

Teaching Methods and Application Research on the Integration and Penetration of Music Curriculum and Mental Health Education under the Background of Discipline Integration

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Abstract

As a unique form of artistic expression, music not only improves students' aesthetic ability, but also promotes the overall development of students' morality, intelligence, physicality, aesthetics and labor. Under the influence of traditional teaching concepts, current music teaching is often limited to singing and appreciation, without digging deep into the teaching elements and human potential of music courses. In the depth of the new curriculum reform, the teaching requirements of music courses have also changed. According to the age characteristics and psychological needs of students, the skillful integration of mental health education can not only effectively deal with the problems faced by the traditional music curriculum, improve the quality of music teaching, but also lay a solid foundation for the overall healthy growth of students.

keyword

Integrated Curriculum Design, Music Education, Mental Health Pedagogy, Interdisciplinary Teaching Methods.

1. Integration of ideological education and music appreciation teaching

In the different stages of students' learning and growth, the music curriculum always bears the important mission of shaping correct values and cultivating positive attitudes. Teachers can understand the age characteristics of students, choose the right time to skillfully incorporate positive ideological concepts, in a subtle way to stimulate students to learn and explore the potential for their long-term development to lay a solid foundation. In the study of the national anthem of the People's Republic of China, the teacher can first dig deep into the history and culture behind the lyrics, select a representative of the heroes of the war, the use of multimedia technology in the classroom to vividly demonstrate to the students of the Chinese nation's self-improvement, indomitable spirit of the nation, and to pass this spirit to the classroom and life, so that the students produce a strong patriotism feelings, at the same time, have a positive and upward, The students will develop a strong patriotic feeling and at the same time have a positive, persevering and courageous attitude towards learning and life concepts, sowing seeds of hope in their hearts and providing assistance for their learning and growth.

2. Promote music therapy centered on psychological intervention

As early as two thousand years ago in the Chinese medical masterpiece "Yellow Emperor's Classic of Internal Medicine", it is recorded that the correspondence between the five sounds and the five organs: "Liver is wood, in the sound of the horn, in the will of the anger; the heart

belongs to the fire, in the sound of the 徵, in the will of the joy; the spleen belongs to the earth, in the sound of the Gong, in the will of the thought; lungs belong to the gold, in the sound of the Shang, in the will of the worry; the kidneys belong to the water, in the sound of the Fe, in the will of fear ". These five tones - Horn, Character, Gong, Shang and Feather - are known as the "Five Elements of Heaven". Combined with the content shown in Table 1 below, when students listen to music, the tone and emotion of the songs will resonate and interact with the five organs, which can really achieve the effect of moving the blood, smoothing the spirit and heart. Music therapy, as a special form of psychological intervention, mainly utilizes the characteristics of music and its positive impact on human psychophysiology to promote the physical and mental health of individuals under effective guidance. In the development of modern education reform, the rational use of music therapy and its techniques, such as guided imagery, musical meditation, improvisation, etc., can help students to relieve learning pressure, focus on the classroom, solve the anxiety and depression produced by some students due to their studies or life, and enable them to correctly recognize the importance of self-growth and learning styles.

Table 1 Correspondence table of the five sounds and five organs

ive Elements	Wood	Fire	Earth	Metal	Water	Notes
Corresponding Organ	Liver (Gallbladder)	Heart	Spleen (Stomach)	Lung (Large Intestine)	Kidney (Bladder)	San Jiao (Triple Burner)
Five Tones	Jiao (Jaw)	Wei (Tongue)	Gong (Palate)	Shang (Teeth)	Yu (Lips)	Ancient Five Tones
Corresponding Phonetics	Q (Tooth sound)	D, T, N, L	G, K, H	Z, C, S	B, P, M	
Five Tones Corresponding Simple Characters	3 (Mouth)	5 (Tongue)	1 (Lips)	2 (Teeth)	4 (Nose)	Ancient Music Therapy
Internet New Five Tones	Y (Ah "a")	Y (En "en")	L (Nasal "h"eng)	W (Nasal "ang")	X (Lips "u")	Liujiaxian g Five Tones Method
Corresponding Six Characters	Hui (Read)	Ke (Read)	Hu (Breathe)	He (Speak, Laugh)	Xi (Sigh)	Xi (Whistle)
Six Characters Mantra	Hum: Read Hum	Ni: Read Ni	Ba: Read Ba	Ma: Read Ma	Hong: Read Hong	Mi: Read Mi
Corresponding Five Elements and Organs	Gallbladder	Heart	Spleen	Lung	Kidney	Bagua Number Therapy
Eight Extraordinary						

Vessels						
Corresponding Meridians						Use sound to activate meridians
Corresponding Directions	East	South	Center	West	North	

3. Creating a diversified and interesting teaching environment

Environment is very crucial to human growth and development, so in the context of subject integration, teachers should not only master the basic content and teaching objectives of music curriculum and mental health education, but also avoid a dull and uninteresting teaching environment and focus on providing students with a comfortable and relaxing learning atmosphere, so that they can bravely express their own views and emotions. Nowadays, although most schools have optimized the teaching conditions of music class, will set up a special music activity area, the use of advanced technology to provide students with diversified and interesting learning experience, all-round relief of students' learning pressure, so that students always maintain a happy and optimistic attitude towards life, but from the perspective of the practical educational effect, it still does not meet the expected goals. Therefore, teachers should make full use of all kinds of resources, reasonable use of multimedia technology, audio-visual stimulation, storytelling design, PPT, etc., to create a scene that meets the needs of music appreciation and music singing, introduce more interesting teaching elements, and always follow the teaching principle of equality and respect to encourage and support the students to express their own views, to find out and cultivate their unique strengths, and to give the students positive feedback to enhance their motivation and self-confidence in learning. We encourage and support students to express their own views, discover and cultivate their unique strengths, give them positive feedback, and enhance their motivation and self-confidence.

Conclusion

In conclusion, the skillful integration of music teaching and mental health education can enrich students' inner world, strengthen their aesthetic ability and singing memory, which lays a solid foundation for their overall healthy development. In the future, education staff should actively explore new strategies under the background of subject integration, and jointly promote the deep integration of art education and mental health education to provide a quality environment for students' learning and growth, so that they can really become the excellent talents needed for the development of modern society and contribute to the construction of the road of socialism with Chinese characteristics.

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