



Feasibility Study of Vocal Singing on Depression Emotion Regulation in College Students from the Perspective of Artistic Healing

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Abstract: In the current social background of fast pace and high pressure, college students are facing multiple challenges such as study, employment and interpersonal relationship, and their mental health problems are becoming more and more significant, especially the spread of depression, which has become a social phenomenon that cannot be ignored. Depression not only damages one's learning and quality of life, but also may have profound adverse effects on its long-term development. Therefore, it is particularly important to seek effective and appropriate strategies for depression. Art healing, as a non-traditional way of psychological intervention, has shown its unique attraction and potential in the field of mental health in recent years. Vocal music singing, as an important form of artistic healing, can be deeply rooted in people's hearts, trigger emotional resonance, and open up a potential new way for the regulation of depression.

Keywords: artistic healing; vocal music singing; depression mood regulation

1. Introduction

With the increasingly fierce social competition and the accelerating pace of life, college students are facing unprecedented psychological pressure, and depression has become a big problem affecting their mental health. Although the traditional psychological counseling and treatment have achieved some results, it is particularly important to explore more diversified and more acceptable psychological intervention methods in the face of a large demand group. Art, as a common language of human emotion, has long been seen as a cure for the mind. Vocal music singing, with its unique artistic charm, can not only express personal feelings, but also arouse emotional resonance in the hearts of the audience, showing a significant psychological healing effect.

2. Overview of art healing

As an emerging form of psychotherapy, art therapy focuses on art forms such as painting, music, dance and writing to promote personal health and self-growth. This approach is deeply rooted in the inner power of artistic expression to touch and heal people's hearts. Art healing focuses not only on the process of artistic creation itself, but also on the emotional resonance and spiritual solace of art appreciation and sharing.

In the context of psychological and medical research, art therapy has been widely proven to be an effective means of dealing with psychological problems such as stress, anxiety, depression and PTSD. Its therapeutic mechanism is mainly based on the sensory stimulation effect of the art form, and aims to promote the relaxation and relaxation of the body and mind, allowing individuals to release their inner feelings and reduce their psychological burden in the process of creation and expression. In addition, art therapy can improve a person's sense of self awareness and self-worth and help people to better understand and meet their own inner needs and desires.

3. From the perspective of artistic healing, vocal singing regulates the depression of college students

3.1 Help emotional release and catharsis

Vocal music art is not only the expression form of sound, but also the medium of emotion transmission. Its unique non-verbal characteristics open up an effective channel for the expression and release of emotion. Depression is often accompanied by the inner accumulation of negative emotions such as sadness, depression and helplessness. If these emotions cannot be effectively alleviated for a long time, they will pose a serious threat to the mental health of college students. With its intuitive emotional communication way, the singer naturally in the performance process of the inner depressed emotion external, into every note, every line of lyrics. This process not only promotes the release and catharsis of emotions, but also

helps to break the closed state of the heart, relieve the psychological pressure, make college students find themselves again in the world of music, and realize the emotional balance and freedom. In addition, the group characteristics of vocal music singing can better enhance the emotional resonance and mutual support among college students, so as to strengthen the effect of emotional release, and inject more positive factors into the regulation of depression.

3.2 Continuous and have no side effects

Compared with other psychological interventions, vocal singing shows a unique and lasting superiority in the regulation of college students' depression, without any adverse side effects. As a common art form, music has its influence beyond time and space and can penetrate into the daily life of college students. By regularly participating in vocal music and singing activities, college students can consolidate and deepen the role of emotional release in the long-term practice process, and gradually construct a stable psychological adjustment mechanism. This continuous intervention strategy can not only effectively reduce the current depression, but also may prevent the future psychological problems, and has a long-term guarantee effect on the mental health of college students. In addition, vocal singing, a natural and healthy way of emotional expression, also avoids the risk of possible side effects or dependence during drug treatment. It follows the natural flow of emotion in the human body, and leads the emotion to the positive with the help of artistic means, so that college students can achieve the purpose of self-repair and promoting mental health in the process of enjoying and creating musical beauty.

4. Feasibility of vocal singing from the perspective of artistic healing

4.1 Track healing: select vocal music tracks to regulate depression

Depression is often accompanied by low mood, diminished interest and diminished self-worth, and music, as a cross-border language, can reach the most sensitive places. Through the choice of vocal repertoire, especially works with beautiful melody, inspiring lyrics and profound meaning, college students can be effectively guided to solve the negative emotions in listening and singing, and rediscover the beauty and hope of life. In vocal singing practice, the choice of repertoire can not only improve students' artistic accomplishment, but also invisibly regulate students' psychological state and promote the positive development of mental health.

Take the song "Fly Higher" as an example, and its inspiring melody and positive lyrics are particularly suitable for relieving depression among college students. In the teaching of vocal music singing, teachers can first plan a vocal music activity with "dream and hope" as the core theme to guide students to deeply understand the background of song creation and its deep implication. Then, under the careful guidance of the professional vocal music teachers, the students practiced in groups, and gradually mastered the singing skills and emotional expression methods of the song. In the group singing session, the students not only learned how to convey the power and hope through the sound, but also experienced the warmth and support of the group in the mutual resonance. In addition, teachers can also encourage students to try to adapt the lyrics into incorporating their personal experiences and insights, bringing the songs closer to their own emotions and further enhancing their healing effect.

4.2 Choral resonance: collective vocal music experience, enhance emotional communication

As a collective form of vocal expression, its unique attraction comes from the ability to stimulate the deep emotional resonance between individuals and groups. In the regulation strategy for college students' depression, the "chorus resonance" method organizes collective vocal music activities, so that participants can experience the power of cooperation and emotional interaction in the process of singing together, which can effectively reduce the sense of loneliness and estrangement, and enhance the sense of social belonging and self-identity. Chorus activities can not only help improve students' musical literacy and performance skills, but more importantly, in the process of teamwork, it can also help college students to build a positive interpersonal network and learn to achieve common growth in an environment of mutual support and encouragement.

4.3 Creation release: impromptu vocal music creation, vent the inner feelings

Impromptu vocal music creation, as a very personalized form of artistic expression, has opened up a safe and creative space for college students. In this space, students can use the medium of music to express their inner emotions freely. This process not only boosts the direct outpouring of emotion, but also helps students to reshape their self-cognition and achieve the goal of emotional regulation with the help of the creative transformation of music. As psychologists have pointed out, artistic creation constitutes a way of self-healing, which encourages individuals to deeply explore the inner world, transform the invisible emotional experience into a concrete and touchable artistic form, and then realize the purification and sublimation of emotion.

5. Conclusion

Explore vocal music singing as a kind of artistic healing means, in regulating the feasibility and effectiveness of the college students' depression, can be found that vocal singing can not only provide a platform to show themselves, express emotional, also can use the resonance of music, promote its emotional positive transformation, and enhance its psychological toughness. The results showed a significant positive correlation between the frequency of college students' participation in vocal singing activities and the degree of depression, which further highlights the important value of artistic healing in the field of mental health education. Looking to the future, colleges and universities and the social from all walks of life should increase the development and utilization of art healing resources, the vocal singing art forms of organic into mental health education system, aims to college students to build a more diversified and all-round psychological support network, jointly maintain their mental health, promote its all-round development.

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