

Research on college students' music health teaching practice and its integration problems in the Internet era

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Abstract

In the reform and development of the times, the growing environment of college students has undergone radical changes, and the mental health problems of college students present new characteristics, which is also the focus of common concern of schools, families and society. After years of practical exploration, the concept and working system of college students' mental health education in China's colleges and universities have become more and more perfect, and colleges and universities around the world have opened professional mental health education courses. On this basis, according to the learning and growth needs of college students permeate the concept of integration of disciplines, the music program and mental health education together, the Internet era of college education reform has an important guiding significance.

Keywords

Music health education, Mental Health Pedagogy, Integrated Curriculum Design, Internet era.

1. Analysis of the integration problems of music health education for college and university students

In the Internet era, college students face a variety of pressures, which leads to the presentation of diversified mental health problems, as follows: first, learning problems. After entering the university, the learning mode will be changed from passive to active, no matter the knowledge understanding or skill training will put forward higher requirements for students' enthusiasm, and most of the students are difficult to adapt to this change, and in the long run, they will produce anxiety, fear and other negative emotions; Second, interpersonal communication. In the prevalence of the Internet today, communication between people has become easier, but the degree of strangeness between each other has risen sharply, which will lead to the formation of a closed mindset in the learning life of students; finally, individual consciousness. Under the influence of social and family factors, some college students have serious psychological problems, specifically manifested in depression, anxiety, obsessive-compulsive disorder and so on. If no attention is paid to these problems, then it will inevitably hinder the whole body and mind of students to grow up healthily. Music teaching can alleviate these problems to a certain extent, if the actual teaching method is appropriate, then it can become an effective way to treat students' mental illness. However, from the current design and implementation of music health education programs in colleges and universities, neither reflects the unique role of music education, nor the integration of the promotion of music courses and mental health education, the practice of classroom teaching is still based on traditional knowledge learning, students can not be positively affected by it.

2. Measures for the integration of music health education for college students in the Internet era

2.1. Expanding the teaching content of music health education

Traditional college music education belongs to the universal collective education and closed teaching classroom, not only lack of flexible classroom knowledge, but also limit the development of students' individual innovation. After entering the Internet era, music teachers in colleges and universities can use the Internet platform to collect and organize educational resources in different directions, and strengthen their own educational skills and enrichment concepts based on the Internet, so that students can learn and master more knowledge from the Internet platform at any time and any place. However, in this context, we should not only rely on teachers and students to take the initiative to transform classroom teaching, but also put forward a more perfect teaching evaluation mechanism to comprehensively assess the professional competence of subject teachers, constantly mobilize their enthusiasm for learning and innovation, and provide subject teachers with more opportunities to grow, so that they can become excellent talents needed for the teaching reform in the new era, and provide rich content for the learning and growth of students to ensure that students have a healthy mentality and good habits. good habits.

2.2. Fully utilize Internet technology

Music itself does not distinguish between national boundaries, and it is easier for two people who are strangers to get closer as soon as possible, and it is also an effective way to spread ideas and express emotions. Therefore, in the Internet era, in the face of closer and closer cooperation between countries, in order to ensure that college students establish correct values and attitudes towards life, and learn to scientifically deal with the information concepts of the media platform, music teachers in colleges and universities can invite music enthusiasts to answer the professional problems of music teaching, and integrate the shared teaching mode into the classroom, to constantly expand the students' knowledge, so that they can experience more fun in the exchange of music. More fun.

2.3. Comprehensively deepen the concept of subject integration

In the development of modern education reform, the comprehensive deepening of the integration concept of music discipline and mental health education in combination with Figure 1 will help the teaching reform realize dynamic development. The integration of music teaching and college students' mental health education should not only make reasonable use of the network technology platform, but also show the unique advantages of the discipline, and take into full consideration the differences in the learning needs and psychological performance of different groups of students at different stages, so as to establish an interesting, personalized and diversified teaching classroom, and to put forward a comprehensive skills assessment system, which facilitates teachers and students to clearly understand their own changes in effective communication and exchange. The proposed comprehensive skills assessment system facilitates teachers and students to clarify their own changes in effective communication, thus providing strong support for the development of music health education practice.

Step	Description
1. Identify Issues	Investigate teaching practices and identify mathematical issues
2. Establish Theme	Determine the research theme and plan teaching activities
3. Connect Disciplines	Integrate concepts across disciplines and redefine unit goals
4. Design Plan	Reorganize teaching content and collaboratively design plans
5. Reflect and Improve	Display research outcomes and reflect on teaching activities, balance disciplinary knowledge, and optimize teaching plans

Table 1 Concept of integration of music and mental health education

Conclusion

To summarize, in the current Internet background, the promotion of the integration of music courses and mental health education in colleges and universities has a promoting effect on the learning and growth of college students. Therefore, colleges and universities should make clear the problems that exist in the integration of practical education, focus on the long-term development of college students' learning, constantly expand the content of music health education, reasonably use the Internet technology, and comprehensively deepen the concept of integration of disciplines, so as to provide strong support for the reform of practical education.

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