

THE INFLUENCE OF CHINESE TRADITIONAL MUSIC EDUCATION ON THE POSITIVE PSYCHOLOGY OF NORMAL MUSIC EDUCATION TALENTS

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Background: Since the 18th National Congress of the Communist Party of China, the government has required all educational institutions to attach great importance to literary and artistic work and improve students' aesthetic level and humanistic quality. At present, there are few music education talents in China, which has a negative impact on music education in China. Therefore, the cultivation of music education talents in normal schools is widely valued. In normal music education, students' psychological problems are more and their learning enthusiasm is not enough, which leads to the poor progress of the training of music education talents. To analyze and summarize the psychological problems of students, there are mainly the following points: first, compared with the educational talents of other disciplines, the music education talents are recognized and valued by the society in different degrees, which leads to the inferiority complex in the hearts of the students majoring in music education, resulting in learning weariness and learning anxiety. Secondly, compared with the educational talents of other disciplines, the life goals and learning goals of the students majoring in music education are uncertain and confused to a certain extent. The effect of learning methods is not good, and they also lack the motivation to learn. Under the threat of employment pressure, it is easy to produce psychological pressure, leading to psychological diseases. Finally, most students majoring in music education are exposed to music related knowledge for the first time. Their music foundation is weak and their learning progress is slow, which leads to poor academic performance, resulting in low self-esteem and self-confidence among students majoring in music. Therefore, the problems of learning anxiety, employment anxiety and psychological diseases of music majors are widespread.

Positive psychology is a new psychological theory which is based on the innovation and promotion of traditional psychology. In psychology, positive psychology is an important milestone in the development of psychology. It advocates studying the contents of traditional psychology from a more positive perspective. Based on the existing research results, positive psychology adopts more scientific and reasonable methods to study and explore people's positive psychology. Based on the above theory, the research integrates Chinese traditional music into music education and teaching, so as to stimulate the positive psychology of music education students, alleviate their psychological pressure, learning anxiety and employment anxiety, and cultivate more high-quality and high-level music education talents for the society.

Objective: In normal music education, students' psychological problems are more and their learning enthusiasm is not enough, which leads to the poor progress of the training of music education talents. The research will integrate Chinese traditional music into music education and teaching, so as to stimulate the positive psychology of music education students, alleviate their psychological pressure, learning anxiety and employment anxiety, and cultivate more high-quality and high-level music education talents for the society.

Subjects and methods: Before the experiment, the anxiety level of the students in the four classes was basically the same, and the MAAS score was about 65. After the beginning of the teaching experiment, it can be seen that the MAAS scores of students in class A and class B show a downward trend as a whole. The MAAS scores of students in class C and class D tend to remain the same as a whole. The change trend of MAAS scores of students in four classes is shown in Figure 1.

Results: Before the experiment, the anxiety level of the students in the four classes was basically the same, and the MAAS score was about 65. After the beginning of the teaching experiment, it can be seen that the MAAS scores of students in class A and class B show a downward trend as a whole. The MAAS scores of students in class C and class D tend to be the same as a whole. The change trend of MAAS scores of students in four classes is shown in Figure 1.

Conclusions: In normal music education, there are many psychological problems of students, such as learning anxiety, employment anxiety, psychological pressure, etc. Students' learning enthusiasm is not enough, resulting in the poor progress of training music education talents. The research analyzes the students' psychological problems through positive psychology, and proposes to integrate Chinese traditional music into music education and teaching, so as to stimulate students' positive psychology and relieve students' psychological pressure, learning anxiety and employment anxiety. The experimental results show that before the experiment, the anxiety level of the students in the four classes is basically the same, and the MAAS score is about 65. After the beginning of the teaching experiment, it can be seen that the MAAS scores of students in class A and class B show a downward trend as a whole. The MAAS scores of students in class C and class D tend to remain the same as a whole. Based on the above contents, it can be concluded that the combination of Chinese traditional music and music education teaching can stimulate the positive psychology of music education students and improve their learning enthusiasm, so as to cultivate more high-quality and high-level music education talents for the society.

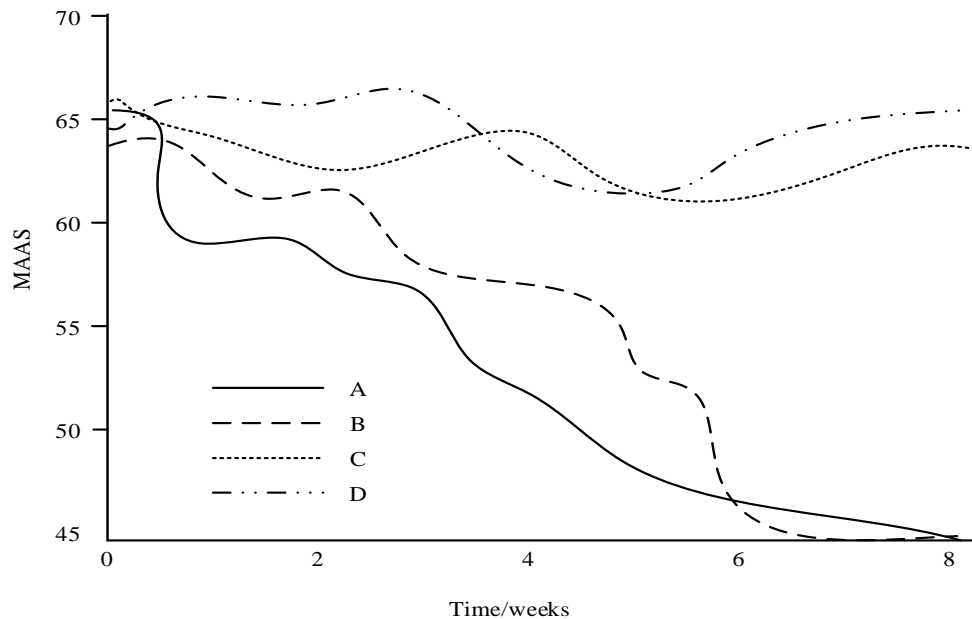


Figure 1. Trends in MAAS scores of students in 4 classes

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RESEARCH ON THE INFLUENCE OF FOLK ARTS AND CRAFTS INTEGRATED INTO MODERN PRODUCT DESIGN ON ALLEVIATING AUDIENCE PSYCHOLOGY

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Background: Art therapy is a kind of psychotherapy. It uses art materials as a treatment tool, including painting and sculpture. It allows patients to talk and release their inner pressure by appreciating art and participating in art activities, so as to calm their emotions, enhance their self-awareness and affirmation, and improve their cognitive ability. Relevant theories believe that art therapy has the characteristics of development, pleasure and self-consciousness. Development refers to the positive psychological characteristics of art therapy. In the treatment, attention is paid to the development of individual psychological quality and potential development, and the treatment of psychological problems is viewed from the perspective of development; Pleasure refers to that art therapy has the form of art appreciation and creation. Through this experience, it can stimulate patients' positive emotional experience, increase patients' psychological satisfaction and sense of security, and eliminate negative emotions through this positive experience. Consciousness refers to the interesting and social characteristics of art therapy, which can attract patients to participate consciously and actively, and is conducive to creating a good treatment environment and an atmosphere for doctor-patient communication and cooperation. At present, art therapy has been paid more and more attention in the field of mental health protection and treatment in China. It is in the early stage of development, and the theoretical basis, technical integration and personnel training are gradually improving.

Folk arts and crafts is a mass, daily and folk-art form. It is the dual carrier of economy and culture in the era and region where it was born. In China, the folk traditional arts and crafts have a long and profound history. Its development and inheritance also represent the inheritance of history and culture. Researchers can see the development and changes of an era. With the development of the times, foreign art and modern art have gradually entered people's vision, and the living space of folk arts and crafts has been squeezed. How to integrate traditional art into the modern art system is the concern of many professionals. Integrating folk arts and crafts into modern product design is a feasible scheme. The color, pattern, composition, ideological core and other elements of traditional folk arts and crafts have a unique aesthetic feeling, integrating it into modern