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Reflections on Strengthening the Teaching of "Singing Psychology" Course for Vocal Music Performance Major in Colleges and Universities

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Abstract: *Vocal performance course is an important content for vocal music majors in colleges and universities. Teachers can use reasonable and efficient teaching methods to cultivate students' psychological quality in the teaching process. The performer's psychological quality occupies a very important position in vocal music performance. The success or failure of performance is not only related to the performer's singing skills, but also related to the students' personal psychological quality. However, if students learn "Singing Psychology", then students' music curriculum education can get a very profitable result, but if they don't learn well, then students' music curriculum education will get relatively small results. Singing psychology can not only strengthen students' music quality, but also enhance students' potential and creativity of music, etc. The strengthening of this comprehensive ability plays a very positive role in students' future music path. Therefore, colleges and universities should analyze and think about the "singing psychology" course of vocal music performance major, so as to further strengthen students' music literacy and comprehensive ability.*

Keywords: *Vocal performance; Singing psychology; College education*

Introduction

Compared with other music performances, vocal music performance has its uniqueness. It mainly uses people's voice to make sound. Relatively speaking, vocal music performance is a rather complicated performance mode. The overall effect of the performance can be directly influenced by the performer's psychology. Therefore, vocal performers need to maintain good physical and mental state before performing. On this basis, colleges and universities need to strengthen the education of "singing psychology" in vocal music performance major.

Today, with the continuous development of education in China, teachers can use more and more teaching methods. In the vocal performance major of colleges and universities, teachers need not only good classroom education, but also the education of singing psychology. Professional teachers can help students optimize their thinking mode, psychological quality and creative ability with the help of singing psychology education, and promote students to a brighter future. During this period in colleges and universities, if teachers have conducted good singing psychology education in vocal performance major, then students' learning enthusiasm will be improved, and the knowledge points that students can master will be relatively extensive.

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An Overview of Vocal Music Performance Psychology

Vocal music contains many singing methods, such as Bel canto, nationality, popularity and so on, all of which belong to the singing method of vocal music, and it is a way of presenting music. Tracing the origin of vocal music, we can find that vocal music originated from "song". It was hundreds of years ago that human beings created a kind of music form in order to relieve their physical sleepiness and psychological slack when they were working and cultivating. It can be seen that vocal music has a very long development time, and it has a relatively positive influence on human development.

Generally speaking, vocal performance is actually the second creation and interpretation of music by vocal performers, that is to say, vocal performers need to know this music in advance, and deeply analyze the connotation and emotion of this work, and then internalize it into their own interpretation process, so that the audience can feel the emotional connotation expressed by the music works during listening. According to the above description, vocal performers need to have professional creative ability, only in this way can they interpret the emotions and connotations expressed by music works. Of course, the reasons that affect vocal music performers are not only the influence of creative ability, but also the level, environment and psychological quality of the performers. Therefore, vocal music performance is not only a musical art, but also a psychological art (An, 2021).

The so-called "psychology of vocal music performance" actually refers to the psychological activities and good psychological state of vocal music performers in the process of performing their works, which play a positive role in the performance of vocal music, but if the psychological state is poor, it will affect the performers' vocal music performance. Therefore, colleges and universities should carry out the education of "Singing Psychology" for a rainy day, predict the psychological problems of students' unions in advance, and make corresponding adjustments and controls, so that students can have good psychological quality when performing vocal music, and lay a solid foundation for their future music career.

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Problems and Dilemma of Vocal Music Education in Colleges and Universities in China

Opposition between Creation and Practice

As far as current education is concerned, practical students' theoretical ability is relatively poor, and academic students' creative level is not high enough. Therefore, vocal music education in colleges and universities

meets the problem of opposition between creation and practice. Under this background, vocal music education in colleges and universities needs to combine the course of "Singing Psychology", combine creation with practice, and enable students to strengthen their creative ability and vocal performance ability based on a stable psychological state.

Single Teaching Method

Nowadays, the teaching methods used by the teachers of vocal music performance major in colleges and universities are still relatively simple, and among the teachers, there is a lack of innovative teachers. When teachers teach courses, they often pay attention to the improvement of students' singing skills. In addition, students' learning time is relatively short, the number of students attending classes is relatively large, students' musical theory foundation has certain differences, their self-control ability is relatively poor, the position of vocalization is incorrect, and the efficiency of practice is relatively low, which leads to that students' learning enthusiasm cannot be improved, and they cannot make good future plans according to their own vocal ability.

Neglect Psychological Education

At present, one of the biggest difficulties encountered by colleges and universities is to neglect students' psychological education. The reason why students conduct vocal music education is that vocal music education can effectively enhance students' personal music quality. However, in the process of cultivating students' music literacy, students often face some unclear problems and encounter some places that are not skillfully used. At this time, professional teachers need comprehensive guidance for students, that is, professional guidance and psychological guidance. Only in this way can students deal with their problems calmly and improve their psychological quality (Zhong, 2021).

Pay Attention to the Outstanding Value of "Singing Psychology" Education

Help Performers to Play Their Best during the Competition

The study of "Singing Psychology" can help students better understand themselves and improve themselves, and can also objectively analyze the psychological state of themselves and others, and know all good psychological qualities and negative psychological qualities, so as to give full play to their good psychological quality. In the present vocal music competition, the gap between each student and each student's ability at skill level is relatively small, so the key factor to decide who is the winner lies in the psychological factors of the participants. Good psychological accomplishment requires the help of correct training process. Simply put, paying attention to the education of "singing psychology" is helpful for performers to play their best singing state in the process of performance (Liu, 2021).

Help to Improve the Teaching Quality of Vocal Music Education

"Singing Psychology" is a new subject established in the late 1980s, which is a branch of music psychology

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major. However, for some reasons, the educational ideas and teaching methods of professional teachers in colleges and universities are modeled after the professional conservatory of music, which leads to the lack of teaching level and directly affects the teaching quality of vocal music education. By studying the real reasons, we can see that the current professional teachers in colleges and universities only pay attention to the cultivation of skills, neglect the education of basic knowledge and despise the importance of psychology in vocal music education. Therefore, the teachers of vocal music performance major need to innovate new education, not only attach importance to students' skill practice, but also put psychological education into the classroom to improve the teaching quality of vocal music education.

Help to Cultivate Students' Psychological Quality

In the current teaching process, there are also some professional teachers who attach importance to the guidance of students' personality psychology and psychological state, but they have not formed systematic and scientific curriculum guidelines, which only exist at the level of experience teaching. In these teachers' view, students are easy to get out of order due to bad psychological factors, and even cause physical diseases, such as voice changes and voice size changes, etc. According to the survey data of the hospital, there are many people with hoarseness of vocal cords at present because of their own psychological problems. Therefore, students' study of "singing psychology" is helpful to cultivate students' psychological quality, make them play a normal level under the influence of good psychological factors, and protect their own health, and make it clear that their voice will not be harmed (Yu, 2021).

Help to Strengthen the Effectiveness of Vocal Music Education

On the subject of "Singing Psychology", its main teaching direction is to "treat differently, teach students in accordance with their aptitude, lay the foundation, guide them step by step, give full play to their advantages, avoid defects, be unified, stable and natural". Teachers of vocal music performance major should pay attention to that different students have different voice conditions and personality characteristics, so teachers can combine the differences among students to carry out targeted and effective training, and then Complete the task of vocal music teaching.

Singing psychology is a science with a long history. In foreign universities, vocal music education often carries the educational content of psychology. However, in China's universities, teachers haven't paid attention to students' vocal music psychology education. In order to make students get better development, universities need to strengthen the education of singing psychology, so that students can not only improve their physical quality and professional skills, but also strengthen their psychological quality and comprehensive ability during vocal music training.

Help Students to Form a Good Performance Psychology

Today, with the continuous development of social economy, diversified music courses in the process of education can bring different teaching effects into play. Therefore, when developing music courses in colleges and universities, in addition to ensuring that traditional vocal music courses are not lost, other music courses

are also needed, such as opera courses, pop music courses and chorus courses. Because each student has different voice advantages, students can find their lost self-confidence in traditional vocal music courses from other vocal music courses. This kind of self-confidence will enable students to form a good performance psychology and gradually find their own bright spots.

Causes of Students' Psychological Problems in Vocal Music Performance

Basic Skills are Relatively Scarce

If students' basic skills are not strong enough, students' psychological language of "I can't " or "I can't do it myself" will also appear. It can be seen that solid basic skills have important and positive value for vocal music performance. When performers perform on the stage, they will feel nervous and anxious. Usually, it is because the performers are worried that they will play out of order, and they will be broken and out of tune. In the long run, the performers' self-confidence will decline and a series of negative psychological problems will occur.

Lack of Certain Self-confidence

When performing, some performers always lack certain self-confidence, think that they can't do well, are not satisfied with all their abilities, and even feel that they are a singer who can't do anything, and their temperament is relatively poor. Other people's skills and temperament are much better than themselves. Over time, performers will expand their inferiority complex, have no confidence to defeat others, and have endless frustration at the psychological level. This kind of psychology will affect the performer's vocal performance, and the audience will label the performer as "cowardly" and "incompetent".

Not Having Enough Acting Experience

The negative psychology of "fear", "fear", "terror" and "inferiority complex" appeared in the student period because there was not enough performing experience in the student period. There is a saying that "since ancient times, good things have been hard to grind". If students want to meet the challenge of not being afraid of the stage, they need to take part in the "vocal music performance competition" more often, and then enhance their self-confidence and gain a good psychological state from the stage during the continuous performance. Colleges and universities should also pay attention to the progress of "Singing Psychology", and launch the contest of "Vocal Performance" when talking about the psychological course of "Overcoming Stage Fear", so as to enable students to have a stage and practice vocal music on the stage.

Don't Understand the Connotation of Music Works

Vocal music performance itself is the re-creation of music works. It not only requires students to have good voice conditions, but also requires students to add their own emotional understanding in the process of singing. Before performing on stage, some students only explore the singing skills in vocal music works, ignoring

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the creative meaning and specific connotation behind the works, etc., resulting in the songs that are finally presented only with skills and no emotion. The audience can't feel the connotation of vocal music works from the performers' performances, and this kind of unsatisfactory performance will affect the psychological state of students or performers. Students are likely to have a certain psychological shadow because of the audience's indifferent eyes and judgments, and then, in the subsequent performance process, they will have the emotion of "being afraid that they are not doing well enough" and have anxious psychological problems.

Using "Singing Psychology" to Control Students' Psychological Problems in Vocal Music Performance

Professional Class Based on Vocal Music Performance, and Strengthen Students' Basic Skills

Skills are the foundation of vocal music performance. Only by stabilizing students' foundation, when students come on stage, they won't have the psychology of "can't do it by themselves". Therefore, students need to strengthen their basic skills in professional classrooms, and constantly improve themselves, so as to make their basic vocal skills stronger. If students have the problem of "off and on" or "unable to breathe" when singing, teachers can guide students, strengthen exercise and train their vital capacity. If students have the problem of "weak voice", then teachers can guide students to do flat support and exercise their abdominal strength. Of course, students need to practice their voices every day, and then learn more vocal skills. In the process of learning, students can imitate other people's voice skills first, and then combine their own voice characteristics to form their own singing style.

Combine the Course of "Singing Psychology" to Help Students Form Good Psychology

In the face of students who have no self-confidence and have a serious inferiority complex, the author thinks that students need to constantly improve their self-confidence, communicate with others, express their ideas and face difficulties positively and optimistically. In the process of practice, students should not only stabilize their basic skills, but also give themselves certain language hints, for example, "I have a good foundation, so don't be afraid to perform on stage!" "I have many advantages. I can sing both treble and bass, so I am the best!" And so on, students need to find their own advantages and bring them into play, so as to enhance their self-confidence (Liu & Han, 2021).

In the process of training, teachers must make students hold their heads high and look ahead. In the long run, students' psychological problems will be solved. Before performing on stage, students can't think too much, such as: "Can I perform well?" "Can I give full play to my advantages?" "Can I really guarantee that I won't break the sound?" Wait, these problems will affect the students' own psychological mood and can't sing this song well. Students need to maintain a "calm" mentality. In the course of "Singing Psychology", professional teachers can constantly let students perform on stage with the help of practical process, and then cultivate students' good psychological quality.

To Understand the Vocal Music Works in Advance, and Convey the Connotation of

the Song

Art comes from life, so people can see their own life in the mirror of art. When songwriters and composers create a vocal music work, they will add some deep meaning to the work. Therefore, before performing, students need to understand the connotation and creative background of the work itself, and find out the emotion to be expressed in the work during practice. For example, when performing "Eliminating Sorrow", which is not easy for Mao, students need to know the connotation and creative background of "Eliminating Sorrow" and make clear the confusion and dismay expressed by "Eliminating Sorrow". Then, with the help of the vocal music skills and emotional resonance that I have learned, I will practice the song "Eliminating Sorrow", so that when performing, the audience can feel the emotions and connotations expressed by "Eliminating Sorrow".

Persist to the Road of Vocal Music Performance and Form a Firm Will to Sing

If students want to go further and more stably on the road of vocal music performance, then they need to improve their basic ability, cultivate their love for vocal music and form a firm singing will on the basis of love tone. The course of "Singing Psychology" itself cultivates students' ability to control their own psychology in the performance process, and enhancing this ability can not only enable students to play their own advantages on the stage, but also enable students to fully understand the connotation of the works and convey the connotation of the works to the audience. Students will not suffer from stage fright, and their self-confidence will also give the audience a sense of artistic beauty.

To sum up, vocal music performance is a relatively complicated psychological process, and the expression of vocal music art has a rigorous production process as a guarantee. The musical activity of human beings is to transform the intuition of objective things into music that caters to the development of the times with the help of emotional processing. If you want to know the psychological process of vocal performers, then vocal performers need to rely on scientific and systematic self-examination to understand their own body structure and scientifically explain their vocalization. That is to say, strengthening the education of "singing psychology" in vocal performance majors will have a positive impact on students' future music path. Vocal music emphasizes comprehensiveness. In the process of teaching, students should not only be taught vocal skills, but also cultivate their ability to understand music and re-create. Vocal music is closely related to practical activities, so students can't leave the study of psychological elements. In vocal music teaching, students' psychological state plays an important role in singing quality, vocalization quality and teaching quality. The singer's psychology affects students' voice skills and voice emotions. Therefore, the teachers of vocal music performance major in colleges and universities need to pay attention to the education of "singing psychology", and cultivate students' good psychological quality, so that they can have strong perseverance to support their dreams, so that they can provide psychological guarantee for vocal music performance by strong will, so as to achieve their goals.

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