3rd International Conference on Economics and Management, Education, Humanities and Social Sciences (EMEHSS 2019)

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

Xiaxuan Zheng

College of Chinese Language and Literature Cultural Industries Management, Fujian Normal University, Fujian 350117, China

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:

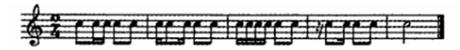


2.1 Training Method of Instant Music Content Memory

Many studies have shown that after the external sensory stimulation stops, human feelings do not disappear immediately, but will retain the impression and function for a short time, in daily life, we often call it the instantaneous memory. In the process of music inner auditory training, the content is relatively complex and diverse, which not only involves the difference of tone and sound, but also requires the accurate discrimination of the use of Musical Instruments. If there is no instantaneous memory, it will affect the music learning in the second stage, resulting in out-of-tune and intonation problems and other phenomena. Therefore, timely and effective training of instant music content memory is very important and necessary. First of all, there is the need for jam singing. After the students hear the music, they will use other music to disturb the students' psychology and attention, and then perform the model singing. They can also disturb the students by means of single tone, chord or discussion and communication, so as to further improve the students' instantaneous memory ability. Secondly, the method of delay singing can be adopted to help students enhance the training of absolute intonation. After the students heard the music, they were guided to memorize the highpitched position and the low-pitched position. After staying for a period of time, they sang the model song again. Teachers need to master the accuracy of their singing and the length of the interval, so as to ensure that the training content can effectively improve students' instantaneous memory ability [3].

2.2 Short-Term Music Content Memory Training Method

In daily life and operation, the contents can be stored and memorized within one minute, which is often called short-term memory. In the process of music inner auditory training, the composition of music melody and rhythm is mostly completed by short-term memory. However, for students of music, it is difficult to memorize the melody and compose the rhythm in a short period of time. Therefore, in the process of training through business psychology, it is necessary to help students master the relevant content and characteristics of short-term memory. First, short-term memory has some storage space. Five to nine units is the amount of memory that is regular. To organize and memorize the materials by means of block coding and so on, it will need to increase its memory storage space. For example, in the rhythm dictation process as shown in the figure below, it can be used to make block memory according to the difference of rhythm bars, or it can be used to make joint memory according to whether the melody is similar or not, so as to find the rule of Short-Term memory.



Secondly, as the continuity and sublimation of short-term memory, instantaneous memory may reduce and blur with the passage of time. Therefore, in the process of music inner auditory training, it is necessary to consolidate and practice repeatedly to provide more reprocessing opportunities for the information content. Then, on the basis of scientific learning of music content, the creative ability of music is improved [4].

2.3 Long-Term Music Content Memory Training Method

The storage time of Long-Term memory is much longer than that of instantaneous memory and short-term memory, even lifelong memory. Not only that, Long-Term memory also has a "backup" function. In short, when the content needs to be memorized, the stored information in long-term memory will be specifically activated and extracted, and integrated with short-term memory. After learning for a period of time, many students have the absolute sound sense, debugging sense and related harmonic functions, which are constantly played by long-term memory. Long-Term memory has a strong memory storage space and can be encoded or combined on any form of those memories. For example, in the process of hearing and the quality of sound degree, it not only includes many parts of the content of music hearing, but also has the internal psychological rules. In this way,



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.

References

[1]. mei. huang Research on methods to cultivate students' inner auditory sense -- a case study of "solfeggio and ear training" course of musicology major in colleges and universities [J]. Journal of chizhou university, 2018.



- [2]. jie.li Research on the application of music educational psychology in music teaching activities on music educational psychology [J]. Education review, 2018, No.227(05):168-169.
- [3]. chuanhui. zhong How to cultivate students' creativity in classroom teaching -- thinking and practice based on music teaching in universities [J]. Research on higher education in chongqing, 2018.
- [4]. yan. Wu On the cultivation of inner auditory sense of music [J]. Music creation, 2018, 328 (12):169-170.