

# Research on the Positive Influence of Music Therapy on National Mental Health Intervention

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**Abstract:** Music therapy is the use of music as a treatment method to bring people a unique psychological effect and physiological response. With the help of special music design, they can experience musical behavior experience, thereby helping people to eliminate psychological barriers and improve their physical and mental health. Based on the related theories and mechanisms of music therapy, as well as the positive impact on the national mental health, this article makes a profound discussion with a view to drawing lessons from it.

Music therapy is a relatively systematic intervention process. Throughout the whole process of music therapy, people can use the experience brought by various forms of music to generate the driving force of therapy in the process of therapy, so that people will form a certain Healing relationship ultimately helps people achieve their mental health goals. There are three obvious characteristics in the process of music therapy: first, music therapy is a process of holistic scientific treatment; second, the essential difference between music therapy and other treatment methods is that music therapy is based on the experience of music As a major means of therapeutic change; third, in the process of music therapy, the three elements of therapy, music therapist, and music must be included as a special treatment, which originated in the 19th century. Europe [1]. In the 19th century, many musician doctors and psychologists in Europe made early attempts at the practice of music therapy, and promoted the development of music therapy. In the early 20th century, the methods of music therapy were rapidly spread, and The United States has achieved vigorous development as a major research center. In recent years, more and more music treatments have been applied clinically, mainly for the treatment of various symptoms of sleep disorders, neurosis, and psychology.

It can be said that from a psychological perspective, music has a significant positive impact on people's emotions. As a main method and tool of therapy, music has a huge positive effect on human emotions as well as many areas of medical treatment.

## 1. Status of National Mental Health

At present, our country is in a period of rapid economic and social transformation. People's pace of life is obviously accelerating. Competition pressure is increasing. Individual psychological behavior problems and the social problems caused by them are increasingly prominent. The "Healthy China Initiative (2019-2030)" states that the prevalence of depression in China has reached 2.1% and the prevalence of anxiety disorders has reached 4.98%. As of the end of 2017, there were 5.81 million people with severe mental disorders registered in the country.

It can be seen from this that it can be seen that the public in our country has relatively low awareness of mental disorders and psychological behavior problems, lacks certain knowledge of prevention and treatment, and is weak in medical treatment. Based on this, in order to effectively strengthen the overall level of national mental health and improve the mental health literacy of the public, we have conducted a study of music therapy.

Research on the Positive Impact of Music Therapy on National Mental Health Intervention.

## **2. Research on the Positive Influence of Music Therapy on National Mental Health Intervention**

Because music can bring people's sense of pleasure and soothing, music is an indispensable artistic element in people's lives. It can effectively cultivate human sentiment, be beneficial to the cultivation of human psychological health, and also help build Good interpersonal relationships, and shaping elegant personality qualities, so music therapy is a major method and means of psychological therapy, and a systematic intervention process. In the intervention process of music therapy, music therapists can experience the various aspects of music experience. This form allows the person being treated to achieve mental health [2].

### **2.1 The mechanism of music therapy**

The human body is under excessive physical and psychological tension for a long time, which will cause certain harm to the human body, and severe cases will cause cardiovascular and cerebrovascular diseases. A large number of practical studies have shown that music can effectively mobilize people's psychologically active resources to improve the human body. Healthy state reduces people's anxiety and anxiety. This is because music has a certain analgesic function. Since the human cerebral cortex is close to the pain center, this is related to hearing. It can be effective when music stimulates the auditory center and generates excitement Inhibits adjacent pain centers, thereby effectively alleviating people's pain [3]. In addition, music has a great protective effect on the immune function of the human body. A large number of studies have shown that music can increase people's immune protein content against bacterial effects. From a social point of view, music is a non-verbal artistic social method. With the intervention of a music therapist, patients can use music activities to invest in a more relaxed and soothing atmosphere and environment. In the soothing music atmosphere, patients can resume and achieve normal communication with people. In music activities, patients can obtain self-expression and achievements in music activities due to enhanced interpersonal communication and language skills. Opportunity to increase self-confidence.

### **2.2 Research on the Positive Impact of Music Therapy on National Mental Health Intervention**

Music is an effective way for people to release their negative emotions and stress. As we all know, depressed emotions must be properly released. In fact, only through music appreciation can some negative states be gradually transformed into calmness. This emotional transformation is necessary for people to maintain their own health.

#### **2.2.1 Music can activate people's cognitive imagination emotions**

No matter what music faces any individual, in an environment where there is music therapy, any individual will have certain thoughts and experiences. The so-called music experience, which is what we usually call music emotions, we found through experiments in research. Well, some music with noble elegance, joy, joy, harmony and beauty can activate people's tranquility, tolerance, friendship and noble sentiment Such as "Ode to Our Lady". Some of the more sad music can create a sad image of sadness, parting, distress, and loneliness. And some quiet, peaceful, clear and smooth music will bring people a sense of being like a fairyland. It can be said that when people's emotions are in a negative state, listening to different music can have a great soothing and regulating effect. In other words, different types of music all have magical negative emotions soothing effect, and different music types have the same negative emotions soothing effect [4]. In addition, music has multiple effects on regulating emotions and stimulating potential. Such as activating the potential for happiness and inhibiting the potential for pain; music regulates emotional responses, such as soothing negative emotions and enhancing positive emotions.

#### **2.2.2 The cultural dissemination function of music fosters good sentiment among the people**

Music and culture are interpenetrating, and more and more cultures are using music as a carrier.

When people appreciate music, they will dig deeper because of the style, subject matter, and creative background of the music. It can be said that the good sentiment of the people is not only related to the social environment, but also directly related to social education. The most important thing is that we must rely on improving the quality of the people in all aspects. Music itself has a good moral sentiment. In addition, music therapy is a special form of expression, which makes music have certain effects and characteristics in the cultivation of good sentiments of the people. It not only eulogizes the long history of the Chinese nation and the indomitable fighting spirit, but also inspires generations to let the people be cultivated in this song, and listen to the voices of people during the battle. In the exciting music, people's heart can generate enough patriotic consciousness and national complex, so it can be said that music is an important part of our lives, which not only reflects people's love for the country and hometown in which they live, but also expresses people's longing for truth, goodness, and beauty. It can be said that music can enrich the spiritual world of the people. The most important thing is that people can understand the meaning and value of life and life, so as to establish a lofty ideal and firm will.

### **2.2.3 Music therapy can produce positive mental strength**

The most important way of music therapy is to show it through various works with rich themes, so that people can gradually appreciate the beauty of music by appreciating music. Music appreciation, as a main carrier for people's spiritual communication, and people In the process of music enjoyment and treatment, people's inner emotions can be sublimated, and the impetuous heart can be further purified, thereby generating a positive spiritual force. The main goal of music therapy is to cultivate people's health and psychological quality. Only people's physical and mental health can achieve a certain degree of unity and harmony in order to achieve real national mental health. Music therapy always shows the vitality of music. , Can use harmonious melody, beautiful notes and colorful sounds to improve people's ability to appreciate beauty, feel beauty and create beauty, so as to promote the healthy development of people's physical and mental health, when people's subconsciousness enters the music, it can Psychology has a subtle and positive influence, which gradually improves the aesthetic ability, and better regulates his daily behavior and speech, so that his personality is sublimated to a certain degree [5].

When people listen to music, the most direct feeling is from the emotions in their hearts. In the whole process of music therapy, in addition to the inner confession of the music creator, the feelings from people's inner emotions and psychological activities an embodiment, therefore, in the process of music therapy, people's emotional exposure is extremely similar. When people understand the connotation of musical works, they will also have an emotional experience belonging to themselves, which will be infected by musical works, resulting in Emotional and psychological resonance, which is difficult to surpass in other art forms [6].

In most cases, people's psychological activities and emotions are not spontaneous, but are triggered by the external objective environment. Therefore, in a sense, people's attitudes and changes to the surrounding world, and their emotional fluctuations will affect people Physical and mental health has a certain impact, and it also plays a very important role in the development of personality.

### **3. Conclusion**

With the rapid development of society, the problem of national mental health is also increasing. Music therapy, as a unique treatment concept, also opened up a new model in the field of psychopsychiatry, opened up a new perspective, laid a certain application foundation for our national mental health, and is a manifestation of meeting the needs of social development Can effectively promote people's positive growth.

Therefore, the use of music therapy can not only improve the level of national mental health, but also an important part of the construction of national spiritual civilization in the new era. We should actively use music's new model of health and healing in the heart and combine rich music culture and activities to improve the people's sound personality and artistic sentiment.

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