

Research on the Improvement of Listeners' Mental Health by Different Music Appreciation Based on Cognitive Psychology

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Abstract: With the development of society, people's life pressure is gradually increasing, and psychological problems are prone to arise. However, the current mental health counseling work in China is relatively lagging behind, and can not meet the needs of the public mental health. Therefore, it is a very effective way to introduce music appreciation method in mental health guidance and use music to improve people's mental health level. On the basis of previous studies, this paper analyses the adverse effects of different music on the mental health of listeners from the perspective of cognitive psychology, and the strategies to improve the mental health of listeners. It is hoped that music appreciation will be introduced into the work of mental health counseling and management in China, which will provide theoretical guidance for the related fields of mental health.

1. Research Background

1.1 Literature review

Under the current economic development background, the competition pressure between individuals is increasing. Faced with various pressures, coupled with the tension of interpersonal relationships, the public's psychology has also appeared many problems, so the social attention to mental health has also increased a lot. Nowadays, music appreciation has become an indispensable part in the development of psychological health work. Audiences can solve mental health problems by enjoying different music. A large number of data show that there are some differences in mental health among people with different music appreciation behaviors (Ma, 2017). People who like music with different themes have different levels of mood improvement through music appreciation when they are in low spirits. Different cognitive groups have different understanding of pop music's emotion and content, so different music has different influence on people's mental health. At the same time, different listening time has different effects (Liu, 2014). In addition, there are also differences in the mental health of different groups of people in terms of different music styles, music situation, changing music works and different purposes of music appreciation (He, 2019). As we all know, music can cultivate people's temperament and accomplishment, enrich emotional experience and improve artistic sentiment. At the same time, it has important significance for people's mental health and all-round development. Aesthetic experience and aesthetic emotion are the basis of music appreciation. Appreciation of music by corresponding methods can help people acquire different emotional experiences and deepen their understanding and understanding of music (Zhong, 2016).

1.2 Purpose of research

With the development of society, great changes have taken place in people's life and work. Facing the ever-changing environment and life, people's economic pressure, employment pressure and other multiple factors, it is easy to cause various psychological problems. Although mental health counseling institutions have been set up in most areas, they are unable to meet the daily needs of the public due to the imperfection of equipment, carrying capacity and service capacity. Music, as a haven for human soul, is an inevitable trend and a very effective way to solve

psychological problems. Music appreciation is an artistic aesthetic behavior with great appeal. It can improve the aesthetic level and expressive ability of popular music, at the same time, it can improve the comprehensive quality of the public and effectively promote the formation and development of good morality. Different melodies and rhythms of music can have different effects on different individuals' body and mind. Previous research results also show that music can effectively alleviate psychological problems such as depression. All kinds of music activities can help the public to maintain a happy mood and play a positive role in the public's mental health. This paper studies music cognitive ability and audition in music appreciation, discusses the influence of music appreciation on the mental health of the public, and predicts the direction of research in this field.

2. Definition and Performance of Slow Employment of College Students

Cognitive psychology is a psychological trend of thought and research direction that rose in the mid-1950s in Western countries. Cognitive psychology focuses on the process of internal psychological change of the object of study, which involves certain western traditional philosophical theories. It emphasizes the psychological concepts of behavioral basis, mainly the cognitive process, including attention, perception, representation, memory, language and thinking.

Cognitive psychology as a new branch of psychology developed in the 1950s, in the 1970s, the school of cognitive psychology emerged and developed to its peak. With the continuous improvement of the theoretical system of cognitive psychology, the famous "universal problem solver" model was put forward at that time. The scholars who put forward this model were cognitive psychologists Newell and Munsey. In addition, psychologist Chomsky also put forward linguistic theory and so on. Donald Broder's Perception and Communication, published in 1958, provides an important guiding theoretical basis for cognitive psychology.

3. The Adverse Effects of Different Music on Hearing Mental Health of Audiences under Cognitive Psychology

3.1 Group psychology

Following the masses mentality refers to the behavior of blindly following the masses, which is a kind of independent behavior. Once people have the mentality of conformity, they will conceal their talents or ideas, blindly adhere to the thoughts and behaviors of the people around them, which has a great limitation on the improvement of personal ability. In cognitive psychology, the production of different music will make the audience switch their thoughts and psychology at different times, which will inevitably restrict the audience's desire to show. In cognitive psychology, the audience psychology caused by different music is mainly manifested in the following aspects (Zang, 2016). One is the lack of opinions. When facing the negative environment, the public can easily adopt a degenerate and lazy way to face it. Show indifference to the people and things around you. If you don't express your thoughts, you can follow what others do. Even accepting others' opinions calmly will not only weaken one's enthusiasm for life, but also hinder one's talents and future development (Guo and Chen, 2016).

3.2 Anxiety psychology

The sentimental and restless psychology produced by the masses is a kind of anxiety psychology. The main manifestation is the lack of self-confidence in the face of problems, and lack of opinions, for the surrounding environment also shows inadaptability and uneasiness. Cognitive psychology holds that maintaining appropriate anxiety can exert certain pressure on oneself and promote self-improvement (Zhang, 2013). At the same time, it can effectively avoid the passive trap of the public due to excessive comfort. However, the transition of anxiety will have a negative impact on people, such as excessive anxiety will lead to huge psychological pressure, face problems can not be solved, face the future without direction, can not concentrate on things (Li, 2015). And many times they do not realize the existence of the problem, or even if they do not realize that they will

not turn to others for help, long-term will inevitably lead to a variety of adverse effects. At the same time, under the switching of different music, the audience will subconsciously identify their hobbies and want to choose the music they like. However, due to the influence of various types and styles of music, it is difficult for the audience to identify in a short period of time, which will also lead to anxiety. This anxiety will not only weaken the subjective initiative of the audience for music, but also hinder the development of the individual ability of the audience (Tian, 2016).

3.3 Reverse psychology

Reverse mentality is a common mentality of the public, which is mainly reflected in the sense of resistance and rebellion against things. The public usually have a negative attitude towards the people and things around them after they have rebellious mentality, so as to show their unconventional mentality. Although skepticism has certain advantages, it can make people think constantly, ask questions, and solve problems. But on the other hand, the transition of rebellious psychology will lead to other people's repugnance, and even affect interpersonal relations and people's life and other aspects. At present, among many audiences, they will be excessively entangled in the lyrics of music, even influenced by some lyrics, resulting in a certain degree of rebellion (Hu et al., 2017). Some listeners will focus on listening to the singer's music because they have a clear love for a singer. Over time, they will even have a negative reaction and exclusion to the music of other singers, which will have a negative impact on their personal value orientation. Even some audiences who have a rebellious mentality will incite the public to resist some music, seriously affecting the social order, and not conducive to the sound development of the relevant music field.

4. Strategies to Improve the Healthy Health of Audiences by Different Music Appreciation under Cognitive Psychology

4.1 Using the community and other organizations to set up “the second way of learning” for music appreciation and singing

At present, psychological counseling institutions have been set up in most areas, but because of the imperfection of service personnel and equipment, it can not meet the needs of public mental health counseling. Therefore, the relevant departments need to make more use of the community and other organizations to set up “second learning ways” such as music appreciation and singing, so as to provide more music appreciation environment for the daily life of the public. Setting up music appreciation and singing can meet the aesthetic needs of the public, and also relieve people's psychological pressure, thereby releasing bad emotions. Through “the second way of learning”, those art with strong theory will be transformed into experiential art. The music appreciation and the public's mental health will be organically combined to experience the pleasant experience of music. Other studies have shown that chorus can improve individual mental health. The public can improve their mental health level by chorus with the help of “the second way of learning”, which is better than ordinary psychological counseling.

4.2 Optimizing the equipment of psychological counseling institutions and vigorously developing music counseling services

The use of music for psychological counseling and treatment refers to the use of music activities, including playing, rhythm, listening and singing, to carry out targeted systematic dry, so as to achieve the purpose of physical and mental health. Relevant psychological counseling institutions should improve equipment and vigorously develop music counseling services. For example, by using music to guide imagination, the classical music is arranged in a specific order, and the public is guided to explore their self-consciousness, to further understand their inner feelings, and to discuss and communicate around the theme after the music broadcasting. In the process of mutual communication, we should give priority to the feeling and memory of music, and let the public feel the support and strength. Through the way of enjoying music, we can adjust the mood of the public and improve the level of mental health.

4.3 Regular music psychodrama activities and timely group counseling

It is a long-term project to improve people's mental health by means of music appreciation. Relevant departments regularly organize some music psychodrama activities in specific areas, and timely group counseling is one of the important ways to promote the improvement of mental health through music appreciation. Through music psychodrama, people exchange their feelings and love for music, combine music, video and music therapy technology with traditional psychodrama, and present them vividly in front of the public, so as to experience more real music experience and interpersonal experience. The activity form of musical psychodrama can make the participants feel the immersive music edification without the requirement of music foundation. Musical psychodrama is a way to improve mental health for all people, and its effect is very significant.

4.4 Expanding the form of music therapy to form a good group therapy

It is a common phenomenon to integrate music appreciation into mental health counseling, and it is also an inevitable trend of the development of mental health counseling. The music body law closely combined with music can express one's own understanding of music through body movements. In this process, people are not required to have dancing skills, but with the rhythm of music, they can express emotions and emotions that can not be expressed in language, thus playing the role of releasing internal pressure. Music can often lead the public into a state of selflessness and achieve the integration of music and body and mind. It can stimulate individual's vitality through limb movements, and then improve people's physical and mental health and spiritual growth.

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