

# Research of Cultivating Music Inner Hearing based on the Principles of Business Psychology

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**Abstract.** As a very important part of music quality, it is very important and necessary to improve and cultivate the music content auditory ability. The auditory quality is not only innate, but also can be improved through continuous training. Based on the effective application of the principles of business psychology and following the internal rules and methods of music inner hearing, this paper conducts scientific and systematic training on memorization, music memory and inner silent singing and other related aspects, so as to further improve the ability of music inner hearing and other related aspects.

**Keywords:** business psychology; Inner hearing; Music memory.

## 1. Overview of the Basic Contents of Music Inner Hearing

Listening is an important part of music activities. To be exact, any kind of music activity that exists is based on listening. In the specific process of hearing, inner hearing is an important determinant to promote the realization and development of music imagination, and also a necessary prerequisite to promote the normal development of music. Schuman also mentioned the important role of inner hearing in his "Advice to young musicians". In the creation of his work "symphony no. 9", Beethoven even closed the original hearing and created through inner hearing. It can be seen that inner music hearing, as a branch of music education, provides people with a broader space and the possibility of in-depth development [1].

But music content hearing exists not only as a music ability, but also as a psychological mechanism possessed by musicians. In the process of targeted promotion and training, psychology and other related knowledge should be effectively applied. Then further in-depth system of rich music auditory training and other related content. As an art form of pleasure and delight, music has a very flexible ideology in both external expression and internal activities. Therefore, in the process of music teaching, it is necessary to pay attention to the cultivation of students' music theoretical knowledge and increase their inner auditory ability of music through appropriate training content. Relevant research shows that as the main body of classroom teaching, students' psychological and mental activities jointly construct a theoretical discipline with regularity and scientific. Therefore, in the future music learning and teaching process for students, psychology is no longer a simple external description between stimulus and reaction, but more focused on the discovery and memory of objective things in the mind. This is undoubtedly the best training and training method for music inner auditory training.

## 2. Application of Principles of Business Psychology in Music Inner Auditory Training

Music inner auditory training is diversified. One of the more widely used courses in psychology is business psychology. In simple terms, business psychology is based on the law of human development and the content in business activities, the behavior of the targeted research, the law of "55387" is the best summary, namely the external appearance and manner, 55% affects other people's first impression of its talking body language expression and tone (38%), the remaining 7% belong to the content. The largest proportion is the most authentic reflection of a person's inner activities [2]. Therefore, in the process of music inner auditory training, the application of business psychology has the following specific ways:



students' Long-Term memory can be effectively improved. As shown in the figure below, the content of music can be trained by similar association, or even by analogy.



### 3. Targeted Training of Inner Singing

Inner silent singing is not only an important part of music inner hearing, but also an important training way to improve music inner hearing. Therefore, in the process of effectively cultivating the principles of business psychology, it is necessary to focus on the targeted training of inner singing. First of all, the training of scale can be further transferred to the training of music. In the primary training extreme, with the vocal singing and singing to alternate training, in the process of step training, part of the content of singing will gradually increase. In this process, teachers need to constantly guide students to effectively grasp the flexibility of their silent singing, so as to avoid mutual interference or classroom disturbance in the process of collective silent singing. Secondly, silent singing can also be used for the training of harmony and chord learning. For example, teachers can play a coronal or root note as the starting point, and ask students to perform silent singing mentally, and then sing out accurately and positively after stabilizing the treble. Finally, it is necessary to improve students' attention in music learning and training. From the perspective of psychology, attention is the concentrated demonstration of willpower and concentration, which will increase the effect of external stimulation. Therefore, improving attention is also one of the important contents of silent singing training.

### 4. Conclusion

Music inner auditory training is a very hard and long-term music training content. The level of its training directly affects whether students can achieve good development in the future music career. The progress and development of The Times make it possible for students to develop and improve their inner world. Therefore, in the process of targeted application of business psychology, it is necessary to follow the principles of psychology and grasp the coordination of music inner auditory ability, so as to form a scientific, rational and balanced music knowledge content system.

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