

The role of music in emotional regulation

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Abstract: Music is an art form born along with human productive life and was a source of relaxation and strength in people's labor in the earliest times, so music itself has the role of regulating people's emotions and releasing stress. Music can trigger the emotional resonance of people, the role between music and emotions can be explained from a scientific point of view; different music affects emotions differently. This paper mainly analyzes the mechanism of music's influence on emotion, and interprets the role of different music's emotional influence, and finally proposes strategies for music to debug emotion, laying the foundation for music to be better applied to emotional regulation.

Keywords: music; emotion regulation; influence mechanism; role

Music is an abstract art form, and although there can be certain differences in the type, melody, and style of music, it can all convey a story to us or speak to an emotion. Through the appreciation of music one can resonate with the emotions and thoughts of the music's creator. But music itself is not an emotion, but rather a gate that facilitates the flow of emotions, requiring the appreciator to feel the emotional expression of the music through the integration of the perception of the music with his or her own emotions. So different music will have different effects on the same person, and the same song will have different effects on different people, all depending on one's own taste in music. In short, music can affect people's emotions, and although it is not the only way to channel and vent emotions, it is a very simple and comfortable way to regulate emotions.

1. Mechanism of music's influence on emotion

1.1 The factors of music's effect on emotion

When humans enjoy music, their emotions change with the music. Different people have different levels of perception and sensitivity to music. The melody of music can provide an emotional rhythm for people, and the special rhythm forms a stimulus for the human brain nerves and a chemical reaction. The human brain has a complex system of composition, in which there are a large number of neural tissues that transmit neurotransmitters and finally reach the brain center to facilitate human emotional expression. For example, when people listen to fast-paced, dynamic music, they stimulate the brain's neurotransmission neurotransmitters to create an emotional excitement factor. In addition, some people like to listen to music with angry emotions to release their aggressive emotions, this is because angry music will form more adrenal hormones. Scientists explain through the effect of music on human emotions, which is a combination of music and movement . By listening to the sound, one can trigger changes in one's own emotions, and in simple terms music is a medium that communicates emotions and actions to a person.

1.2 EEG mechanism of music on emotion

From neurological studies, by listening to music one can stimulate the limbic system of the brain, which has a direct relationship with human emotions. A variety of sound elements in music can be captured by the brainstem of music and judged as an important and urgent information that can form a certain influence effect on human emotions. Music can create electrical currents in the human mind, and through the appreciation of music, an electroencephalographic mechanism is formed in the brain that can have an impact on human emotions. Music facilitates the listener's regulation of his or her own physiological level and achieves physiological arousal. The capture of the acoustic characteristics of multiple pieces of music on the brainstem facilitates the regulation of neurotransmitters, sending timely signals that cause mood swings. For example, excessively loud or abrupt sounds can cause people to develop excitement or fear. The effect of music on the human brainstem can form an emotional analysis upon receiving a signal. The early stages of auditory action are mainly reflexes to brainstem locations, and after the signal has stimulated the auditory cerebral cortex, the signal can be absorbed through the brain structures and form different emotional patterns. However, it is important to note that different personality traits and environments can form physiological stimuli.

1.3 Neurological effects of music on emotions

The level of science and technology has been developed rapidly under the rising economic level. At the current stage of research, the role of music on emotion is more obvious. Researchers have studied the mechanism of the role of music and emotions through neurochemical methods and found that neurotransmitters related to emotion regulation are transmitted in the brain during the process of music appreciation by people. The emotions formed by music are communicated to the brain and are analyzed and processed by the brain to form a good emotional expression. Neurochemical studies provide stronger evidence for the role of music in influencing human emotions .

2. The effect of different music on mood

2.1 Emotional regulation of light music

Part of music can make people relax and relieve stress. Psychologists have found through the emotional guidance of light music that music can achieve heart-to-heart communication, relieve people of bitterness and depression, and play a role in psychotherapy. Blues music is the representative of light music, the rhythm of the music is gentle and smooth. Enjoying this type of music can stimulate people's sad

emotions. At the same time, the rhythm of light music itself is not strong, slow, and the rhythmic fluctuation is small, and the sense of rhythm is not enough. The human brain is soothed and calmed by the transmission of neurotransmitters during the appreciation of this music. Therefore, light music is mainly suitable for people who wish to have their emotions calmed down, and can quickly calm people's emotions in a short period of time.

2.2 Emotional regulation of classical music

Classical music has a relatively obvious effect on emotions, not only calming one's emotions, but also promoting students' emotions toward rationalization. Classical music is a kind of music with strong regional and national characteristics, so in the process of classical music appreciation, the main role is to meet the artistic requirements of the appreciators, so that the accumulation of emotional awareness in the change of the appreciators' emotions. Classical music generally has obvious regional characteristics, so it will influence the appreciators to aspire to the region, forming an emotion with expectation and hope. In addition, classical music contains a rich cultural heritage, and through the appreciation of classical music, one can gradually calm the mind and maintain a sober and rational state under the thick cultural infection.

2.3 Emotional regulation of rock music

It has been shown through numerous studies that rock-type music can have a negative effect on a person's mood. Through the appreciation of this type of music, the level of health and learning ability can be reduced, which is not conducive to concentration and may also create a depressed mood. Rock music has a very strong emotional cathartic characteristic, and both singing and appreciation through rock music can cause a feeling of relief. From the analysis of the emotional guidance characteristics of rock music, there are pros and cons. Rock music has developed fast after entering China and has been accepted by the public in a short period of time. There are many types of rock music, while different types of rock music will form different emotional changes. Strong sense of rhythm is the biggest characteristic of rock music, fast rhythm can make people react quickly in the process of enjoying the music, and the fluctuation of emotion is relatively large.

3. The effect of music on emotional adjustment

3.1 Rational selection of music materials

Sound not only conveys information, but also affects people's emotions. For example, the cry of a newborn baby can bring joy, but the cry of a neighbor arguing can cause boredom and emotions. Or the snoring of the same family members may make some people feel relieved and others resentful. Music as a special sound can also produce such feelings. The emotional perception of music by humans is not something that can be judged by experts; music varies from person to person and from situation to situation. Different people's situations, personalities, and different ages may have certain differences in the emotions produced by music. Therefore, in the adjustment of emotions by music, it is necessary to choose music materials reasonably. For example, young people can choose light and fast music, which is good for the adjustment of unpleasant emotions and mentality, and can promote the regulation of human heart, stomach, brain and other organs, and promote the soothing of subcutaneous cells of human brain. The middle-aged and elderly people are more suitable for some gentle, moderate rhythm of the minor tunes, can effectively relieve the middle-aged and elderly anxious state of mind, soothe the disturbed emotions. For some impatient people, it is more suitable for music slow, slow rhythm of the minor tunes, such as serenade, lyric songs, etc., is conducive to calming the mood, relieve anxiety. For people who are slow to act, it is appropriate to listen to some songs with a faster tempo, which can enhance action. The choice of music varies from situation to situation. Music has the role of debugging people's emotions, that is, you can combine the mood of the time to choose the music content. In the case of a person's emotions and music to express the emotions resonate to touch the heart, to promote emotional venting, to achieve emotional adjustment. Therefore, if a person's thoughts are confused, you can choose medium speed or soothing music to adjust the mood. If a person's mood is more excited, you can choose some upbeat music to make the emotions more exciting and resonant. In a sad state, one can choose some sentimental music elements to resonate and release their emotions. In addition, you can also use heterogeneous musical elements, choose the opposite of the scene at the time, through the emotional offset to achieve the purpose of calming emotions.

3.2 scientific selection of commissioning methods

People are sensual creatures, and there are emotional changes in everyone's inner world and influence people's life state and behavior. Through the melody of music can trigger people's emotional resonance, for example, light music can bring people a good mood. Slow, sad music, on the other hand, can create a gloomy mood. Therefore, different music is needed to adjust the emotions and maintain the psychological balance. First, the joyful method can be used to create a positive and pleasant atmosphere through tunes and melodies with a more upbeat rhythm. For example, people will dance to the rhythm after hearing light music. Therefore, if a person is in a sad mood, you can use lively, light music to help lift your spirits and recall more of the past that makes you happy. For example, you can choose songs such as "Step by Step" and "Yellow Ying Chant". Secondly, by using the way of provocation method, in the music adaptation, one can further intensify one's emotions through some sound effects that tend to cause emotional excitement and anger, or songs with fast rhythm and melodic sadness. This provocation method is mainly used for some of the people who are overly worried, and through the provocation method can help this group of people to temporarily let go of their worries and form an emotional catharsis, and then return to calmness after the catharsis. In addition, you can also through the "Li Sao" "Man Jiang Hong" and other more magnificent atmosphere of the song, so that people in the appreciation of a broader mind, to produce a kind of mayfly in the sky and earth, the feeling of a small drop of the ocean, is

conductive to get rid of sadness. Finally, the method of tranquilization. Music can be adjusted by way of tranquilization method for emotions. Once there is hyper-arousal, anxiety and other emotions, you can use soothing, quiet music to achieve the effect of tranquility. Mozart's music, for example, can effectively relieve one's mood.

3.3 Flexible selection of musical elements

The musical elements of loudness, rhythm and timbre are important emotion-regulating elements. The regulation of loudness is mainly the regulation of sound intensity. High-definition loudness will have a greater mechanical effect on human emotions and make people's nerves highly excited. Weaker sounds have the effect of stabilizing emotions. At the same time different factors can also make the human senses appear different psychological feelings, triggering emotional changes. For example, a lyrical tone can provide a pleasant mood, while a broad and deep tone tends to keep people stable. Musical rhythm is the temporal organization of music, and different rhythms of music can form different moods and perceptions. Bright music can make people form an excited mood, which is good for eliminating fatigue; slow mood can eliminate tension and inhibit mania. Therefore, it is necessary to combine different moods and consider the composition of each element of music comprehensively.

Ending:

As mentioned above, music has a moderating effect on emotions and has been verified from physiology and psychology. Through a large number of studies, it has been found that different music has different effects on people's emotions, but it is not that music itself carries emotions, but it is related to people's own situations, moods and perceptions, which form different emotional states through the resonance of music. Therefore, the emotional regulation of music should be different from person to person and from situation to situation.

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