



Exploration of the Relationship between Psychological Quality and Performance Effect in Folk Music Performance

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Abstracts: This paper discusses the importance of psychological quality in folk music performance. Psychological quality not only affects the performer's technical performance, but also influences the understanding and performance of the repertoire, which in turn affects the performance effect and career. For example, good psychological quality can help performers accurately grasp the rhythm and timbre of the piece under pressure, deeply understand the piece, and improve the artistry and infectiousness of the performance. Improving the psychological quality of folk music performers needs to be achieved through regular psychological training, counseling, developing good habits, self-reflection and motivation, learning and practicing stage performance techniques, and teamwork training. It is hoped that every folk music performer will pay attention to the cultivation of psychological quality in order to improve the performance level and spread the folk music culture better.

Keywords: psychological quality, folk music performance, performance effect, training method

1. Introduction

Folk music performance is an art form that is both technical and emotional. The performer's psychological quality affects the performance to some extent. Firstly, performers with strong psychological quality are more able to control their emotions stably, which makes the performance more stable and accurate. Secondly, performers with strong psychological quality are more able to deeply understand the emotional connotation of the work, which makes the performance more infectious.

In folk music performance, the relationship between psychological quality and performance effect can be seen from the following aspects:

(1) Emotional control: folk music performances require performers to have precise control over their emotions to ensure the expression of the music. This requires the performer to have strong psychological quality, to be able to regulate himself/herself quickly in the face of emotional fluctuations, and to recover to the best performance state. For example, in the process of playing, if the performer makes a mistake due to nervousness, he needs to have enough psychological quality to quickly adjust his emotions to ensure that the subsequent performance will not be affected.

(2) Emotional expression: The core of folk music performance is emotional expression. A strong psychological quality can help the performer understand the emotional connotation of the piece more deeply, so that he can convey the emotion better in the performance, making the performance more infectious. For example, when playing a sad piece, a performer with strong psychological quality can better grasp the emotional elements of the piece and present them perfectly to the audience.

(3) Response to psychological pressure: Folk music performances are often faced with various pressures, such as stage pressure, competition pressure and so on. A strong psychological quality can help performers cope with these pressures better, thus improving the performance effect. For example, when taking part in an important competition, performers need to have enough psychological quality to cope with the pressure brought by the stage and the uncertainty brought by the result of the competition.

2. Concepts and characteristics of folk music performance

Folk music performance, as an important part of China's traditional culture, shows a rich and colorful national culture and artistic charm. In all kinds of performances, psychological quality plays a vital role in the performer's performance[1]. Performers not only need to have high performance skills, but also need to accurately grasp the rhythm and melody of the piece in a short time and integrate their emotions into it to present a perfect performance effect. This requires a high level of psychological quality, including a strong mental ability and self-regulation.

Players with these qualities are able to quickly adjust their mindset, remain calm, and give full play to their technique and emotions to achieve a high level of performance when faced with complex pieces and changing performance environments. When facing difficult pieces, they can accurately grasp the spiritual connotation of the piece and integrate the emotion of the piece with their own emotion to infect the audience and show the unique charm of folk music[2].

In addition, good psychological quality also helps the performers to cope with various emergencies in the performance process. In the process of performance, the performer may encounter various unexpected problems, such as intonation problems, rhythm problems, instrument failure, etc. The performer with a strong psychological quality will be able to cope with all kinds of unexpected situations during the performance. Performers with strong psychological quality can quickly cope with these problems without panic and complete the performance in the best condition to ensure the consistency and perfection of the performance.

Folk music performance has very distinctive artistic characteristics, which not only carries the profound history and culture of China, but also incorporates many modern aesthetic interests. This kind of performance requires the performers to have a deep understanding of the historical background and cultural connotation of the music, and to be able to accurately grasp the rhythm and melody of the music. During the performance, they need to integrate their personal emotions and feelings into it so that the audience can feel the emotions and meanings conveyed by the music. In addition, folk music performance also pays great attention to personalized expression. Performers need to interpret the music uniquely according to their own understanding and emotions, so that it not only retains the traditional flavor, but also meets the aesthetic habits of modern people. This kind of personalized expression makes the folk music performance full of innovation and vitality, and also makes the audience feel the charm and depth of traditional Chinese culture while enjoying the music.

3. Psychological quality in folk music performance

In folk music performance, there is no doubt about the importance of psychological quality to the performer. Psychological quality not only determines whether the performer can give full play to his/her technical level, but also affects the overall effect of the performance to a great extent. In the process of playing a piece of music, apart from the precise technical display, the expression of emotion is also crucial. Performers need to integrate their own emotions into the piece, deeply understand the emotional elements contained in the piece, and vividly express them through technical means. This requires an excellent psychological quality. A player with good psychological quality is able to control his or her own emotions on stage, ensuring that his or her performance is not affected by nervousness, panic or other emotional fluctuations[3]. Players with good mental ability are usually more capable of self-regulation. They are able to adapt quickly to various environments and respond effectively to unexpected situations, thus maintaining a stable state of mind during the performance. Such players are often more able to attract the attention of the audience, making it easier for the audience to be immersed in the world of music. Therefore, psychological quality is not only a basic requirement for performers to fulfill their performance tasks, but also an important factor to improve their performance level.

Secondly, the psychological quality has an indispensable influence on the player's understanding and performance of the repertoire. When facing the same piece of music, the way of understanding of different players often varies from person to person. Some experienced players with excellent psychological quality are often able to gain a deep insight into the connotation of the repertoire, thus presenting a more profound interpretation. They are able to focus on the performance of the piece with a smooth mind, blending their inner emotions with the music. However, performers with poorer mental qualities may not be able to fully express the meaning of the repertoire due to nervousness. They may be affected by psychological pressure during the performance process, resulting in the inability to focus on the interpretation of the repertoire, thus affecting the overall performance effect. Therefore, psychological quality is crucial to a performer's performance, and an excellent performer needs to possess good psychological quality in addition to technical strengths. In the field of music, the cultivation of psychological quality is equally important. Performers need to improve their psychological quality through constant practice and performance experience, and learn how to remain calm, confident and focused in performance. Only in this way can they understand the repertoire better, express its connotation in a more perfect form, and bring more wonderful performances to the audience.

Finally, psychological quality has a vital influence on the performers' career. Folk music performance is a long and challenging process, which requires performers to show great patience and perseverance. In the face of various difficulties and pressures, performers with good psychological quality can better cope with the challenges, maintain a positive mindset, and continuously adjust themselves, thus making continuous progress and achievements in their performance career[4]. This kind of psychological quality not only helps players to perform at their best on stage, but also allows them to better deal with various problems in daily life and improve their self-adaptive ability.

4. The relationship between psychological quality and the effect of folk music performance

Erhu players, for example, are often required to perform complex and emotionally rich repertoire when facing large-scale music competitions or concerts. These pieces may contain many difficult techniques, requiring the performers to have profound artistic attainments and exquisite playing skills. During the performance, they need to control their emotions and maintain a stable playing state. This requires a high degree of self-control and psychological quality, as a small emotional fluctuation can affect the tone and rhythm of the music.

If a performer's psychological quality is not strong enough, he or she may be nervous or panicky, leading to problems in controlling the timbre and rhythm, which in turn affects the entire performance. This situation is particularly obvious in competitions, where some players may feel nervous and uneasy when facing the pressure from the judges and the audience, thus affecting the effectiveness of their performance. On the contrary, performers with good mental quality, even under pressure, can accurately grasp the rhythm and tone of the piece, and integrate their emotions into the piece, making the performance full of infectious power. These players usually have a calm and stable mindset and are able to perform at their best under pressure. They are able to resonate with the audience in the process of playing and show the beauty of the music to the fullest.

Therefore, psychological quality is crucial to the performance of erhu players. Only with stable psychological quality and good self-control can they perform at their best when facing large-scale music competitions or concerts and show their true artistic strength. Good mental qualities play a vital role in music performance. These psychological qualities can help the performer to better control his or her emotions, making the performance more stable and reliable[5]. In the performance of a piece of music, technical precision is important, but the expression of emotion is also indispensable. A musician with a strong psychological quality can better control his or her emotions during the performance, making the performance more contagious and letting the audience feel the emotions and artistic charm of the music.

A good psychological quality not only helps the performers to play better in the performance, but also improves their understanding and expression of the music. Performers with strong psychological quality are more likely to understand the connotation and meaning of the music in depth during the performance, and thus express the emotion of the music more accurately. This in-depth understanding and perception ability makes the performer's performance more artistic and infectious.

5. Strategies to improve the psychological quality of folk music performers

Improving the psychological quality of folk music performers can be done in the following aspects:

(1) Regular psychological quality training: performers should actively participate in psychological quality training, which includes emotion control training, stress management training and self-cognition training, etc. These trainings are designed to help performers improve their self-control ability, so that they can remain calm in the face of a stressful stage environment. These trainings are designed to help performers improve their self-control ability, so that they can remain calm in the face of a tense stage environment and enhance their ability to cope with pressure. Through these trainings, performers can better adjust their mindset to cope with various challenges.

(2) Undergo psychological counseling: When performers face great psychological pressure or distress, it is a wise choice to seek the help of a professional counselor. Psychological counselors have professional knowledge and skills that can help performers identify the root cause of their problems and solve them effectively through professional counseling and guidance. Through psychological counseling, performers can better manage their emotions and stress and improve their psychological quality.

(3) Cultivate good living habits: Maintaining healthy living habits is crucial to improving psychological quality. Performers should maintain a good work routine to ensure adequate sleep and rest; maintain a healthy diet with balanced nutrients; and moderate exercise also helps to maintain good physical and mental condition. These habits help performers to maintain a good physical and mental state, which in turn improves their psychological quality.

(4) Self-reflection and self-motivation: Performers should always maintain an attitude of self-reflection, and understand their own strengths and weaknesses through self-reflection. This helps to clarify the direction and goal of self-improvement, so as to improve the psychological quality in a targeted way. At the same time, through positive self-motivation, performers can enhance their self-confidence and encourage themselves to face challenges bravely. This will help to improve psychological quality and make performers more confident and stable on stage.

6. Conclusion

Psychological quality plays an extremely crucial role in folk music performance. Good psychological quality can not

only help the performers to keep stable emotion when facing the stage pressure, accurately grasp the rhythm and timbre of the music, but also deeply understand the connotation of the music and integrate their own emotion into the performance, so as to enhance the artistry and infectiousness of the music. Improving the psychological quality of folk music performers needs to be realized through regular psychological training, psychological counseling, cultivating good living habits, self-reflection and self-motivation, learning and practicing stage performance skills, and teamwork training. This requires long-term efforts and persistence of the performers. The importance of psychological quality for folk music performers cannot be ignored, and improving psychological quality requires all-round and multi-angle efforts. It is hoped that every folk music performer can pay attention to the cultivation of psychological quality in order to better improve their own performance level and better spread and promote the folk music culture of China.

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