



Research on the Intervention of Music Psychology Group Tutoring on College Students' Anxiety

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Abstract

This article explores the intervention effect and related strategies of music psychology group assistance in alleviating anxiety among college students. The study analyzed the current situation of anxiety among college students, including factors such as academic pressure, social pressure, and future anxiety, as well as various factors that affect anxiety, such as academic pressure, social factors, and family background. This article puts forward some strategies based on the theory of music psychology group assistance, including universities providing support and resources, society actively promoting mental health, and individuals actively participating in self-management. The comprehensive application of these strategies can help college students better manage anxiety and improve their mental health. Music psychology group assistance is a promising mental health intervention method that can help college students effectively relieve anxiety and improve their mental health and quality of life. This study provides a useful reference for universities, society, and individuals to better deal with the mental health problems of college students.

Keywords

Music psychology group assistant, college students, anxiety, strategies

1. Current Situation of Anxiety Among College Students

1.1 Mental Health Issues in College Students

College students face increasing academic pressure, including academic workload, interpersonal problems, and identity crises (Li Jiaju, 2020). This period often comes with the emergence of mental health issues. Anxiety is one common mental health problem that negatively impacts the lives and academic performance of college students. Anxiety symptoms can include emotional fluctuations, tension, self-doubt, worry, irritability, and physical symptoms like headaches and insomnia. These symptoms not only affect academic performance but can also impact social interactions and daily life. Universities should provide mental health support services and activities like music psychology group counseling to help students effectively cope with academic stress and anxiety.

1.2 Expressions of Anxiety Among College Students

Anxiety among college students can manifest in various ways, including academic anxiety, social anxiety, future anxiety, and life stress. Academic anxiety is often related to strict academic requirements, exam pressure, and workload concerns. Social anxiety can arise from the challenges of building social relationships in a new environment. Future anxiety results

from uncertainties about career choices and employment prospects. Life stress encompasses the need for independent living, financial management, time management, and daily responsibilities. Addressing these stressors can lead to anxiety relief.

1.3 Factors Influencing Anxiety Among College Students

Several factors influence the development of anxiety among college students, including academic pressure, social factors, family backgrounds, and individual differences. Academic pressure arises from course loads, exam pressures, and assignment requirements, contributing to increased anxiety. Social factors encompass social pressures, loneliness, and the challenges of adapting to new social environments, which can trigger or exacerbate anxiety. Family backgrounds, including family environments, expectations, and support, also play a role in college students' anxiety levels. Individual factors such as coping abilities, emotional stability, and self-awareness can influence anxiety levels as well. Understanding the current situation of anxiety among college students and related factors is essential for conducting effective interventions like music psychology group counseling.

2. Theoretical basis of music psychology group assistance

The theoretical basis of music psychology group assistance lies in the comprehensive application of music therapy, emotional regulation, and group therapy. Through the emotional expression and resonance of music, as well as the interaction and support between team members, music psychological group assistance is expected to provide an effective intervention method for college students to relieve anxiety. This theoretical basis provides a solid foundation for the practice of music psychology group assistance and provides strong support for the improvement of college students' mental health and happiness.

2.1 Overview of music therapy

Wang Wei (2012) uses music and musical activities to promote recovery and psychotherapy at the physical, emotional, cognitive, and social levels. Music therapy is an activity that uses the creative use of art media as a carrier of non-verbal and representational communication to effectively achieve individual or social therapeutic goals through the interaction between teachers and students (Sheng Yongjin, 2022). Music therapy can be divided into various forms, including individual music therapy and group music therapy. In music psychology group assistance, team members participate in music activities together to achieve the goal of improving mental health.

2.2 Music and emotional regulation

Music has a powerful ability to regulate emotions, which is one of the core foundations of music psychology group assistance. Music can stimulate and express emotions, helping individuals identify, understand, and process their own emotional states. Through music, participants can express negative emotions such as anxiety, anger, and worry, while also promoting positive emotions such as joy, comfort, and relaxation. The emotional expression and emotional resonance of music can help improve an individual's emotional regulation ability and reduce anxiety.

2.3 Group therapy and music psychology group assistance

Group therapy is a treatment method widely used in the mental health field that achieves therapeutic goals through sharing and interaction in a group setting. Music psychology group assistance combines the principles of music therapy and group therapy (Zhi Mengyun, 2019), in order to achieve the goal of treating anxiety among college students. Shared musical experiences among team members help build trust and reduce social tension while promoting emotional resonance and mutual support. Music provides a form of non-verbal communication that makes it easier for participants to express their inner feelings, promoting the deepening of the therapeutic process and individual growth.

3. The application of music psychology group assistance in alleviating anxiety among college students

3.1 Overview of music psychology group assistant

Music psychology group assistance is a psychological group assistance method that organically combines music and psychotherapy principles, providing an innovative and effective mental health intervention approach for college students.

In music psychology group assistance, music is not only considered an emotional medium but also a non-verbal communication tool. Through the power of music, participants can explore and express their emotions, needs, and experiences more deeply.

The activities of music psychology group assistance are diverse and can include music performance, singing, music appreciation, music creation, etc. These musical activities not only provide an outlet for emotional expression but also encourage interaction and collaboration among team members. Therapists often select appropriate music activities to meet the specific needs and treatment goals of team members. For example, music performance and creation can help participants express emotions they cannot express in words through music, while music appreciation can trigger positive emotional experiences and promote emotional resonance among team members. One of the characteristics of music psychology group assistance is the participation in group form. In this group environment, team members can build trust and emotional connections and feel supported and understood. Music provides a safe emotional space that makes participants more willing to share their inner feelings, while also providing the therapist with the opportunity to better understand each participant's emotional state and needs.

In addition, the music psychology group also focuses on the interaction between individuals and music. Through music activities, participants can interact with music, explore its emotional expression, and draw strength and inspiration from it. This interaction helps improve an individual's emotional regulation skills and helps them better understand and deal with their emotional distress. Music can also be viewed as an emotional mirror, reflecting the participant's inner emotional state, making it easier for them to recognize their emotional needs and seek appropriate support and solutions.

3.2 Effects and advantages of music psychology group assistance

Research shows that music psychology group assistance can effectively relieve college students' anxiety and induce positive emotions. Through music, participants can more easily identify, express, and regulate their emotions, providing an efficient way for emotion management. Music is not only an emotional medium, it can also be a mirror of emotions, helping college students better understand and deal with their inner emotional distress. In a musical context, participants build trust and emotional connections, which facilitate more open sharing of feelings and experiences, promoting interaction and resonance among group members. Group interaction not only supports the sharing of emotions but also provides a powerful platform for building an emotional support network.

In addition, the Music Psychology Group encourages participants to express themselves creatively through music. This method of expression not only releases inner tension but also provides a unique way to process emotions. The creative expression of music helps college students better understand their emotions. Understand and cope with your own emotional needs. The effects of music psychology group assistance can also last for a period of time after the intervention. Participants continued to use music as an emotional management tool after the treatment, indicating that music psychology group assistance has a positive impact on the maintenance of long-term emotional health. Taken together, these advantages jointly support the development and promotion of music psychological group assistance as a promising mental health intervention method.

4. Strategies for relieving college students' anxiety through music psychology group assistance

4.1 Universities should provide support and resources

Universities should provide the necessary resources and support for music psychology groups to ensure the smooth implementation of this intervention method. This includes providing advanced music equipment, professional training for music therapists, and appropriate venues to ensure the quality and effectiveness of group support activities. Music therapists need to possess professional knowledge and skills in music therapy in order to effectively guide participants in music activities and provide psychological support. The provision of these resources not only contributes to the effective implementation of music psychology group support but also helps to broaden the channels for mental health education in universities and meet the needs of different students.

Music psychology group support can not only help students alleviate anxiety but also promote the goals of music education and cultivate students' interest and talent in music. In addition, universities can also consider integrating music psychology groups into campus mental health services, collaborating with the school's mental health service department, in order to provide this intervention method more widely to students in need and provide more comprehensive support for their mental health and comprehensive development. Such cooperation can help break down barriers to mental health services and allow more college students to benefit from the intervention of music psychological groups.

4.2 Society should actively promote mental health

Society should actively promote mental health, help reduce social stigma and prejudice against mental problems, and provide broader mental health support to college students. To this end, society can strengthen mental health publicity and education, disseminate mental health knowledge and awareness of mental illnesses through multiple channels, and promote social understanding and acceptance of mental health issues. This will help eliminate stereotypes that are not conducive to mental health intervention and make college students more willing to seek and accept mental health interventions such as music psychology group assistance.

In addition, all sectors of society should actively support and promote policy measures to improve the accessibility and quality of mental health services. This includes increasing funding for mental health services to meet growing demand. Society, government, and educational institutions can work together to build more mental health resources and institutions to ensure that college students have easy access to mental health services, regardless of their region or social background. This kind of positive social support is one of the key factors in achieving the success and sustainability of mental health interventions such as music psychology group tutoring. It helps to improve the mental health level of college students, thereby laying a solid foundation for their academic and life health (Liao Shuqun, 2018).

4.3 Individuals actively participate in self-management

College students should actively participate in music psychology group tutoring or other mental health activities to proactively seek help. Being aware of your anxiety is the first step to solving it, and you can manage it through self-care practices such as regular exercise, healthy eating, getting enough sleep, and learning ways to cope with stress. Music can also be part of a person's self-care routine, by listening to, playing, or creating music to relieve anxiety. If you feel anxious or unable to relieve yourself, you should actively seek support and help from a mental health professional. Music psychology group tutoring can be a beneficial option, providing professional guidance and support.

Taken together, music psychology group assistance has great potential in alleviating anxiety among college students. Universities can provide resource support and integrate mental health services, society should strengthen mental health publicity and policy support, and individuals can benefit from music psychology group assistance through active participation, self-care, and seeking support. The comprehensive application of these strategies will help college students better manage anxiety and improve their mental health.

5. Conclusion

This study draws the following conclusions through a comprehensive analysis of the current situation of college students' anxiety, the theoretical basis of music psychology group assistance, and the application of music psychology group assistance in alleviating college students' anxiety:

As a psychological group assistance method, music psychology group assistance is based on the theoretical basis of music therapy, emotional regulation, and group therapy, and provides an effective intervention method for college students to relieve anxiety. Music has powerful potential for emotional expression and emotional resonance, while interaction and support between group members can enhance therapeutic effects.

In order to further promote the application of music psychology group tutoring among college students, it is necessary for universities to provide support and resources, for society to actively advocate mental health, and for individuals to actively participate in self-management. Colleges and universities should provide the necessary resources and support to integrate music psychology group tutoring into campus mental health services. Society should strengthen mental health publicity and policy support to improve the accessibility and quality of mental health services. Individuals should actively participate in music psychology groups or other mental health activities, be aware of their own emotional problems, and take positive self-management measures.

In summary, music psychology group assistance provides a promising intervention method for college students to relieve anxiety. It requires active cooperation and support from society (Ma Yan, 2022), universities, and individuals to improve college students' mental health, improve their quality of life, and help them become more active. Cope well with challenges in school and life. This study provides useful reference and inspiration for future in-depth discussions on the effectiveness of music psychology group assistance and how to better apply it to practice.

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