

# Application of music therapy in psychological crisis intervention in campus epidemic period

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**Abstract:** Since the outbreak of the novel coronavirus pneumonia, the majority of teachers, students and parents have experienced various emotional and psychological problems, such as the overwhelm,panic, tension, irritability, anxiety in the early stage of "suspending classes without stopping school";Academician Zhong Nanshan said: "Half of disease is mental illness, and half of health is mental health." Only by maintaining a healthy psychological state can we overcome the virus and make life better.A large number of clinical studies have confirmed that music therapy is an important means of treating diseases at present, and it has irreplaceable and important value in the treatment of neurasthenia, depression, fear.Music therapy is an important means of school psychological education and psychological counseling.This article aims to study how to effectively use music therapy to make technical adjustments related to the fight against the epidemic, help teachers and students to better conduct psychological counseling, establish positive thinking, and reduce the possible negative psychological impact of the epidemic on teachers and students.

**Keywords:** epidemic; music therapy; psychological crisis intervention

## 1. The significance and value of the application of music therapy in the psychological crisis intervention in the campus epidemic period

### 1.1. Research background

Since the outbreak of the epidemic, the promotion of various anti-epidemic measures by the country has achieved great results, and the spread of the epidemic has been effectively contained. On March 2, 2020, General Secretary Xi Jinping emphasized when inspecting the work of the epidemic in Beijing that many people who are isolated at home for a long time will have psychological problems of one kind or another. We need to mobilize all forces to comprehensively strengthen psychological counseling.The outbreak has also had a big impact on schools. In order to ensure the progress of teaching, some high-risk areas adopt methods such as online teaching, which also brings a series of pressures and challenges to parents, teachers and students[1].

Music therapy refers to a method of treating patients with physical or mental diseases through listening, singing, playing, composing, rhythm and other musical activities. Music therapy has appeared and prevailed in western developed countries since the last century. In recent years, it has gradually become popular in major cities such as Beijing, Shanghai and Guangzhou in China. Scientific experiments have proved that music is a good medicine for nourishing the mind, curing diseases and prolonging life[2]. Music therapy has the advantages of easy acceptance, easy promotion, two-way adjustment, obvious effect, economical and practical.Under the current new coronavirus epidemic, music therapy is conducive to the establishment of a campus psychological crisis intervention system to protect the physical and mental health of teachers and students.

### 1.2. Academic value

First,Music therapy can treat a variety of physical or psychological diseases, with no pain, no side effects, and no trauma, and is suitable for the vast majority of patients of all ages.Second, Music therapy does not require expensive medical equipment. Music therapy can not be limited by space and time, and during the epidemic, teachers and students can also conduct psychological crisis intervention through the Internet.

Third,Music therapy can promote the integration and development of various disciplines and create richer research directions for various interdisciplinary scientific research activities.Fourth. Music

therapy can enhance communication and communication between people through music activities, and has the function of promoting social integration and enhancing social harmony[3].

### ***1.3. Application value***

Music therapy is an important means of school psychological counseling and mental health education during the epidemic. Music therapy can not only prevent and treat physical and mental diseases of teachers and students, regulate bad emotions, reduce acute stress reactions, improve symptoms and emotions such as anxiety and depression, but also cultivate healthy emotions and collaborative spirit, promote students' self-expression, innovative thinking and creativity[4].

## **2. Research status of music therapy application at home and abroad**

### ***3.1. Current status of foreign research***

Music therapy in some developed countries in the world started earlier. In 1946, Michigan State University and the University of Kansas in the United States established special music therapy courses. In 1950, the United States took the lead in establishing the Association of Music Therapy (NAMT). It marked that music therapy became a formal discipline. In 1971 the National Association of Music Therapy (AAMT) was established. In 1998, the National Association for Music Therapy and the American Association for Music Therapy jointly established the American Music Therapy Association (AMTA). After more than half a century of development, music therapy in developed countries has become a mature and complete marginal subject, and there are hundreds of established clinical treatment methods. Through literature research and statistics, there have been more than 500 research results in professional media such as journals and academic conference papers in the two major fields of music and medicine. At present, 50 countries in the world have carried out the research and application of music therapy. There are nearly 150 universities in the world with music therapy majors[5]. There are about 4,000 music therapists in the United States and thousands of nationally registered music therapists in psychiatry. Homes, general hospitals, nursing homes, orphanages, special education schools, psychological clinics and community work. More than 200 countries in the world have established music therapy associations and hold a music therapy conference every two years.

### ***3.2. Domestic research status***

The history of Chinese understanding of the magical effects of music can be traced back to the Spring and Autumn Period and the Warring States Period. Ji Kang's "On Health Care" and the Qing Dynasty medical book "Yizong Jinjian" fully affirmed the role of music in health preservation and how to cure diseases through the characteristics of five tones. Although the form of music therapy has a long history, our country has not studied music therapy as a systematic discipline[6]. In 1980, Professor Liu Bangrui, a music therapy expert from Arizona State University, gave lectures at the Central Conservatory of Music, which was the first time that music therapy was introduced to China. In 1984, Zhang Boyuan and others did a study on the physical and mental response to music; in 1986, Gao Tian did a study on the relieving effect of music on pain; in 1988, the China Conservatory of Music recruited the first music therapy students and in 1989, the China Music Therapy Society was established. It marks the official start of research on music therapy in my country. After the 1990s, major music colleges in my country began to offer this major, and major tertiary hospitals and professional institutions successively established music therapy departments[7]. The Music Therapy Center of the Central Conservatory of Music launched music therapy for children with autism in 1998. After 1991, Guangzhou and Shanghai also successively launched music therapy experiments for mentally handicapped schools. In 2005, the Music Therapy Professional Committee of Guangdong Association of Traditional Chinese Medicine was established, marking the beginning of the music therapy career in Guangdong. During the COVID-19 outbreak, the Music Therapy Experimental Center of Wuhan Conservatory of Music has set up a music therapy radio station, and music therapy majors such as the Central Conservatory of Music and Sichuan Conservatory of Music have also launched online public tweets, offline psychological assistance hotlines and other services, People's Music Publishing House and the Third Affiliated Hospital of Sun Yat-sen University in Guangzhou, which is on the front line of the anti-epidemic, jointly built the Voice of the Fangcang to provide psychological crisis intervention and psychological support services to the public.

### **3. The effect of music therapy on the body and mind**

#### ***3.1. The effect of music therapy on the human body***

Music has a subtle effect on human physiology and psychology. In the process of appreciating music, patients can adjust their mood through the melody, rhythm, and timbre of the music, improve the operation of qi and blood, so as to adjust their mentality, lower blood pressure, and promote digestive function. Music can cause various physiological reactions, such as the speed of heartbeat, the level of blood pressure, etc., thereby promoting the healthy development of the human body. In recent years, studies have found that music can regulate the immune system, cardiovascular system, and respiratory system in the human body. Music therapy can also promote the repair of the nervous system, for example, patients with severe brain injuries can wake up earlier through music therapy. Music therapy has an important effect on the human body.

#### ***3.2. The effect of music therapy on human psychology***

Music plays a significant role in shaping a person's character, manifested in ideological and moral aspects. Appreciation of beautiful music can have an impact on people's behavior and attitude. Therefore, you should choose to enjoy some positive, optimistic and healthy music with purpose. It can cultivate people's noble moral sentiments and cast a healthy personality, and music has a special role in regulating people's emotions. Listening to positive music is a spiritual enjoyment, which can make people open-minded and comfortable. It can not only maintain a happy mood and delay aging, but also make people feel the beauty of life. Therefore, music therapy is the same as medicine, surgery, acupuncture, etc. It is also one of the auxiliary means of using music as a medical treatment. It is safer than medication, and music therapists can use a combination of approaches to address different mental health issues. For example, depressive disorder that occurs during the epidemic is a mental illness characterized by low mood. Common symptoms include low mood and slow thinking. Although drugs can be used to achieve a certain therapeutic effect, if supplemented by music therapy, it can directly act on the emotional center of the thalamus through hearing, resulting in pleasant emotions, so as to achieve better therapeutic effects. It can be seen that music therapy can make patients feel happy, and is quite effective in treating symptoms such as depression and anxiety.

### **4. Music therapy intervention measures for psychological crisis in campus epidemic period**

(1) Summarize experience, study in detail the concept and mechanism of music therapy, the development history, development characteristics, treatment objects and treatment concepts of music therapy in various countries, and focus on various phased achievements of music therapy in China since the epidemic.

(2) Understand the popular trends and latest developments in the application of music therapy, learn the advanced experience of applying music therapy to serve the society in major large and medium-sized cities in China, and communicate effectively on various platforms.

(3) To study the improvement effect of music therapy on various psychological and physical diseases and the effect of its use in the campus. Discover and summarize possible pitfalls and deficiencies in music therapy, and how to use it dialectically.

(4) Scientifically verify the effectiveness of music therapy, and analyze the impact of music therapy on mental health construction in primary and secondary schools. Comparing the research data of various countries to analyze the operability of music therapy in school psychological crisis intervention from the aspects of software and hardware, as well as the effective way to effectively use and promote music therapy in the school environment. Publicize the effect of music therapy on campus mental health construction and the evidence of music therapy's intervention on teachers and students' psychological crisis during and after the epidemic.

(5) To study the improvement effect of music therapy on various stress reactions caused by the epidemic, such as tension, anxiety, depression and other emotions. Provide effective psychological assistance to the majority of teachers and students, effectively intervene in various psychological emergencies, and better establish a school psychological crisis intervention system.

## 5. Conclusion

This paper advocates an efficient, environmentally friendly, green and safe health healing method by studying the effective application of music therapy during the campus epidemic, especially the positive effect of the new coronavirus pneumonia epidemic on campus psychological crisis intervention. It believes that music therapy should not be limited to a certain area or area, but should be reasonably applied to all aspects of urban life, such as in large, medium and small campuses, to improve the mental health of more people and improve people's livelihood well-being and promote social harmony.

## Acknowledgement

This paper is supported by the "Application Research of Music Therapy in the Intervention of Psychological Crisis in Campus Epidemic Period", which is New coronavirus pneumonia epidemic prevention and control special project of provincial key platforms and major scientific research projects in Guangdong universities (Project Approval Number: 2020KZDZX1211).

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