

Application of Psychological Regulation Ability in Vocal Teaching

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Abstract. The psychological regulation ability in the process of vocal music teaching mainly refers to the cultivation of learning motivation, cognitive awareness, will and ability. It is beneficial to improve students' learning interest, improve teaching effect, and cultivate comprehensive qualities. The combination of the emotional shape and experience and psychological regulation ability, the correct learning motivation, good singing psychology and healthy body quality are the important methods to avoid bad mood and keep normal state in the whole process of vocal music teaching.

Psychological research shows that any of the activities are carried out under the psychological adjustment, psychological activities directly related to the recognition of practical activities. Therefore, vocal music teaching should not only cultivate the quality of music, but also pay attention to the cultivation of students' psychology. Teachers should be based on the intrinsic characteristics of vocal music, combined with effective teaching methods, give full play to the role of psychological regulation and control of the vocal music teaching.

Psychological Formation of Psychological Regulation Ability

Learning Motivation Cultivation. Learning motivation is the most important prerequisite for learning behavior, and it is also the direct embodiment of students' psychological activities. The art of singing is a product of the human spirit, is a prerequisite for the smooth singing activities, is also thinking of the brain through the physiological control of the body to achieve the process of mental activity. Whether it is the occurrence and performance of the art of singing, or the performance and appreciation of the art of singing, it is full of the psychological activities. Learning motivation is the most important factor in the psychology of vocal music teaching, and it is an important embodiment of the ability of psychological control. The motivation and needs of the vocal music learning is to cultivate students' learning enthusiasm of the main source and driving force, in the process of teaching is good at discover and adjust the learning motivation of the students, so as to meet the requirements of the vocal music teaching, so as to promote the teaching objective of reaching and teaching effect improvement. Only the teachers and students can clear the essence, purpose and significance of the study of vocal music, in order to lay the foundation for the teaching of vocal music.

Cognitive Awareness Cultivation. Consciousness is the comprehensive embodiment of the mental activity. The different consciousness has different influence on the behavior of people. For students learning vocal music, to develop a good sense of learning is the necessary guarantee of learning progress. On the contrary, it will become bad psychological factors hindering students. Vocal music learning also need to have a strong sense of music art, which is also an important manifestation of psychological regulation ability. The perception of things vary from person to

person, different students to the same kind of music expression or vocal music understanding of how much will be different, but the overall vocal music knowledge and its expression is a certain law. Psychological regulation ability attach importance to cultivation of consciousness, is to improve the students' ability of understanding of music, especially for the music through the auditory organs to feel the charm of the art, the level of perceived ability directly affects the effect of vocal music teaching, need more students of music has a higher sensitivity, of music elements such as rhythm, tone, tone higher knowledge of music has a strong ability to transform. Only way to in the vocal music teaching apply what they have learned to achieve, the music knowledge transformed into reality music show, and through this kind of practice strengthen their theoretical knowledge and perceptual consciousness.

Will and Ability Cultivation. One of the purposes of vocal music teaching is to have a purpose, conscious and conscious mental activity. Singing the music to express, not their own acts of blind, but through the grasp and control of pitch, loudness, timbre and rhythm, in a relaxed psychological environment be, under the control of the self will, in order to ensure music is an expression of the correct and balanced. At the same time, the will power is also reflected in the regulation of tension, fear and other negative emotions, help teachers and students to overcome the adverse psychological activities in the course of vocal music teaching, to seek advantages and avoid disadvantages, guidance teachers and students in basic music knowledge and skills of expression and artistic accomplishment obtained great progress. Vocal learning is a long and repeated and tedious process, students must master many of the songs. After several repeated practice in order to meet the requirements. Vocal music teaching is different from other disciplines. The mental activity and practice together a put forward higher requirements. The strong willpower is regulation of students' learning behavior of spirit magic is the personal qualities and skills necessary for the process of vocal music teaching.

Influence of Psychological Regulation Ability on Vocal Teaching

Be beneficial to Enhance Students' Learning Interest. Interest is the best teacher for students' study. To learn music, first of all, we should love music and cultivate the interest of music is the initial step of vocal music teaching. Psychological regulation ability is the students of self-enthusiasm for learning, learning interest, learning the effect of training and testing, teachers in the teaching process in the face of all kinds of students, to correctly guide them to music perception, to stimulate their interest in music, to learn vocal music theory and practice of love. Only from the heart like music, really like the learning experience of vocal music teaching, in order to support students in the long vocal learning process to maintain an interest in. The ability of psychological control is effective in cultivating students' learning enthusiasm and initiative. Once this kind of learning interest in support of psychological regulation ability has been established, it will become a lasting force, to inspire the student in the vocal learning process always keep constant enthusiasm for learning, become a powerful guarantee for the promotion of the teaching of vocal music more easily.

Be Beneficial to Improve Vocal Teaching Effect. The teaching of vocal music from some kind of meaning is a kind of emotion teaching, the essence of vocal music teaching is through the auditory sensory stimulation form of music emotion connotation understanding. The vocal music teaching should pay attention to the psychological and emotional exchanges and fusion. Practical experience has proved that the success of vocal music teaching without exception is through the exchange of feelings to promote skills to master in order to deep understanding of the art of music, so as to show the art of beauty. Psychological control ability is to play the emotional and

psychological activities in the course of vocal music teaching, teachers and students, between teachers and music, students and music, all need good psychological control ability. Vocal music teaching goal and the teaching effect based not on a teacher or student unilaterally can finish, psychological regulation ability training also need joint efforts of teachers and students, teachers know students' professional quality and the psychological quality, teach students in accordance with their aptitude, timely grasp of students' psychological tendency, and response to stress to make appropriate adjustments, so that is more conducive to the shaping of students' mental health.

Be Beneficial to Cultivate Students' Comprehensive Qualities. The talent requirements of the new era of have both ability and political integrity. It cannot be achieved overnight, need in the teachers' personality charm and knowledge charm driven to complete. The essence of vocal music teaching is the true expression of human emotion. We say that music is the soul of emotion, and the ultimate pursuit of emotion and soul is the unity of truth, goodness and beauty. The ultimate goal of vocal music teaching is to cultivate students' comprehension and expression ability, and to improve the students' pursuit of truth, goodness and beauty, and the application of the general expression of human feelings. Psychological regulation ability is to students' emotional regulation, then the vocal learning process to grasp the macro to express their true feelings in the form of music, promote their own professional skills, also conducive to student morality, intelligence, body, beauty and other comprehensive quality cultivation. In today's increasingly competitive society, the healthy psychological quality is one of the basic qualities of the students. The only way is to have a sound personality, which is the social development need of talent. Mental control ability is sometimes more important than knowledge and skills.

How to Avoid Negative Emotion to Enhance Vocal Teaching Effect

Psychological regulation ability is essential to the process of vocal music teaching, a skill, on the students' mental activities appropriate regulation is conducive to the healthy developing direction, but also conducive to the students to accept the vocal music knowledge and emotional experience. The good psychological regulation ability is indispensable for music professionals, in music performance in the face of numerous spectators or judges, how to overcome the inner tension, fear and other negative emotions. All these need the psychological adjustment.

Keep Good Physical State. As the saying goes, the body is the capital of revolution. Although vocal music teaching does not need to spend much effort, but the body's health and coordination is the basis of mental health. Vocal music learning is also a systemic sensory exercise, the physical health status directly affects the level of singing. Singing skills and singing skills of the normal play as well as the healthy development of singing psychology also need good physical quality for support. Especially singing sensory discomfort, such as vocal fatigue, colds and other diseases will be to cause certain psychological burden, easily lead to emotional stress, hinder the ability of psychological regulation to play. Therefore, the healthy body quality is the premise of the psychological adjustment and control ability. Only if we have a healthy body, we can give the psychological adjustment ability. Teachers should develop the vocal music teaching new teaching method and teaching means, carry out some outdoor teaching to correctly grasp the musical rhythm and the appropriate time can and dance combination, both to strengthen the students' perception of music has reached the effect of physical exercise. The combination of music and dance, audio-visual art is not only conducive to the physical and mental health of students, enhance the teaching effect, but also the perfect embodiment of the art of singing and dancing in the classroom teaching, to achieve a blend of cross art.t.

Correct Learning Motivation. Vocal music teaching is different from the teaching of general knowledge. It emphasizes the practice of vocal music training, but also a long-term practice of the process. Correct learning motivation is an important psychological premise of vocal music teaching and music activities. Psychological motivation is due to the love of music and received a music sensory stimulation to produce the desire to learn, the interest point, emotional and dynamic characteristics make it in the music teaching in the process of hair waving a positive role. Correct learning motivation in relation to the student in learning music is the ultimate goal, determines in vocal learning in the process of facing the difficulties and handle problems, affecting their understanding of vocal music knowledge and ways of expression. Only continue to familiar with the content of vocal music performance and strengthen of vocal music knowledge and music emotion understanding, in order to make the psychological regulation ability step by step functions. Correct learning motivation is the representation of both teachers and students' psychological adjustment ability, teacher according to the students master the knowledge and skills of vocal music, and to instill the essence and connotation of music art, mining students the art of music perception, understanding and expression, so as to promote the students in music creation and performance is bold imagination, create a more full of vitality of the music works.

Cultivate Right Singing Psychology. Singing psychology is correct or not directly affects the effect of singing practice, singing psychology is required for the formation of a certain amount of time and practice, it need to sing the personal participation and experience. Through the correct guidance of teachers of vocal music knowledge and performance to form their own views, to form a good cognitive, establish the correct singing psychology. Good singing psychology is very natural, regardless of the students in the sound of the concept of the wrong, or the expression of the problem, the teachers have to remind them to check their singing is natural. Because the world does not exist two singing conditions identical to the people, everyone has everyone occurrence characteristics and sound features. The teacher's role is to guide students to use their own characteristics of expression of music, and more to do the demonstration, so that students in the repeated practice to find the habits and laws of music expression, so as to establish their own expression. Only repeated practice can help the students to play normally in the strange and highly stressful environment. With the passage of time, the healthy psychological singing also formed.

Strong learning interest, correct learning motivation, healthy physical state, good singing psychology and relaxed teaching environment are the basis of the command of the skills of vocal music. To pay attention to the cultivation of students' mental health in the long process of teaching can lead the student to obtain the final good singing psychology, to enable students to have excellent comprehensive music quality and psychological quality, to improve their comprehensive quality and performance and to meet the needs of the development of today's society.

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