

Research on the Application of Art Intervention in Psychological Health Education in Universities

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Abstract: Psychological health education is a fundamental course in universities, and the ultimate goal of this course is to regulate the psychology of college students, guide them in adapting psychological skills, and provide guarantees for their psychological health. The integration of art intervention in college psychological health education, and the use of diverse artistic activities by teachers, can effectively improve student personality and enhance the psychological quality of college students. This paper mainly explores the strategies of applying art intervention in psychological health education in universities.

Keywords: Psychological Health Education; Art Intervention; Strategy

1. Introduction

The college stage is a crucial period for young people's life development, but facing the ever-changing society, increasingly fierce competition, and various problems from learning, major, employment, economy, and emotions, college students are prone to losing their direction and being at a loss, which can easily lead to a series of psychological problems. Nowadays, the psychological health of college students is widely concerned by society, and universities should fully attach importance to psychological health education of college students. The reasonable integration of art activities such as painting, music, and dance into psychological health education by university teachers can achieve aesthetic education and fully nourish the minds of college students, ensuring their psychological health to a certain extent.

2. Overview of Art Intervention

Art intervention refers to the adoption of diverse artistic activities such as painting, dance, and music, innovating the process of psychological intervention, and promoting the

improvement of psychological health education level. Art intervention fully emphasizes the personal experience of student counseling, guiding students to use artistic creation to express their inner thoughts and helping them release emotions. Psychological teachers will create a free and open space for student psychological counseling, and they will not make excessive evaluations of students during the counseling process. It can gradually break through students' psychological defenses and help them fully engage in psychological education activities [1]. At the same time, artistic creation can to some extent reflect the inner world of students. Teachers can analyze the psychological state of students through artistic works, help them understand their own psychological problems, and help them solve psychological problems, improving their mental health level.

3. Strategies for Applying Art Intervention in Psychological Health Education in Universities

3.1 Painting Intervention

The art of painting can be applied in psychotherapy, and the scientific integration of painting intervention in college psychological health education can guide students to explore self-awareness, promote the improvement of their self-awareness level, and provide guarantees for their personality health. Teachers can organize painting group training for students, which can further improve their language ability, cognitive ability, and social skills. And teachers can also develop students' interpersonal and creative abilities during the training process. The creation of painting art can also promote the improvement of students' interest in learning, stimulate their learning enthusiasm, and promote their deep understanding of knowledge [2]. For example, when teaching socialization related content to students, teachers encourage students to draw

in the classroom, guide them to use drawing to reflect their own social structure, express the impact of society on people, and express their relationship with society. Then, teachers and students jointly explore how individuals can adapt to society and help students improve their social adaptability. For another example, when teaching students about self-awareness, teachers will explain conceptual knowledge such as self-efficacy, self-awareness, and self-evaluation to students in the classroom. Conceptual knowledge has a certain degree of abstraction, and students have a certain level of difficulty in understanding. College students are detached from their families and gradually integrate with society in their daily lives. At this stage, students are in a stage of cognition and development of social life, which can lead to changes in their values and mentality. Some students may feel confused and confused, and they may also explore their "self" in social life. The teacher guides students in the classroom to use collage to create a self portrait, cutting out pictures that can express themselves from magazines, piecing together and pasting multiple collected magazine pictures. Then, the teacher guides students to observe the relationships between the pictures, and guides them to think about their personal characteristics during the process of creating self portraits. Finally, the teacher encourages students to share their creative works with each other, discuss the creative process with each other, and improve their self-awareness through self analysis of self portraits and discussions with others, so that students can identify their strengths and weaknesses, maintain a positive attitude during the learning process, and enhance their self-regulation ability.

3.2 Music Intervention

The unique rhythm and melody of music can affect people's psychology. Effective integration of music intervention in teaching by university psychological health education teachers can actively guide the psychological state of students, help them adjust to negative emotions, and help them recover their healthy psychology. Teachers can organize students to appreciate music pieces, guide them to feel the emotions expressed by the music during the listening process, and stimulate emotional resonance among students. Appreciating music

tracks in the classroom can also enhance students' aesthetic abilities and fully cultivate their aesthetic emotions^[3]. But teachers need to pay attention to selecting the appropriate timing and music tracks based on the psychological state of students, ensuring that students can change their own mentality in the emotional experience of music. Usually, music with a more radical style can fully stimulate students' fighting spirit and enhance their confidence. Music with a warm and soothing style can effectively guide students to imagine beautiful scenes in their minds, and promote the effective elimination of negative emotions. Therefore, teachers can provide targeted music repertoire for students. For example, when students experience obvious emotional distress and low willpower, teachers can play Beethoven's *Ninth Symphony* for students, allowing them to fully feel a strong will while enjoying the music, defeat their sense of decadence, and encourage them to establish a will to forge ahead. When students experience a lack of confidence, the teacher plays Bonjovi's *It's My Life* to the students. The music has a passionate melody and rhythm, and the lyrics are full of confidence, which is beneficial for students to rebuild their confidence while enjoying the music. In addition, teachers can also encourage students to independently organize music activities, such as organizing "weekend concerts", allowing students to independently arrange various matters related to the concert. Students' organizational skills can be effectively exercised during the activity process, and their problem-solving and interpersonal skills can also be significantly improved. The smooth holding of a concert enables students to enjoy more music pieces, and students can also sing songs themselves. It can help students relax and release their negative emotions during the process of appreciating and singing songs, and finally their psychological state can be effectively improved.

3.3 Dance Intervention

Dance is a comprehensive art activity, and effective integration of dance intervention in college psychological health education can enhance students' enthusiasm for participating in psychological education activities. Students can also fully showcase themselves through dance and express and vent negative emotions,

which helps students release stress and provides certain guarantees for their psychological health ^[4]. Firstly, teachers can teach students the basic knowledge of dance, lead them to learn about body composition, guide them to master the functions of various body compositions, and guide them to reflect their inner emotions through body parts. Secondly, teachers can guide students to cooperate with dance movements of several people or groups, allowing them to use dance language for communication, so that students can gradually become familiar with each other during the process of movement coordination, and trust their partners and improve their interpersonal skills. For example, the number of students suffering from depression in today's universities is constantly increasing. A typical manifestation of depression is their inability to handle real-life interpersonal relationships. Students from different regions gather in universities, and there are differences in their growth environment, personality, and lifestyle habits. If students do not know how to handle interpersonal communication correctly, they are prone to conflicts, which increases their psychological pressure. This group of students may have obvious negative emotions such as despair, pain, sadness, loneliness, and inferiority. Teachers can lead students with depression to participate in dance activities. Teachers can choose dances with positive and upward values such as *A Cute Rose*, *A Long Range of Flowers*, and *Song to the Sky* to guide students to understand the unique cultures of different regions and ethnic groups during the dance process, so as to enhance their adaptability to different environments and promote full improvement of their depression.

3.4 Sandtable Game Intervention

Sandtable games have a high frequency of application in psychological health education in universities. Sandtable game intervention can create a free and protected space for students, and then teachers can let students combine sand, sand tools, water, etc. to express their inner feelings through tangible means, and develop corresponding psychological intervention treatments for students. Firstly, the teacher allows students to choose sand tools, and students can independently choose sand tools for people, animals, plants, furniture, daily necessities, etc. Secondly, the teacher

guides students to independently place their chosen sand tools in the sand table. Throughout the process, the teacher does not actively communicate with the students. After obtaining their consent, the teacher records the process of making the sand table for the students. Finally, the teacher analyzes the student's sandbox work. If there are features such as emptiness, chaos, disorganization, aggression, excessive defense, and missing characters in the student's sandbox work, the teacher needs to provide psychological treatment to the student ^[5]. Teachers engage in communication and dialogue with students based on the sand table, guiding them to share their ideas for making the sand table. During the communication, teachers provide psychological intervention to students. Interventions through psychological sandbox games can help students better understand their own problems. Through the external expression of the inner world, psychological teachers can also better identify the problems of students, help them fully express themselves, vent negative emotions, and repair the early personality structure of deep wounds ^[6].

4. Conclusion

Based on the above content, it can be concluded that artistic intervention can inject new vitality into psychological health education in universities. Psychological health education in universities can fully integrate artistic interventions such as painting, music, dance, and sand table games. Through artistic intervention, students can regulate their psychological state and help maintain their psychological health.

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