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Participation in the arts, according to researchers in the behavioural sciences and medical humanities, can foster empathy. The assumption that art can develop empathy is based on the similarities of the two practices as well as the actions that occur when a person interacts with a work of art: response, emotion, and connection. Recent research has shown that musical interaction can increase empathy. Music does this in a variety of ways: Firstly, its communicative and affective capacities and the potential to act as an agent of social bonding and affiliation is one of music's most prominent tools for increasing empathy. Secondly, the capacity for immersion music offers and elicitation of emotional responses in listeners and players alike represent a grounding for empathic response. Lastly, emotional contagion that music causes transcend cultural, political and social borders and therefore has the capacity to bring the most unlikely social groups together. The intention of this paper is to explain and elaborate on the mentioned mechanisms that contribute to music's ability of eliciting emphatic response and to suggest possible ways of using music's capacity for positive social change and betterment of mental health in a wider society.

Key words: Music, emotional response, positive social change, public and global mental health

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THE VALUE OF MUSIC IN THE CULTIVATION OF MENTAL HEALTH: THE CORRELATION BETWEEN PSYCHOLOGICAL QUALITY, VALUE ORIENTATION AND MUSIC

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Background: Music appreciation is a kind of creative activity, which can be understood as a continuous psychological process. It can produce spiritual sublimation and purification. As a way of aesthetic education, music appreciation can promote people's physical and mental health, mood resonance, aesthetic image, aesthetic knowledge, aesthetic feeling, and can have a positive effect on individuals. The effect of music appreciation on students' mental health can be divided into two aspects: promoting effect and negative effect. There is a certain connection between people's mental health and music appreciation in terms of emotion, pleasure and enlightenment. Music is an art that inspires emotion and is good at expression. Music appreciation will also have an effect on the feelings of the audience. With its unique form and influence, music meets people's high-level social needs for finding love, belonging and understanding, which can stimulate their positive and optimistic emotions and emotions, and form a healthy and upward psychological quality. Music appreciation will also have an impact on intelligence and students' personality. Scientific practice shows that beautiful music can promote the release of brain peptide substances, which will improve people's memory and image thinking. As an abstract aesthetic activity, music appreciation needs rich knowledge and understanding. From the perspective of life content embodied in music works, some works not only embody natural images, but also embody human emotion and thinking, which can meet the curiosity of novelty and difference. Personality is the constant, stable and essential psychological characteristics that a person shows. Healthy personality is the core of health psychological condition, the basic guarantee of physical and mental adaptation to society, and the key link of comprehensive physical and mental health. Music can not only directly shape personality, but also indirectly affect personality. The direct shaping effect of music on personality has been affirmed by Chinese and foreign scholars since ancient times.

Objective: The process of music appreciation is a process of experience. It is not only a process of emotional experience of music, but also a process of mutual integration and resonance between the audience's emotions and the emotions conveyed by music. The negative effect refers to the low-level decadent music and unhealthy concerts corroding people's will and social atmosphere. Music appreciation can convey a kind of love and pleasure to people. It provides people with sound that can directly perceive beauty. The purpose of this study is to analyze the correlation between psychological quality, value orientation and music, and to provide direction for the improvement and shaping of mental health.

Subjects and methods: Through the Pearson product moment correlation coefficient to analyze the correlative relationship between music appreciation and psychological quality and value orientation. 500 people from five cities were selected for the study. The indicators of psychological quality and value

orientation are morality, personality, positivity, love, optimism, health, romance, harmony and initiative. Music appreciation indicators include emotion, pleasure and enlightenment. The scoring range of each indicator is -10-10 points. The higher the absolute value of the score, the stronger the effect. In order to avoid the influence of subjective factors on the research results, the research takes the data of all objects for analysis. The data analysis software used in the experiment is excel. The value range of correlation coefficient is set as follows, 0.8-1.0 refers to extremely strong correlation; 0.6-0.8 refers to strong correlation; 0.4-0.6 indicates moderate intensity correlation; 0.2-0.4 indicates weak correlation; 0.0-0.2 indicates very weak correlation or uncorrelation. When $P < 0.05$ means that the gap is statistically significant, $P < 0.01$ means that the gap has great statistically significant, which is indicated by * and ** respectively.

Results: Table 1 refers to the correlative relationship between music appreciation and psychological quality and value orientation. It can be seen from the table that the indicators of psychological quality and value orientation are positively correlated with music appreciation, the value range is 0.61-0.82. that is, the higher the score of people's corresponding psychological quality and value orientation indicators, the higher the score of music appreciation indicators. Therefore, to improve the people's value orientation and psychological quality, we can often encourage them to listen to music.

Table 1. Music appreciation and psychological quality, value orientation and correlation

Mental health indicators	Emotionality	Enjoyment	Edification
Character	0.72*	0.56*	0.73*
Personality	0.75*	0.62**	0.72*
Positive	0.72*	0.63*	0.76*
Love	0.67*	0.77*	0.82*
Optimistic	0.61*	0.75*	0.82*
Healthy	0.64*	0.76**	0.74*
Romantic	0.63*	0.70*	0.72*
Harmonious	0.61*	0.64*	0.81*
Active	0.67*	0.67**	0.81*

Conclusions: Music appreciation will play a positive role in guiding and resonating the psychology of the audience, which can promote the improvement of students' psychological quality and the healthy growth of students' psychology. The indicators of psychological quality and value orientation are positively correlated with music appreciation. Music appreciation not only makes college students' emotions healthier and livelier, but also can alleviate and adjust the bad emotions caused by individual psychological disorders. When listening to music works with different emotions, the masses will produce a series of emotional reactions that effects listeners, so as to enrich the emotional experience of beauty, magnificence, loftiness, joy, tragedy and so on, achieve the purpose of actively regulating bad emotions and emotions, successfully complete their studies with an optimistic and cheerful attitude, and have a vibrant and hopeful attitude towards life.

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EXPLORING INTERNATIONAL STUDENTS' CROSS-CULTURAL ADAPTATION AND MENTAL WELL-BEING IN HIGHER EDUCATION, FROM THE PERSPECTIVES OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology applies psychological theory and teaching practice results in the process of education. This theory can be applied to curriculum design and improve learning motivation to help students overcome various difficulties in the learning process. The purpose of training students in