

# On the Psychological Factors Related to High Pitch Performance in Singing

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**Abstract:** *Vocal music is a kind of art subject that is influenced by many factors and achieves specific harmony. It is not only a physical skill movement, but also a very complex psychological activity. In the process of vocal music learning, vocal music learners often pay more attention to the training of physiological functions, but ignore the influence of non-figurative psychological factors such as thinking, imagination, emotion, will and so on. In this paper, through the comparison of representative books, master and doctoral papers, journals and other literature, combined with the observation of vocal music learning practice to explore the psychological factors in singing performance. From the structure is divided into three parts, respectively from singing the most wonderful part of the treble part, psychological factors on the role of singing performance, psychological factors to solve the concrete manifestation of singing in the treble three parts of the relationship between psychological factors and singing. Practice has proved that psychological state has a significant influence on singing, stable psychological state is an important guarantee for singing success, good psychological quality can help us overcome many psychological problems in singing, but need to through a long time of targeted practice.*

**Keywords:** *Singing psychology; High-pitched Voice; Behavior Regulation*

## 1. Introduction

The art of singing is carried out under the control of higher nerves. It is not only a kind of pronunciation, over-cavity and articulation based on the support of vocal organs, but a comprehensive movement that requires the coordination and cooperation of various organs of the body. Singers are required not only to have good physical quality and healthy vocal organs, but also to actively cooperate with psychological thoughts and emotions, and this psychological factor suitable for singing can achieve a certain stable state through scientific vocal practice for a long time. For many people, in the process of vocal music practice more emphasis on the improvement of technology, often ignore the role of psychological factors. We often meet in the usual vocal music practice, the same pitch, when you know the pitch information in advance, may be because of the previous bad singing or other negative factors and psychological tension, and then lead to physical muscle tension, so that the more bad singing is more likely to sing bad vicious circle. However, if the teacher does not tell you the pitch information, you may perform better, so it can be seen that psychological factors can not be ignored in the process of vocal performance.

## 2. The Importance of Smooth Treble in Singing Performance

### 2.1 Concept of High Pitch

High pitch is generally a musical term used to sing with true voice. It is often a problem that all singers cannot escape, and it is also the core problem of singing. To a certain extent, it can show a person's singing level, and it is also the inevitable pursuit of many singers. But for most of us, it's not something we're born with, and fortunately most of us can get a high pitch of some quality through scientific practice.

### 2.2 The Position of the High Register in Singing

The high range here refers to the climax of a piece of music that can also be understood as the chorus of the song. The high range is explored because it is often the most visceral part of a song, and of course the most difficult part of a song to practice. Works from a song of "origin" point of view, regardless of

whether they are songs to create or performers sing the truth, the treble is fluent or not are many factors could be considered one of the focuses of striking, also become the most performers factors to consider when selecting works, such as school to hold a singing competition in schools, You've made your way to the finale, and the first thing you have to do is choose a song. When choosing a song, you must consider the range of the song first, and then other factors such as the style of the song and the popularity of the song in the market. While standing in the composer's point of view, writing a song, magnificent treble is absolutely the icing on the cake for the entire artworks, but also decided to spread a song of a very important factor for the motivation of an alert, a beautiful melody, or give a person with shock, or a catchy can be a decisive factor works widely circulated. Therefore, the high pitch area plays an unshakable important role in singing, and good psychological quality and state also play a very important role in singing to play a good performance and show the high pitch area.

### **3. The Influence of Psychological Factors on Singing Performance**

#### **3.1 The Regulating Effect of Psychological Factors on Human Behavior**

Every people living in the world, longing and yearning for a better life are inevitable, so will focus on revenue, diet, concert, movie, weather conditions, such as to improve the quality of life, the pursuit of a better life, there is no denying that these are very important, but there is a very important factor is often ignored by people, that is emotional. A bad mood will not only lead to pessimism, and then cause a decrease in physical strength of the body, affecting people's physiological function, in a pessimistic mood for a long time, may lead to depression, and even life-threatening is possible. In daily life, this similar to the butterfly effect of psychological problems occur from time to time, we seem to feel depressed is a common situation, and can not cause attention, but often when the physical discomfort caused by low mood, has not been suitable for their own adjustment to restore health. Like in the entertainment industry often have this kind of situation, once a CCTV mouth, cui surnamed host, he is a typical example. In people it seems that he will always be a talk in the show, the humorous host, he presided over the program's ratings had reached a new high, but it is in the people's attention, he gradually fade out people's field of vision, until later for a long time, that he suffered from depression, which was also the news created quite a stir, happily. Positive emotions, on the other hand, contribute significantly to life's actions.

"People worry about whether they will get good grades in exams, whether they will be able to complete tasks smoothly, or whether there will be deviations in the process, resulting in negative emotions and high nervous tension, which will eventually lead to various physical problems,"<sup>[1]</sup>Wen zhu said in his book *On Emotional Control*. Therefore, psychological factors directly affect people's behavior. Whether it can be reasonably regulated is of great significance to people's production and life.

#### **3.2 The Role of Psychological Quality in Singing**

Good psychological quality of singing is an important role in guiding, whether it is the usual practice singing or the true feelings on the stage singing has a very important significance. From the point of view of relevant psychology, any human behavior is dominated by the mind consciousness, especially in the process of vocal music learning, we will often hear some "exaggerated" vocabulary, for example, breath to go down, feeling to the "heel"; Singing should be hung high, the voice line is thrown forward when singing, the feeling is thrown from the "back of the head", and so on. These words that are often heard in daily learning are all examples of controlling the body from the perspective of mental consciousness. Because, our head cavity, pharynx cavity, chest cavity, diaphragm, vocal cords and other cavities and muscle tissue are not easy to see and feel, so we need to better grasp the practice through psychological awareness.

Li Dongfang, master of Harbin Normal University, once said in his master's thesis "Research on the cultivation method of good singing heart in vocal music learning": "Singing psychological activities play a very important role in singing. Psychological state often determines the merits and demerits of vocal music learning and singing performance. In a sense, mental activity comes first, playing an important 'precursor' role in one's study and progress."<sup>[2]</sup>So good psychological quality of singing and life have an important positive significance.

## **4. The Specific Influence of Related Psychological Factors on Singing Treble**

### ***4.1 Practice Singing Psychology Correctly***

For many beginners vocal music is mysterious, as if the teacher said some breath ah, support ah difficult to understand. And feel a lot of things only through hearing to feelings, often make mistakes, anxiety, or even a loss of confidence is often, in fact I think these are very normal, new come into contact with a discipline to avoid confusion, but we should do is to keep the confidence and patience, know we need to cultivate a good tenor may take ten years or even longer, Therefore, in the long way of vocal music learning, it is not enough to just rely on the blood of the moment, but more should be boring and lonely piano room practice daily, and even the frustration on the way of learning and singing practice. So what we need is the unyielding spirit of learning to walk as a child, and the unyielding spirit of living a life of daily necessities. From the perspective of a long time we can not only rely on a passion, but in every time we sing we have to learn to mobilize passion and excitement, so that our whole body to participate in singing, in order to get twice the result with half the effort in the process of singing. Only by thinking more during practice and paying attention can we feel the nuances of each practice and accumulate qualitative changes from time to time. And thinking is not only in the process of practice singing, also can be in normal times, mentioned in an interview in a famous tenor for his own learning experience, said he was even in the toilet will be excited by experience singing sensation, and also because of this kind of thinking makes his progress is quite huge, from just underdog on entry to the then China's top ten tenors, This spirit of thinking is really worth learning for beginners. So it is necessary to grasp the psychology of singing correctly in vocal music learning.

### ***4.2 Adjust the Psychological Service for Singing***

#### ***4.2.1. Overcome negative singing emotions***

In the process of vocal music learning, we will encounter a lot of bad emotions such as dependence, inferiority, lack of confidence, stage fright, nervousness and so on. To overcome these negative emotions, it's important to clear your head and find out what's causing them. For example, stage fright may be due to the lack of stage experience, the work is not fully prepared, etc. What we need to do is to actively communicate with the teacher, try to strive for the opportunity to sing in public places, practice singing the work repeatedly in private, or record a video and send it to the teacher for advice. In short, we need to know that negative emotions can accumulate, and we need to deal with them step by step otherwise there is a risk of chaos, confusion, and backfire.

#### ***4.2.2. Awaken positive singing emotions***

Whether in singing or in vocal music learning, good mood will make you get twice the result with half the effort. The most direct and effective way, I think, is to treat every practice as a stage performance. It is important to do the details well. For example, do a good job of desk work, understand and memorize lyrics, do positive psychological hints, recall the details of their good play, especially to focus on, wholeheartedly into the artistic conception of the work, with the will to guide the body, in the whole process of singing to eliminate all distractions. Communicate with your teacher when choosing a song. Don't choose too many songs beyond your ability range. In this way, you can produce a good singing mood bit by bit.

### ***4.3 Develop Good Singing Habits and Psychological Quality***

Life and art have always been inseparable, as long as the art of living, the art of doing life, life will be able to reach a new height. Habits are particularly important in life, whether it is movies, art, music or dance. After getting the script, the actors must put the role or background into the life experience or see the real people of flesh and blood to study some time to present, the performance of the people or things to live, hit the audience's heart, moving. And art students regularly go to sketch is the most direct evidence that art comes from life. Music is needless to say, the deaf Beethoven would have been hard to write the Symphony of Destiny without the blow of real life. So if you want to do well in art, you must have life experience. And vocal music, as an art category, must also have such attributes. In life, we all learn to drive from kindergarten to try "123 body sit side, 123 hands behind" such slang, parents also countless times said "stay away from the watch TV, don't play with your mobile phone to sleep early at night and a good learning" and other household words, this is our life and often sounded in the its all remind us to develop a good habit. And in vocal music learning, the formation of good habits, also need

to remind themselves from time to time in daily life, so that they do not laissez-faire, only long-term self-discipline can do one thing, this is the so-called "one minute on stage, ten years of work off stage".

Marxist philosophy tells us that the development of anything is in a roundabout spiral, and singing is the same. In the short term, it is good or bad. It is normal for the state to be good or bad, but overall it must be moving forward. We should treat each singing mistake with the right psychology, adjust the state to face the next singing. Singing in the high part of the need for good psychological quality as a support, so that the body and mind to achieve the best singing state, so the cultivation of good singing habits is very important. Every practice sings slowly practice, the whole body relaxes, puts down larynx, inspiratory maintains, inside oral cavity looks for yawning feeling, maintains cavity body to go gas to sound next, step by step and good psychology complement each other, mutual achievement. Not every time with the mood to mess, will destroy the state, and then affect the psychological, long-term lead to a vicious cycle. So develop good habits in daily life, is the so-called silicon step, not even thousands of miles, not small flow, beyond into rivers and seas.

## 5. Conclusion

Through the analysis of the high pitch part of singing and the regulation of psychological factors on human behavior, it is found that the high pitch area, as an important part of singing works, must have higher requirements on the psychological quality of singers. Because psychological factors are non-concrete, they are easy to be ignored by people. However, human beings are emotional animals, so psychological factors are bound to play an important role in human behaviors. This requests us in the process of vocal music learning attaches great importance to the psychological factors such as thinking, imagination, emotion, will, the influence of both stage and the usual practice singing, piano room, even in daily life express the hum of the mood, attention should be paid to the role of emotions, such as just after satiate meal, occasionally be sleepy mood depressed, at this time is not appropriate to their vocal, cannot also cry out more high, Otherwise, not only can not achieve the effect of singing practice, serious damage to vocal cords may cause physical and psychological double harm, cold and fever caused by the mood depression is not suitable. And in the usual vocal music class, we should cooperate with the teacher to actively mobilize emotions to practice vocal range, complete the song. To sum up, psychological factors play an extremely important role in singing performance of high pitch. We must accurately grasp the relevant psychological factors through practice, so that it can play a positive role in better singing.

## References

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