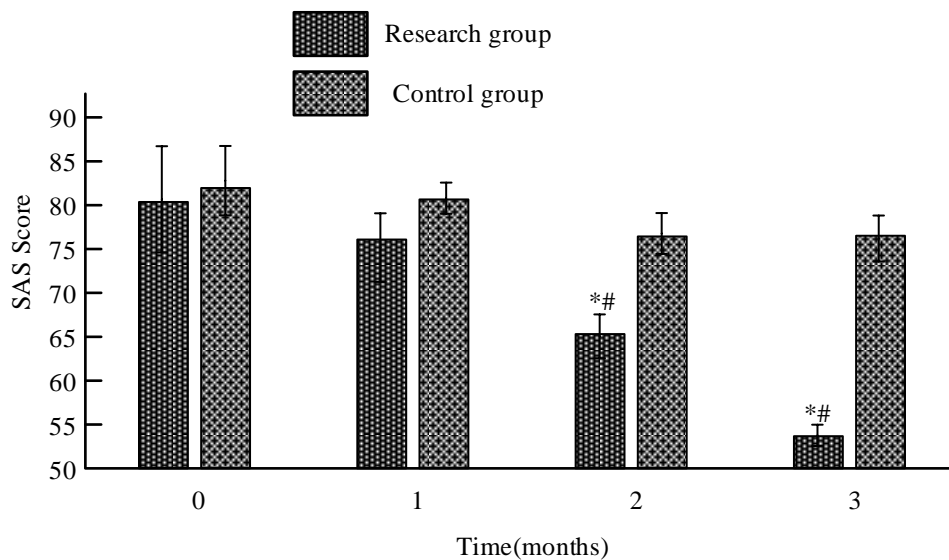
Research objects and methods: 80 students were selected as the research objects in a university. Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Symptom Checklist-90 (SCL-90) were used to evaluate the degree of anxiety of students.

Study design: The students were randomly divided into study group and control group by random number table method, with 40 people in each group. The students in the study group watched music and drama for half an hour every day for intervention treatment. The students in the control group did not intervene. After a period of intervention, the anxiety levels of the two groups were compared.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: Before the intervention, there was no significant difference in SAS score, SDS score and SCL-90 score between the two groups ($P > 0.05$). After the intervention, the SAS score, SDS score and SCL-90 score of the students in the study group were significantly lower than those in the control group ($P < 0.05$). The SAS scores of the two groups of students before and after the intervention are shown in Figure 1.

Conclusions: In today's fast-paced society, anxiety has become a common emotional stress response. Studies have shown that a considerable number of college students have varying degrees of psychological problems, such as emotional instability, negative will, abnormal interpersonal relationships and so on, which leads to a high prevalence of anxiety among college students. Based on the theory of behavioral psychology, this paper analyzes the causes of anxiety of college students, discusses the behavior mode and psychological change law of anxious college students, and puts forward the use of the emotional communication and spiritual relaxation function of music drama to alleviate the anxiety of college students. The results showed that there was no significant difference in SAS score, SDS score and SCL-90 score between the two groups before intervention ($P > 0.05$). After the intervention, the SAS score, SDS score and SCL-90 score of the students in the study group were significantly lower than those in the control group ($P < 0.05$). It shows that the research provides a new way to alleviate the anxiety of college students, and is of positive significance to the academic progress, personal development and social development of college students.



Note: * $P < 0.05$ compared with that before intervention; # It indicates that compared with the control group, $P < 0.05$.

Figure 1. SAS scores of two groups of students before and after intervention

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INFLUENCE OF PRESCHOOL MUSIC INNOVATION EDUCATION IN HIGHER VOCATIONAL COLLEGES ON ALLEVIATING STUDENTS’ PSYCHOLOGICAL ANXIETY

Li Cai

College of Preschool Education and Humanities, Dongguan Polytechnic, Guangdong 523808, China

Background: Psychological anxiety refers to the panic and anxiety caused by social individuals in the face of difficulties or obstacles because they are difficult to solve in time or worried that they cannot solve them effectively. Appropriate psychological anxiety can promote individual behavior and effectively supervise individuals to improve self-efficiency. However, excessive psychological anxiety will seriously affect the quality of individual mental health and lead individuals to fall into negative emotions, under the new social situation, higher vocational students in China are only children, and their family life is relatively closed and constrained, so they are shy and introverted. A long time alone leads to the low ability of these vocational students to deal with problems in interpersonal communication and cannot form a normal interpersonal relationship, which makes vocational students prone to psychological anxiety in the face of interpersonal communication and communication. On the other hand, with the improvement of social and economic level, the connivance of parents to students in modern society is increasing day by day. Some parents spoil students too much, resulting in students’ low psychological pressure resistance and fragile psychological defense line. Therefore, when students leave their families for collective life, they are prone to problems with low willpower and emotional control in the face of difficulties and setbacks, and are troubled by negative emotions such as psychological anxiety in the process of problem solving.

Music assisted therapy is a common method of assisted therapy for psychological problems in psychology, and music psychological education is also the most accepted psychological education mode for students. With the help of the strong emotional appeal of music, music psychological education regulates students’ emotional changes and promotes the improvement and consolidation of students’ psychological quality. Music psychological education stimulates the nervous system in students’ cerebral cortex through beautiful and pleasant music melody, so as to make students have psychological resonance with music, so as to help students relieve pressure, relax and eliminate anxiety. For students majoring in preschool education in higher vocational colleges, music education is an important professional course. Reform and innovate the music education of preschool education specialty in higher vocational colleges, integrate psychological education into preschool music education, improve the professional quality of music education of preschool