

Analysis on the Improvement Strategies of College Students' Sub-Health Psychological Status from the Perspective of Music Education

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Objectives: College stage is a critical period for students to become mature and independent, and it is also a period of rapid changes in physical and mental development. **Methods:** They need not only good ideological and moral qualities, scientific and cultural qualities and strong body, but also good psychological characteristics. With the implementation of the enrollment expansion policy in colleges and universities, the number of college students has increased sharply, and the mental health problems of college students have become more prominent. **Results:** Many students are in a state of psychological abnormality, but they have not reached the degree of illness, that is, mental sub-health state. In the current high-speed development society, college students are facing more pressures and challenges due to academic, employment, economic, emotional and other comprehensive factors such as uncoordinated interpersonal relationships. Music education, as an aesthetic education, plays a unique role in adjusting the sub-health psychology of college students. **Conclusion:** This paper discusses the promotion of college music education to the development of college students' mental health, and analyzes the methods of improving college students' mental sub-health state by college music education.

Keywords: music education; mental sub-health; college students

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Since the reform and opening up, China's economy has been developing and innovating, and higher education is also innovating ideas, so as to meet the needs of cultivating social talents, ensure that the output of college students can adapt to the development of social environment, and contribute their own strength to the society¹. With the implementation of the enrollment expansion policy in Colleges and universities, the number of college students has increased sharply, and the mental health problems of college students have become more prominent. Many students are in a mental abnormal state, but they have not reached the disease level, that is, the mental sub-health state². High quality college students not only need to have good ideological, moral, scientific and cultural knowledge and

strong physique, but also need to have good psychological characteristics³. Integrating mental health education into music education can effectively reduce the psychological pressure of college students, enhance their aesthetic taste, promote interpersonal communication, improve their technological innovation ability and have healthy personality⁴. The university stage is the last stage of many students' learning career. When college students go out of campus, they have to face the social reality such as postgraduate entrance examination, study abroad, job hunting or marriage. Therefore, many factors such as academic, economic, emotional and so on lead to the unstable psychological development of college students at this stage⁵. Music education is a special course in university education, its main purpose is

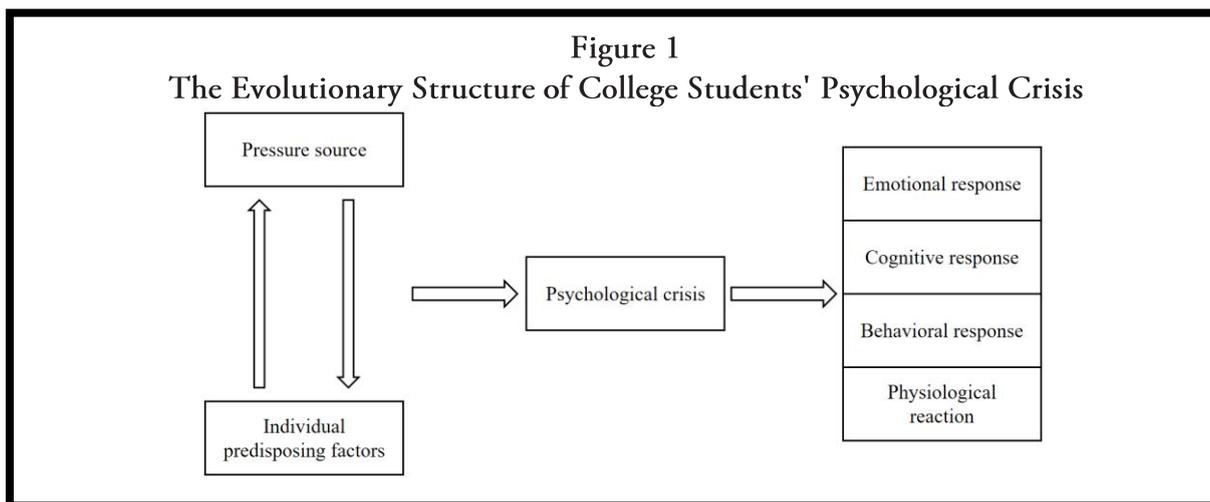
to cultivate students' aesthetic ability and cultural self-cultivation ⁶.

In fact, music education can also promote people's physical and mental health and keep happy mood. Quite a number of college students are in a state of mental sub-health, which makes their psychological confusion and problems reflected in environmental adaptation, self-management, learning, interpersonal communication, ideal realization, job hunting, personality development and emotional regulation increasingly prominent ⁷. Sub health is constantly changing and developing. Being in a sub-health state for a long time, it often leads to low immunity, mental irritability, high blood pressure, neurasthenia, cardiovascular and cerebrovascular diseases and mental disorders [8]. Mental health is very important for the healthy growth and success of college students. Music education has a subtle effect on the cultivation of College Students' sentiment and the promotion of harmonious interpersonal relationship. Music not only has educational and aesthetic functions, but also has a unique and powerful emotional function, so it has a special significance to improve the overall quality of college students, and will help college students to develop appropriate life goals ⁹. This paper discusses the promotion of college music education on College Students' mental health development, and analyzes the methods of college music education to improve college students' mental sub-health.

Help College Students to Establish a Good Attitude

After entering colleges and universities, students will be faced with a completely different environment from the past, and they will have to rely on their own efforts to complete their future life without the protection of their parents. College students should not only face the life of colleges and universities, but also contact with the society. Such a complicated situation is likely to lead to some cognitive deviations, especially in the face of reality, which is far from ideal. Music not only has the function of art education, but also has the function of relieving psychological pressure, which is one of the unique charms of music. Beautiful music can leave a deep impression on people, greatly reduce the psychological pressure of the audience, and bring happiness and satisfaction to a certain extent ¹⁰.

In college, only good interpersonal communication can help you get more opportunities and make more like-minded friends. Therefore, it is very important to improve the interpersonal skills of college students. However, in practice, we also find that many students are unwilling to face the surrounding people because of their personality, poor learning ability or various psychological problems. Figure 1 shows the evolution structure of college students' psychological crisis.



After students enter colleges and universities, the surrounding environment is quite different from before. In this process, students break away from their parents' protection and need to face the pressure of schoolwork and interpersonal communication independently. This situation may deviate from students' cognitive college life. Some students lack social experience and life experience, and have blind self-confidence, which leads to their inability to know themselves correctly. Some students are excellent before entering colleges and universities, but after entering colleges and universities, they find that they have many shortcomings, which brings a gap to their psychology. Emotion has a decisive influence on mental health. As music, it is the product of emotion and emotion, and it can naturally act effectively on the emotion and emotion of viewers and learners. Therefore, it is completely feasible to improve college students' sub-health psychology and prevent mental diseases through music education. China is transitioning from a planned economy to a market economy. The social changes in China have intensified people's mental pressure and work material pressure, which has increased the mental pressure of college students. In this case, universities can effectively reduce the psychological pressure of college students through music education.

Improve College Students' Interpersonal Skills

Interpersonal communication ability is very important in people's life. Only with strong interpersonal communication ability can we get more opportunities from life, which shows that it is necessary to improve the interpersonal communication ability of college students. College students will inevitably have various positive and negative emotions in their daily life and study. If there is a problem with mental health, it shows that students' negative emotions are more serious, which overwhelms their positive emotions. Therefore, an important direction of psychological adjustment is to make positive emotions always accompany college students

ts and fill their whole bodies. Music education involves a great deal of knowledge. Besides music theory knowledge, human geography, historical knowledge, character deeds and so on are the key points of education¹¹. Through effective music education, students can not only enrich their music theory knowledge, but also broaden their horizons and make them understand and master a variety of knowledge systems.

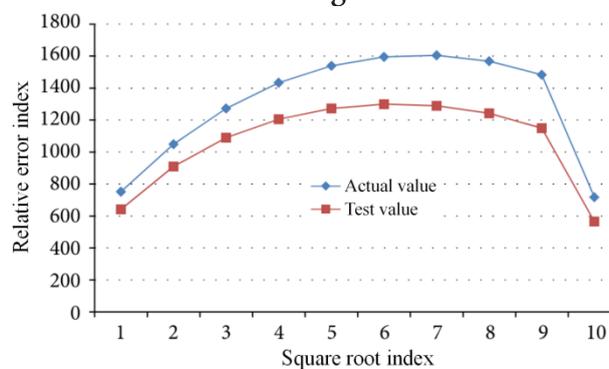
The sound of music can arouse people's joy and love, and music education can effectively help students with different personalities, hobbies and interests to have friendly communication and solve their communication difficulties. In the evaluation of rhythm, the choice of good rhythm will have a positive impact on the effect of music. Therefore, the assignment is made according to Table 1.

Table 1
Rhythm Weight Data

Number of notes	Rhythm weight
Greater than 20	0.6
Greater than 15 and less than 20	0.4
Less than 15	0.2

The linear regression curve is calculated according to the stepwise multiple linear regression equation, as shown in Figure 2.

Figure 2
The Relationship Between the Actual Value And the Calculated Value of Stepwise Linear Regression



Music not only contains music theory knowledge, but also involves humanities and geography. Different music has different creative backgrounds. In the process of music teaching, it can not only strengthen students' understanding of music theory knowledge, but also broaden students' knowledge and strengthen students' thinking about related content, so as to master the contents of various knowledge systems. The enhancement of music appreciation and cognitive ability can effectively cultivate college students' music appreciation ability, deepen their feelings and understanding of music, and on this basis, constantly exert their imagination and creativity, and combine the existing knowledge system

to improve their thinking and coordination ability¹². The adjustment and intervention of college students' sub-health psychology through music education is not a whim or a fantasy, but has profound and feasible theoretical basis, the most important of which is that music itself plays an important role in adjusting emotions. In this process, music education mainly helps students to strengthen their familiarity with the environment, reduce the tension caused by the new environment, and fundamentally improve students' attitude and enhance their understanding of themselves.

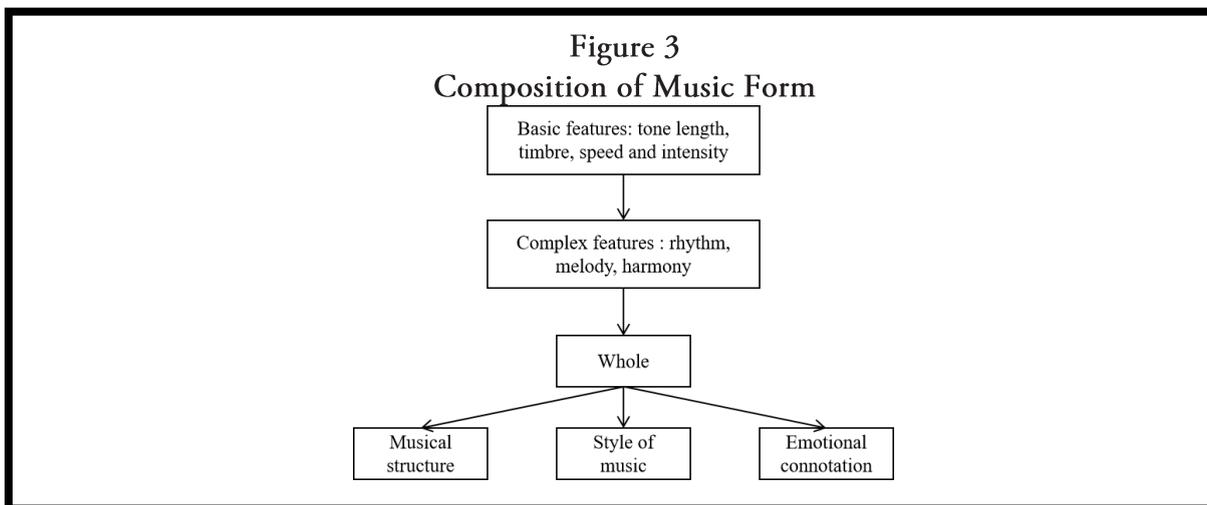
METHODS

Renew Educational Concepts

Music education is not a key discipline in colleges and universities, nor is it a mainstream course, so it is often ignored in colleges and universities. However, with the promotion of quality education, the influence of music education on college students' mental health has been more and more recognized by people. Music has a great influence on people, which can arouse people's emotions and change people's attitudes and viewpoints. The difference between music education and other educational fields lies in its strong emotion. While guiding students to feel the beauty of music works, it helps them to improve their ability of feeling. Only the ability of perception can really affect their inner

emotions. Compared with other subjects, music can be created emotionally and arouse students' thinking. In music courses, we will feel the attraction of music teaching and have emotional resonance, so as to effectively improve our skills and identify and develop noble qualities.

Music can make the audience's mind fluctuate through beautiful and vivid melody. People's beauty and the beauty of life stimulate the subtle love for nature. The function of music reflects people's educational spirit, noble feeling and aesthetic taste, so we need to fully embody the value of music in the teaching process. According to the basic and complex features of music, the overall features of music are identified. See Figure 3 for the specific structure.



Because music teaching is not a mainstream course, teachers inevitably have indoctrination teaching methods in the teaching process. They do not adopt the method of teaching students in accordance with their aptitude to guide students to pay attention to the feeling of beauty, and do not activate students' innovative thinking, so their psychological state is difficult to be changed in music class. Teachers should use more excellent music works in the classroom to arouse students' interest in learning music. Excellent works can also touch students' hearts more, so as to achieve the final desired effect. All over the world, there are countless excellent music works,

so teachers must make choices instead of blindly choosing them at will¹³. Music can be used not only for listening, but also for "enjoying". With the development of social sciences, computer information technology has been widely used in modern education, and colleges and universities have constantly quoted modern teaching equipment to assist teaching, which provides an opportunity for the development and reform of music education.

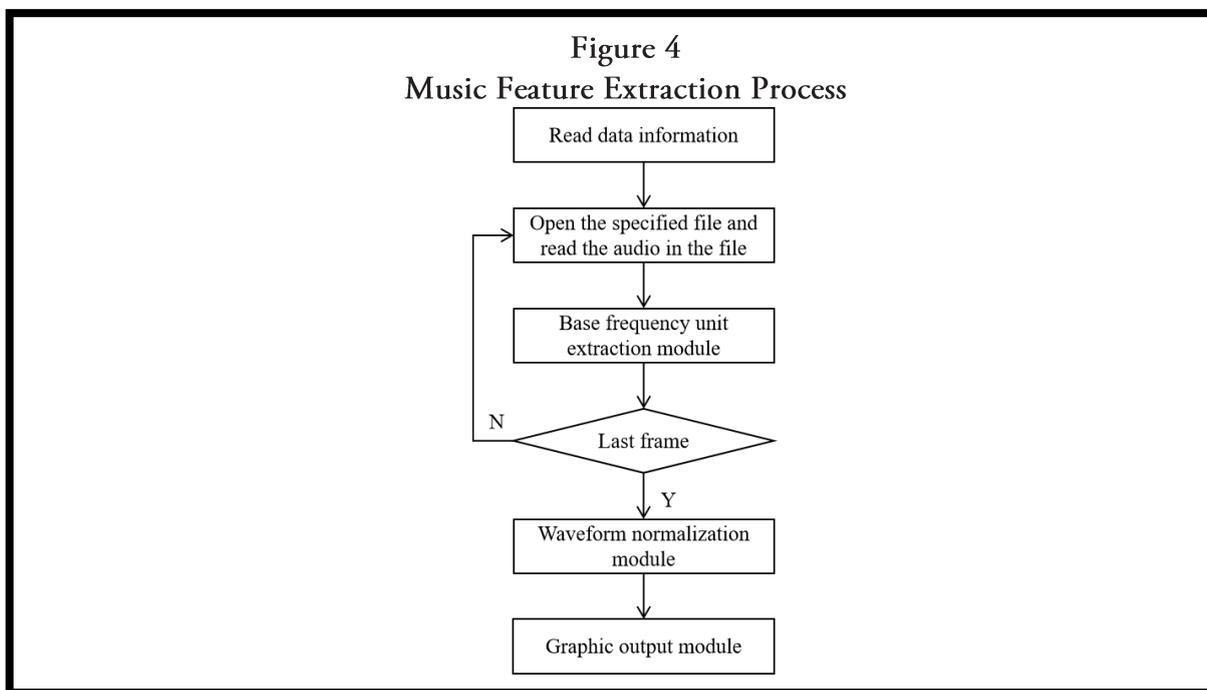
Strengthen the Construction of Campus Music Education

Beautiful music works will affect students'

emotions, awaken their resonance and purify their hearts. When students react strongly to beautiful music, they will subtly improve their moral development level to adapt to the development of the times. In music teaching, teachers can introduce the background of the work while playing it with multimedia equipment, so that students can have a deeper understanding of the thoughts, feelings and creative intentions of the work. Music activities are very important for building students' confidence effectively. Compared with college students, the interpersonal and social relations among college students are more complicated. When students leave home and parents, they often feel helpless and don't know how to solve interpersonal communication problems.

Education is to make students internalize knowledge, not passively accept it. Although music education is essentially different from other courses, it can have many feelings and experiences when listening and watching. However, in order to achieve more outstanding results, it is necessary to guide students to associate with music works and internalize them into their own feelings, which can be expressed through certain ways, so as to have a more important impact on students' mental health.

The audio file is converted into frequency spectrum, that is, the time domain is converted into frequency domain, and the frequency spectrum of the audio file is obtained. The process of realizing this function is shown in Figure 4.



Apply music model to music input method. Then the system selects a string that is most likely to be generated by solving the following decision function:

$$I(X;Y) = \sum_{y \in Y} \sum_{x \in X} p(x, y) \log\left(\frac{p(x, y)}{p_1(x)p_2(y)}\right) \quad (1)$$

The probability of a sentence can be written as conditional probability multiplication of 3 tuples:

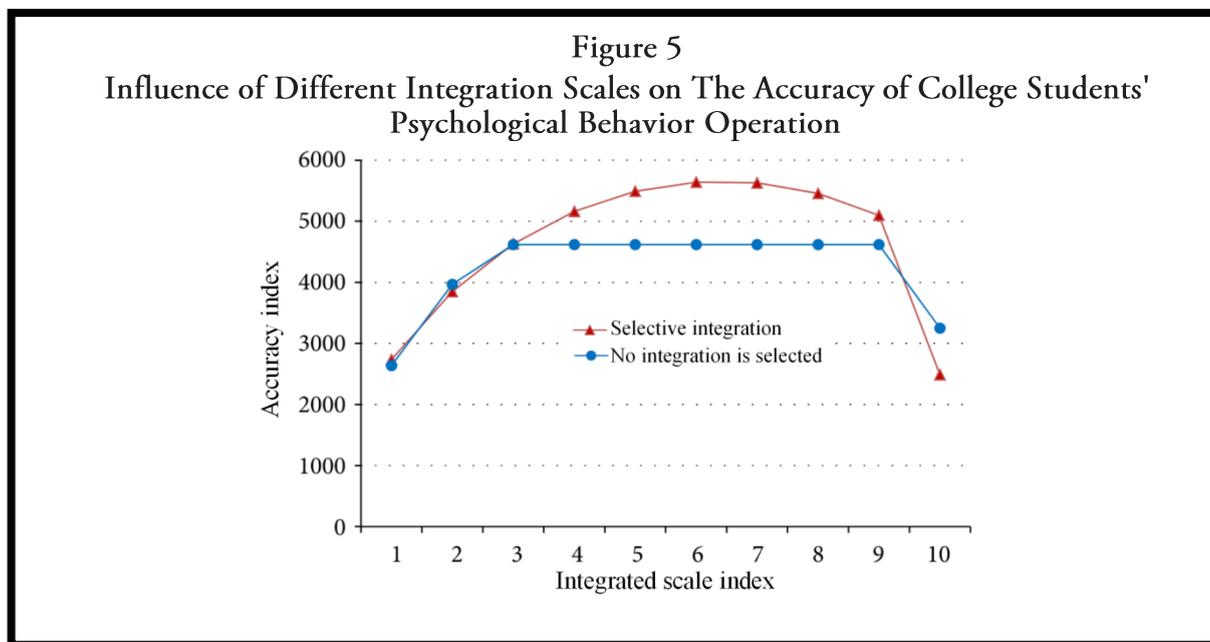
$$f(x_1, x_2, \dots, x_n) = \sum_{i=1}^n a_{ii}x_i^2 + 2 \sum_{i < j} a_{ij}x_i x_j \quad (2)$$

Wherein the probability of each 3-tuple is estimated by:

$$n = \sum_{i=1}^R P_i W_{l,j} + b \quad (3)$$

When constructing the base classification, it is necessary to comprehensively consider the storage

and time overhead allowed in practical applications to select the appropriate integration scale. As shown in Figure 5.



Compared with traditional psychological intervention, music therapy is more easily accepted by college students. In the process of accepting music baptism, it can not only change students' ideological understanding, but also trigger students' psychological changes, help students relax and achieve the comprehensive purpose of changing their mental state. Carrying out a series of campus music activities can enrich students' extracurricular activities, broaden their horizons, give full play to students' autonomy and creativity, create a good outdoor environment for them, rebuild healthy outlook on life and values, and enhance their interpersonal and social communication skills. Teachers can only integrate psychological knowledge in music classroom if they fully understand it. Therefore, music teachers should not only improve their mastery of music knowledge, but also strengthen their study of psychology, so as to better combine music with mental health in the future classroom.

DISCUSSION

With the continuous reform and development of higher education, the mental health of college students has become a top priority. Colleges and universities not only care about students' learning ability and adaptability, but also pay more attention to whether students have a healthy mental state. The education of students' psychological quality is an important part of university education. Music class plays an important role in enhancing students' psychological health and is a high-quality education method. Music class can not only make college students master music skills, but also help them to love their hometown, life and all good things through music, so as to cultivate their healthy personality. College students have not experienced enough setbacks and lack of social experience, so their emotions are not very stable and can easily change when encountering setbacks. Therefore, it is necessary to adopt reasonable methods to apply them. Compared with other disciplines, music plays an irreplaceable role, which can have an important impact on the mental health of college students. In addition to

learning music skills and skills, students can also experience the beauty of music and improve their artistic accomplishment, so as to cultivate perfect personality and good personality.

Human Subjects Approval Statement

This paper did not include human subjects.

Conflict of Interest Disclosure Statement

None declared.

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