

STUDY ON THE INFLUENCE OF MULTI PART CHORUS ON PUBLIC INTERPERSONAL COMMUNICATION DISORDER

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Background: In recent years, interpersonal disorder has become the most prominent psychological problem of the public, which is reflected in three aspects: emotional, cognitive and personality disorders. Research shows that many unaccompanied mixed choruses, in addition to the beauty of harmony, singing itself is also beneficial to health. The rational use of breath will continuously increase vital capacity, which can be regarded as a good exercise. Multi part chorus is like talking and crying. The singing process can be regarded as a process of releasing emotions and emotions, which can free the singer from himself and realize the venting of negative emotions. All troubles dissipate with the singing and realize psychological relaxation. At the same time, because many choruses need to recite music, and some songs need to be sung in foreign languages or dialects, you will virtually learn a lot of knowledge, exercise your memory, improve your sensitivity to subtle differences, control the pitch, timbre and strength changes, and strengthen the coordination with other people's voices around, so as to exercise people's body and mind in an all-round way. Research shows that the pure and magnetic voice in the process of chorus can be very beneficial to people's emotional improvement, and often bring irresistible emotion and shock to people's soul, so as to affect people's cognitive concept and promote the improvement of their personality system. Some scholars advocate the application of traditional song therapy in the fields of mental patient care, hospice care, elderly care, rehabilitation of children with intellectual disabilities, individual psychological counseling and so on. In general, multi part unaccompanied chorus focuses on the artistic effect of hearing combined with vision. Some studies have shown that on the basis of ensuring the effect of multi part chorus, it is emphasized to play the role of psychological group counseling through the interaction and communication between singers, instructors and singing members with the help of unaccompanied chorus.

Objective: In the psych music therapy theory of western developed countries, the music therapy method of song discussion is often used to intervene the patients at the cognitive level, guide the patients to discuss the song content and music melody experience, and explore their subconscious emotional contradictions, so as to change their wrong cognition, so as to promote the normal development of personality system. Therefore, this study uses the method of multi part unaccompanied chorus to study the interpersonal communication disorders of college students.

Subjects and methods: Students from 10 colleges and universities in a certain area were selected as the research objects, and 80 college students with typical affective disorder, cognitive disorder and personality disorder were obtained through screening. The 80 students were intervened by multi part chorus, and their psychological status was evaluated before and after the intervention.

Research design: SCL-90 scale was used to evaluate and analyze the two groups. The scale has a total of 90 self-evaluation items. The test factors include somatization, obsessive-compulsive symptoms, depression, anxiety, psychosis, etc., through the 5-level scoring method, the higher the score, the lower the level of mental health. The relevant data were calculated and counted by Excel software and SPSS20.0 software.

Table 1. Comparison of SCL-90 test results before and after intervention

Factor	Before intervention	After intervention
Somatization	1.33±0.18	1.11±0.10*
Obsessive compulsive symptoms	1.65±0.49	1.36±0.34
Interpersonal sensitivity	2.38±0.63	1.48±0.44**
Depressed	2.10±0.68	1.49±0.58**
Anxious	1.68±0.52	1.31±0.40**
Hostile	1.56±0.43	1.31±0.24
Terror	1.48±0.53	1.28±0.42
Paranoid	2.04±0.51	1.48±0.32**
Psychotic	1.50±0.33	1.26±0.27**
Sleep and diet	1.41±0.38	1.20±0.39**
Total score	155.00±36.85	119.63±27.89**

Note: * $P < 0.05$; ** $P < 0.01$.

Results: SCL-90 test results were analyzed, as shown in Table 1. The results showed that the scores of

somatizations, interpersonal sensitivity, anxiety and depression in SCL-90 after the intervention were significantly better than those before the intervention ($P < 0.05$).

Conclusions: The survey shows that interpersonal disorder has become the most prominent psychological problem of college students. College students are in the period of youth development, energetic, active thinking, and have a strong need for interpersonal communication. When the communication process is smooth, they will show a comfortable mood and be beneficial to physical and mental health. When communication is frustrated, they often show depression, and even produce various psychological problems, which directly affect their normal study and life. The process from the learning and training of single voice part to the combined singing of multiple voice parts is actually to guide the patients to realize the running in of getting along with others on the basis of individual emotional and cognitive self-identity, and realize how to learn mutual cooperation and tacit cooperation in the collective atmosphere, so as to understand the importance of cooperation and cultivate the subjects' sense of teamwork.

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RESEARCH ON THE INFLUENCE OF HUMAN RESOURCES LEGAL CONSTRUCTION ON EMPLOYEES' CONTRACT PSYCHOLOGY

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Background: Contract psychology is a kind of psychological activity of role expectation, which is the expected behavior mode of groups for individuals to play roles. When a formal contract is signed between employees and the enterprise, an unwritten psychological agreement is formed between the enterprise and employees. This agreement contains the expectations of both parties to each other and hopes to achieve some of their own needs through each other. For example, enterprises hope that employees can take their work seriously, obey the company's arrangements, keep the company's work secrets, do not publicize, and obtain more benefits for the company. For employees, employees hope that the company can treat every employee fairly, do not engage in particularism, distribute work reasonably, and provide employees with some work benefits and good work gold. Contract psychology is usually hidden in the heart, which needs others to find, understand and estimate with their heart. If the psychological agreement of employees cannot be reached, the work enthusiasm of employees will be greatly hit, which will affect the work efficiency of employees and make employees resist and waver in their work, which will be detrimental to the stable development of the company and damage the working environment of the company. In order to improve employees' work efficiency and increase employees' sense of identity with the enterprise, the enterprise should take into account employees' contract psychology, establish a psychological contract with employees, increase employees' sense of identity with the enterprise, enable both parties to understand each other's expected behavior patterns, enable employees to understand the development prospects and relevant core values of the enterprise, and enable employees to realize the relationship between enterprise development and their own development. That is, the two sides are strategic partners, so as to establish the relationship of trust and commitment between the two sides. Increase employees' loyalty to the enterprise, and make employees realize that if they want to develop well and earn high wages, they are closely related to the good development of the company, and their work performance meets the requirements of the company, they can obtain more benefits and better realize their self-worth. In the contract psychology of employees, employees hope that the company can distribute some benefits on the basis of abiding by the formal contract. The contract psychology has a great relationship with the rules and regulations of the enterprise and the implementation of the formal contract. If the company violates or exploits the contract loopholes to squeeze the employees, the employees' contract psychology will be greatly shaken and lose their expectations for the company. Similarly, when employees want to leave or sell the interests of the enterprise, their contractual psychology will waver, which will be detrimental to the development of the enterprise. Human resources law is a law to protect the legitimate rights and interests of both enterprises and employees. It can restrict the behavior of both parties, promote the stability of bilateral relations, and is a kind of legal guarantee.

Objective: To understand the psychological situation of employees, relevant human resources laws and relevant knowledge of psychological contract, analyze the significance of establishing psychological contract with employees, establish the legal contract of the enterprise through human resources law, and agree on the service period. When the enterprise provides special training for employees, if it provides relevant expenses, it can sign an agreement with employees to agree on the time-of-service period. The