



The Value of Music Aesthetic Education to the Psychology of Contemporary Middle School Students

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Abstract. Music education is an significant content of aesthetic education. Exploring the laws of music aesthetic education through music aesthetic education, and leveraging the vital role of music aesthetic education in the harmonious development of humanity. Taking music as the medium of aesthetic education is an important part of perfecting quality education. Music education plays an vital role in the art and aesthetic education in schools, and can shape the harmonious and healthy development of aesthetic subjects. Music aesthetic education plays a pivotal role in fostering students' emotional development. This article analyzes the psychological characteristics of contemporary middle school students through literature review and other methods, comprehend the present situation of music aesthetic education of middle school students core literacy, Analyzing in-depth cases of the psychological value of music aesthetic education and proposing challenges and coping strategies for the current psychological value of middle school students in music aesthetic education, aims to explore the value of middle school mental health, promote music aesthetic education of the psychological value of contemporary middle school students.

Keywords: Music aesthetics; middle school students; education; psychology;

1 Introduction

With the rapid development of modern community and the change of educational concept, music aesthetic education is of great significance to the spiritual growth of modern middle school students. Music is a special art, which can not only enrich the soul of college students, but also can play an pivotal role in their physical and mental development.

The relevance of aesthetic education for the mental health of modern middle school students is indispensable. in the learning process, students can not only Enhance my artistic literacy, but also get an all-round development in the emotional, psychological and social aspects. Therefore, we should strengthen the music aesthetic education of students, and provide them with more places to communicate with music, so that they can develop healthily under the influence of music.

2 Analysis of the Psychological Characteristics of Contemporary Middle School Students

2.1 The Types and Manifestations of the Psychological Issues Among Middle School Students

By reason of the existence of multiple psychological issues in junior middle school, there are numerous types and diverse forms. The main manifestations are anxiety, depression, inferiority, interpersonal distress, study pressure, and so on. Patients will have a lot of worry and tension, and in severe cases, they may also experience physiological symptoms such as palpitations and sweating. The main symptoms of depression are low mood, reduced interest, fatigue and weakness, serious people will also appear inferiority, negativity, world-weariness and other emotions. College students with a high level of inferiority complex often experience psychological issues such as being inferior and lacking confidence, which can lead to negative phenomena in society, academics, and other aspects. Interpersonal issues mainly refer to students' communication problems with classmates, teachers, or parents, and it is complicated to establish or maintain positive relationships with others. Excessive learning stress can cause inattention, memory loss, and grades.

Furthermore, there are also psychological issues such as reverse psychology, the confusion of self-identity, and large emotional fluctuations. Rebellion means that students have a strong sense of resistance to the discipline of their parents or teachers, and consciously violate their own will. The confusion of "self-identity" is the confusion of their identity, values, and future development during adolescence. When people's mood fluctuations are relatively large, there will be some emotional fluctuations, which are likely to be influenced by some external reasons, and the occurrence of high and low emotional conditions. Understanding the various psychological issues of teenagers is helpful for parents, teachers, and students to correctly understand and deal with the psychological issues of teenagers, and play a positive role in the healthy development of teenagers.

2.2 The Primary Factors Affecting the Psychological Development of Middle School Students

1. The Influence of Family, School, and Society.

During junior high school, home environment is a key factor affecting the physical and mental health of youngsters[1]. Parenting styles, family atmosphere, family financial resources and other factors play an important role in the mental health of junior high school students. A warm and warm family atmosphere can bring a sense of safety and belonging to junior high school students, and promote their correct self-understanding and harmonious relationship.

Meanwhile, it also has a certain guiding role for the mental health of junior high school students. The learning motivation, confidence, and social skills of students are influenced by the teaching methods of teachers, teacher-student relationships, communication among classmates, and the overall campus atmosphere. A positive and

inclusive campus atmosphere can give full play to students' potential and foster their positive lifestyle.

In addition, this article also analyzed junior high school graduates from both theoretical and practical perspectives. Social values, cultural traditions, media information, and major social events have different influences on the thinking mode and thinking mode of middle school students. In an open, diverse and inclusive social atmosphere, junior high school students can better accept Various opinions and suggestions, and cultivate their own independence and critical consciousness.

In short, family environment, school education, social and cultural background have a certain role in their mental health and personality development. At school, teachers should attach importance to and improve students' mental health status, so as to create a suitable learning atmosphere for them.

2. The Influence of Aesthetic Education on the Psychological Development of Middle School Students.

In middle school, we cannot neglect the effect of core competencies on students' psychological development[2]. Core literacy is a kind of critical thinking, creativity, communication skills, teamwork spirit, and other skills. In high school, learning for students can improve their learning ability, it is beneficial to cultivate students 'awareness of frustration, make them communicate well with others, resolve conflicts, and strengthen psychological flexibility.

At the same time, through the cultivation of its core quality, it has been fully developed in both the academic and spiritual level. Therefore, in education and teaching, we should pay attention to the core quality education for students to provide strong support for their development.

3 Cultivation of Music Aesthetic Education to Middle School Students

3.1 Music Aesthetic Education Can Cultivate Middle School Students' Aesthetic Perception

Through a exhaustive understanding of all kinds of music forms and schools, middle school students have opened a vast number of middle school students. In this way, it can not only broaden students' aesthetic horizon, but also enable students to find more possibilities and diversity from the world of music. These diversified experiences can not only enrich students 'emotional life, but also upgrade students' appreciation level.

Through the in-depth understanding of various music, junior high school students have a more sensitive understanding of the beauty of music, and thus develop a more detailed, more profound musical emotion. This skill is not limited to music, but extends to their lives, giving them a more complete understanding of the world.

3.2 Music Aesthetic Education Contributes to Enhancing the Artistic Literacy of Middle School Students

The study of music is not only to master the melody and rhythm of music, but also to have an in-depth understanding of the structure, historical background, and the rich cultural heritage of the work. Through the in-depth analysis and research of the music, not only can cultivate the children's logical thinking ability, concentration and memory, but also will be greatly helpful to the study of other subjects.

In teaching, it not only improves students' aesthetic taste, but also lets them experience the deep feelings and profound thoughts contained in it when listening to music. Additionally, learning music can also cultivate students' sense of teamwork and sociability. During the process of participating in group music, students could acquire to hear to others' perspectives and communicate with each other to achieve their goals.

In general, learning music can not only improve students' art quality, but also make students fully develop in all aspects. [3]More importantly, learning music can stimulate children's creativity and imagination. In this sea of music, they can freely express their thoughts and emotions, using their own composition and playing ways to transform the heaven and earth in their hearts into touching melody and rhythm. In the meantime, students can not only develop their creative thinking ability, but also learn techniques for communication and expression in the modality of art, which is of fantastic significance for their future life and career development.

At the same time, through the study of music, the junior high school students have an extra profound understanding of the music of various cultures. Through understanding the music of various countries and places, students have broadened their horizons and deepen their understanding and regard for each other.

3.3 The Role of Music Aesthetic Education in Promoting the Creativity of Middle School Students

1. Stimulate Students' Imagination and Creativity.

Music is a very attractive, very confusing abstract art, it has a special charm, it can penetrate everyone's heart, touch the most fragile place in their heart. Through the beautiful music and rhythmic rhythm, let the students experience a variety of emotions and situations, and arouse strong feelings and connections in the bottom of their heart. Let the child follow the guidance of the music, to play their imagination, let the child place themselves in a dream, feel a rich variety of emotions and plots.

The imagination space generated by music is not limited to the category of music, but can be extended to other subjects and life. For example, in the study of literature, through the stimulation of music, enable them to have a deeper understanding of the ideas and emotions conveyed in the article; in the use of music, students can have a deeper understanding of the background of the time and the emotions expressed. In addition, in the usual learning activities, we can also inspire children's creative thinking, so that they can have more creativity when faced with different problems and problems.

It is both an art and a powerful means of teaching. Guided by music, students can gain more experience and growth in the process of learning, and also demonstrate great creativity and imagination ability in other subjects and practical learning activities, so that the overall quality can be improved in an all-round way.

2. Cultivate Students' Innovation.

By deeply analyzing and understanding various types of music works, students can exercise multiple perspectives and multi-level thinking modes. Such multi-dimensional thinking is not only beneficial for students to seize the total content of the music, but also contributes to the development of students' thinking methods. Such creative thinking can enable them to make breakthroughs in scientific research and demonstrate their unique competitive advantages in future work and social intercourse. On this basis, students can deal with more difficult problems with high strain ability, to achieve excellent results in the changing market.

While fostering students' ability to innovate, it can also enable them to achieve full development in emotional, thinking, and social aspects.

3.4 The Correlation Between Music Aesthetic Education and Social Adaptability

1. Music Aesthetic Education Can Enhance the Individual's Understanding Ability.

Musical works often accumulate rich emotions and thoughts. By learning and enjoy music, people can preferably understand and assert their emotions, and at the same time can more keenly perceive the emotional state of others. This kind of emotional resonance and understanding helps individuals to establish a more harmonious interpersonal relationship in social communication.

2. Music Aesthetic Education Can Improve Individual Cultural Accomplishment and Aesthetic Appreciation Ability.

Music is not only an art, but also a profound cultural phenomenon that contains rich historical and cultural information. Through the in-depth study of it, we can find the mystery of the form and expression mode of music in various nationalities and times, and then expand our humanistic vision, and have a more profound understanding of the unique charm of each music school. Through the deep understanding and grasp of music culture, individuals can improve their cross-cultural communication skills and enhance their own humanistic cultivation.

In manifold societies, individuals with higher levels of education are more likely to adjust and integrate multiple cultures. Through the common language of music, they can effectively communicate and interact with various cultural figures, thereby creating a more harmonious interpersonal relationship and social atmosphere. Music is a kind of common language of cross-national, cross-cultural and cross-cultural communication. It can enable human beings to transcend time and space, and achieve spiritual and spiritual communication.

Therefore, in the study of music, in addition to appreciating all kinds of beautiful tunes and rhythm, but also can have a deeper understanding of the musical traditions and writing skills of various nationalities. Through these in-depth experiences and research, individuals can improve their humanistic cultivation, so that individuals can face different challenges more calmly and confidently in diverse social situations.

3. Music Aesthetic Education can also Cultivate Individual Self-Discipline and Concentration.

Learning music is a long-term practice and concentrated work, this work can train a person's self-restraint and concentration. If a person has strong self-restraint and concentration ability, he can more calmly cope with all kinds of challenges and work from social life.

Music aesthetic education is closely related to students' social adaptability. [4]In the teaching of music aesthetics, individuals can not only improve their own aesthetic cultivation, but also obtain all-round improvement in various aspects of emotional expression, creativity, cultural accomplishment and self-restraint, so that they can better integrate into social interaction, Establish harmonious interpersonal relationships and settle various types social problems.

4 In-depth case Analysis of the Psychological Value of Music Aesthetic Education

4.1 The Relationship Between Music Competition and Self-Identity

Music competitions have a great impact on the development of many people, which is not only a stage for them to show their musical talents, but also an important factor in shaping their personal personality. By participating in these activities, the contestants can not only accumulate rich playing experience, but also gradually find their strengths and weaknesses in the continuous practice and competition, so as to have a clear understanding of their future music career.

Music competition has multiple influences on the construction of individual identity. By showing their talents, challenging themselves, communicating and interacting, and getting feedback, the contestants can continue to develop on the road of music, gradually have a complete and objective cognition of themselves, and gradually establish their own personality.

4.2 The Relationship Between Musical Aesthetic Activities and Students' Emotional Regulation

1. Classical Music.

The classical works have a compact structure and a beautiful melody, giving people a special aesthetic feeling. First of all, the melody in classical music can give people a sense of stability and peace. Such a psychological state can help them reduce various stress, anxiety, and other psychological problems in their study and life. For

example, Beethoven's "Symphony", with its beautiful tune, a large number of harmonies, makes people listen at the same time, there is a feeling of comfort and relaxation.

Secondly, the rhythm and movement of classical works can enable students to preferably concentrate their spirit, so as to better achieve the purpose of concentration. Improve your research results. For example, Haydn's Piano Four, which uses a lot of polyphonic techniques to skillfully choreograph melodies that activate the students' thoughts and enable them to concentrate on their exploration.

Third, classical music has the role of cultivating people's aesthetic feeling and moral character. Through the appreciation and perception of classical music, we can not only improve my aesthetic level, but also develop a positive attitude towards life imperceptibly. Take Mozart's Piano Concerto as an example, with its profound feelings and profound ideological background, it can better adjust his state of mind, so that it will always be in an optimistic and healthy state in his future study and life.

2. Romantic Music.

Romantic music has aroused strong feelings in the hearts of college students. Such emotional resonance can assist college students to relieve the tension and negativity in their hearts, and realize the harmony and relaxation of body and mind. From Mendelssohn's "A Midsummer Night's Dream", Chopin's "Nturne" and other music, we can get spiritual comfort from the wonderful music.

Since various kinds of music can arouse people's emotional response, students can enjoy it according to their own preferences. For example, music like Schumann's Fantasy Song and Liszt's Hungarian Rhapsody greatly promotes children's imagination and creativity, making them get rid of negative emotions.

Through listening and appreciation, students can adjust their mood, relieve their inner tension, inspire creativity, and harmonious coexistence with others. Combining romantic music aesthetics practice with college students' learning practice is beneficial for promoting their physical and mental health.

3. Impressionist Music.

The soft melody and delicate emotional expression of impressionist music help students to relieve tension and anxiety. In the process of contacting and appreciating impressionist music, students can obtain psychological relaxation.

Impressionist music conveys a hazy, dreamy beauty through the delicate depiction of light and shadow, color and atmosphere. Among them, rich colors and changeable rhythm, can stimulate students' imagination and creativity. For instance, Ravel's orchestral music "Inclusive" and Saint Sance's "Animal Carnival" enable students to capture and understand subtle changes in music, supplying a completely new thinking space for students.

The diversity and inclusiveness of impressionist music also provides an open platform for students to access different cultural and art forms, broaden their horizons, and enhance cross-cultural communication. This holds significant importance for their holistic development and mental well-being.

4. Comparison and Conclusion.

When examining the difference between classical music, romantic music and impressionist music in aesthetic behavior and students' emotional regulation, we can start from a specific situation: the children who have just finished a PE class are in a more excited and positive state physically and mentally. Below, let's enjoy the three types of music and compare their emotions.

The melody in the classical works is generally more regular, which is conducive to the students to adjust their own breath, make their heart rate stable, and achieve the purpose of changing from excitement to calm. After finishing physical education classes, and then listening to classical music, you can get a sense of order and balance. The sense of rhythm and rhythm of the music can make the students gradually return to the rational and peaceful state of mind from the tense physical exercise.

The tune of romantic music is generally beautiful, mellow timbre and varied, which can bring spiritual pleasure and comfort to the audience. After the end of physical education teaching, listening to romantic music can make people have an emotional relief. Its range is very wide, from soft lyric to warm high | tide, making people out of tension and fatigue to achieve a more relaxed and happy state.

Impressionist music, with its light and detailed style, can well comfort the students' mood, so that the students can get a kind of spiritual peace and peace. After physical education class, listening to impressionist music, people can see a vague, dreamlike mood from the picture, so as to get a sense of peace and ease. It's hazy and unclear, so that the students gradually free from the intense physical education teaching, so as to achieve the purpose of meditation.

Classical music, romantic music, and impressionist music, all have their own different roles and roles. Classical music can make people smoothly transform from the state of excitement to the state of peace, romantic music can make people get rid of anxiety and fatigue, thus obtaining a pleasant state of mind, while impressionist music can make people get a balance of mind in peace and ease. The music of the three themes enables students to better adjust their mood and regain the coordination between their body and mind in the face of various situations.

Moreover, the teaching of music aesthetics in Western music is also a form of group teaching that facilitates communication and collaboration between teachers and students. When the students appreciate and explore the music together, they can understand each other's emotional needs, and then create a more harmonious interpersonal atmosphere. Such group behavior can not only help students to adjust their emotions, but also improve their group cooperation spirit and improve their social adaptability.

5 The Challenge and Response of Music Aesthetic Education on the Psychological Value of Current Middle School Students

5.1 The Influence of Modern Digital Media on Music Education

The increasingly prominent position of contemporary digital media in music teaching in universities is profoundly impacting traditional teaching models. The arrival of the internet age has brought completely new opportunities and challenges to the development of music education in universities, resulting in gigantic changes in content of courses and methods.

Using big data, AI and other technological means to provide students with personalized teaching programs and teaching methods. Such personal experience can not only improve the teaching effect, but also help the students to master the cognition and skills of music.

On this website, music educators and students from around the world can communicate and cooperate with each other to discuss their own culture and music experiences together. Such communication not only increases the understanding of each other, but also brings new vitality and creativity to music teaching.

Contemporary digital media has had a lot of impact on music education, making it break the previous teaching mode to a certain extent, making it have a wider space for development. In today's era of technological development, in order to better play its function in music teaching, better for the future music professional development has laid a substantial base.

5.2 Integration Strategy of Music Aesthetic Education in Mental Health Education

The integration strategy of music aesthetic education in mental health education refers to the combination of music aesthetic education and mental health education to promote individual mental health through the aesthetic experience of music. This integration strategy can not only enrich the content and form of mental health education, but also improve the individual's psychological quality and emotional experience through the unique charm of music.

1. Music Aesthetic Education can be Integrated into Mental Health Education in Various Ways.

For example, in the course of "Mental Health", teachers can combine the two parts of "music appreciation" and "creation", so that they can not only enjoy the classical music, but also experience the charm of the feelings and art contained in the music. In this way, it not only improves their appreciation level of music, but also makes them preferably understand and adjust their mood under the influence of music.

2. Promote Mental Health Through Practical Activities.

On this basis, we can also cultivate students' collective consciousness and cultivate their confidence through various forms of musical performances, such as choir, band, musical theater and so on. In this way, you can let the students in the process of communication, master good interpersonal skills, improve communication skills.

3. Through the form of Psychological Counseling to Help Individuals to Solve Psychological Problems.

As a kind of music as the medium, through the guidance and adjustment of the human soul, people can relieve their own tension and emotion, and realize the harmony and recovery of the soul. On this basis, through the different forms of expression of different people, different people will also have different forms of expression.

5.3 The Practical Strategies and Suggestions for Promoting Music Aesthetic Education

At the same time, the aesthetic education should be integrated into the teaching content of primary and secondary schools, so as to guarantee that each child has more opportunities to understand and master the music[5]. The teaching content includes music theory, music history, musical instrument playing, vocal music training, and so on, enable students to have a holistic understanding of the multielement and richness of music art. [6]In class, teachers should use more lively approaches to enhance students' attention in music, and to develop their perception and beauty of music.

In the teaching process, can also through music competition, music performance and other forms, so that students personally feel the charm of music. Through such a range of performances, students can not only bespeak their musical talents, but also watch the exquisite performances from other schools and professional teams, broaden their musical horizons and improve their aesthetic standards.

Meanwhile, social and cultural organizations ought to play a driving role in this procedure. We can often hold music lectures, music appreciation and music seminars, so that music professionals and artists to communicate with the public, and exchange ideas with the public. This not only increases people's understanding of music, but also strengthens the humanistic atmosphere of the community, and creating a favorable social context.

6 Conclusion

Music aesthetic education plays a crucial role in the psychological development of contemporary middle school students. Through systematic music education, students can not only upgrading their music attainment, but also gain many benefits on the psychological level. Music itself is a very creative art form. Students can motivate creative thinking and imagination in the process of creating and performing music, which is of vital significance for their comprehensive development. Music aesthetic education has non-substitutable value in the psychological development of the present

age middle school students. It not only enriches students' mental world, but also provides strong support for their mental health and social adaptability.

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