

The Educational Significance of "Pharyngeal Sound" Training in Students' Personality Development

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Abstract: At present, the growth environment of students has undergone great changes, the complex and changeable social environment, huge academic pressure, physical and mental development level and other factors make the students' personality problems increasingly prominent. With the deepening of national aesthetic education policy, music aesthetic education has become an important part of school aesthetic education, and has a special role and important significance in replacing other disciplines in cultivating students' emotions, skills and personality. Therefore, how to fully utilize the special function of music aesthetic education in shaping students' sound personality has become a question worth considering. This paper introduces the concept of "pharyngeal" in the field of music, with the aid of "pharyngeal eight vocal method" to train students' voice and sound beautification ability, to enhance the students' communication effect and emotional expression, in the process of imperceptible to shape the comprehensive development of contemporary students, promote the sound development of students' personality.

Keywords: Aesthetic Education; "Pharyngeal Sound" Training Method; Sound Personality; Education

1. Introduction

Education is the foundation of the country, education is strong, the country is strong, only by receiving good education, can we become a qualified modern talent, and the whole education is also a process of casting personality. At present, the state vigorously advocates quality-oriented education, which can also be said to be personality education. Schools can adopt a variety of ways to cultivate it, including aesthetic education, which has a subtle positive influence on the

improvement of students' personality.

2. Healthy Personality

For "personality", it is not the natural attribute of human beings, but the psychological quality and behavior mode shown by people under the influence of various social relations, which is a social quality formed after the day after tomorrow. And the "sound personality" is the "most ideal appearance" that the society wants people to shape. For example, in psychological counseling, the therapists all hope that the treated people can improve their current situation, solve their current problems, improve their mental health, and develop their potential to pursue and realize their self-worth. In fact, it is clear that the therapist has a "most ideal appearance" in mind. If you want to describe this "ideal appearance" in a standard word, I can think of a sound personality. Some scholars believe that a sound personality is the individual in adapting to the real environment and discovery, show themselves in the process of perfect, harmonious, freedom, adapt to the personality model [1]. This institute refers to the sound personality is a person in physiological, psychological, social and moral four aspects show healthy, positive, positive comprehensive quality ability, is also an important standard to measure whether a person's physical and mental health.

3. The Relationship between Aesthetic Education and Sound Personality Development

During the period of education, students find and know themselves step by step, and define themselves [2] with the help of this society. They learn the theoretical concepts in books from childhood, combine their own cognitive efforts in practice, and are tested by practice, so as to obtain social feedback and evaluation. Finally, the formation of self-reflection, digestion and refining, and then to guide the following behavior, this is the process of

shaping students' personality.

In this process, aesthetic education can play a special role. Aesthetic education is to cultivate people's ability to understand, experience, feel, appreciate and create beauty, so that we have the ideal of beauty, beauty sentiment, beauty character and quality of beauty. Once people face things and people from the perspective of beauty and mood, the result will certainly be a more positive aspect. For example, as social individuals, people have been colliding and communicating with the society, and the most direct output way is language expression and physical emotional expression. If you use a more efficient, more direct, and better expression effect to output your own ideas and needs, it will certainly directly affect the results obtained. Therefore, in this respect, music aesthetic education not only edifies people's sentiment, but also realizes the shaping of personality [3].

4. The Association of "Pharyngeal Sound" with Personality Development

This is the foothold of this paper, for students to find a more operable and replicable personal expression ability improvement method, and professional ability training. The author has learned the theory of vocal music and music for many years, and is familiar with the role of vocal vocal method on the improvement of language expression and psychological quality. Therefore, try to use "pharyngeal sound", such a scientific and special skill training method, to help students to obtain better expression ability, so that they can have a better communication effect in social communication [4].

"Pharyngeal sound" is a scientific and special vocal vocal method combining medicine, psychology, acoustics, anatomy, physiology, linguistics and other disciplines [5]. He is a reflection of physical phenomena in the body. It was first invented by the Italian, and later introduced by Dr. Lin Junqing, baritone singer, d. D., and promoted to China's [6]. Dr. Lin has devoted himself to research for decades, and established the more operational "eight-step vocal training method", which is an oral muscle training method that can further enhance the ability of speaking, singing, emotional expression and communication. At the same time, it can also adjust the tone and texture of learners, expand the volume,

increase the loudness, and improve the efficiency and effect of pronunciation. What's more, this "pharyngeal sound" training method has also played a unique role in the field of voice treatment. It can be used as a treatment method of voice modification and throat diseases, and effectively solve people's practical problems. Finally, from the inside out to improve people's expression ability, enhance the expression effect, so that students are more confident and smooth to communicate with the society.

5. The Specific Implementation Method of "Pharyngeal Sound" to Promote Personality Development

5.1 Objective Social Perception and Self-perception

Everyone is like a piece of white paper. At first, they copied and learned on the white paper, and in this process, they gradually formed their own personality prototype, continued to develop, and slowly added their own unique personality embodiment, and the picture quality and color are becoming more and more rich. Everyone should have a more realistic understanding of their own all aspects of the cognition. Of course, this cognition has a certain subjectivity, it cannot be as clear and accurate as looking in the mirror. So just like in the process of our learning, there is a beautiful and good content, but also includes the ugly and evil content. Therefore, we should have a clearer understanding of ourselves through the communication and communication with this society.

The first thing to learn is the output, then in this room, speaking is the first important, how to say the words out, the voice is loud, let people hear clearly, this is the basic threshold of communication. Some people speak sonorous and powerful, let a person feel very sunny, positive, practical, but some people's voice is empty, blurred voice, let a person feel not confident, cowardly. First of all, we can use the "pharyngeal sound practice method" "big mouth"practice" [7]. Come to warm up before talking. Open your mouth and look up to relax your chin. Then let the tongue stick out and the root of the tongue pronounce it naturally. This not only can fix the real sound sound position, so that the sound is loud, but also can relieve the throat tension, to avoid the

poor psychological quality of the voice become small and squeeze card.

Secondly, with the help of "chest sound" practice, increase the chest resonance, let the sound sound sonorous and powerful, give a person a positive and confident state. Its training essentials is to continue to keep the throat on the basis of the development of the same degree of sound, breath sinking, feel the chest like a violin box wide and Squeeze card

5.2 Build Appropriate Interpersonal Skills

Words not only to say, but also say good, it depends on the content of the speech, on the other hand depends on the words, tone and timbre, this time is more test students' ability to adapt to the environment, analyze the object, and for appropriate organization language, adjust tone, with the voice of another people like effective communication with others.

In view of the above needs, "pharyngeal sound practice method" has special timbre and pronunciation training. The change of timbre depends on the proportion of true and false sound and the application of resonance cavity [8]. Tone color is one of the most effective and direct ways to deal with emotional expression. You can try to weaken the resonance of the chest and oral cavity, so that the airflow tends to a higher position, which can better control the more lively timbre. Bite speech function training, is to require each word pronunciation before the design preparation to be quick and powerful, open, close, loose, tight with just right, bite to clean and elastic, to the word to lead gas to support the sound.

5.3 Develop Your Potential and Achieve Self-actualization

People with mental health should be people who love life, have aesthetic taste and their own hobbies, and devote themselves to work, career and family. At the same time, it must have a personal hobby and emotional expression means. Through these ways to release their energy, enthusiasm, regulate physical and mental health, promote the communication between people, to meet the needs of individual all-round development.

At present, aesthetic education has played an irreplaceable role. For example, like singing, it is not only a means of emotional expression, but also a kind of physical exercise. We can use the "he gas" practice in the "pharyngeal

sound practice" to exercise the singing function, use the power of the waist and abdomen to quickly push the gas in the lungs to the inward, the mouth must keep the blowing state in the mouth, the vocal cord is blown by the breath.

It can also cooperate with the "climax promotion" training[9], the climax of the song is usually calm and without losing tension, it is promoted by the melody layer by layer, gradually pushing the mood to the climax, bursting out a strong dramatic appeal and tension, so that the full emotion hit people's hearts and have a strong resonance. It can be seen that when singing the climax of the promotion part, sufficient strength support is needed, but it is necessary to ensure the mobility of the breath, and rapid breath, so as to ensure the complete singing, to meet their emotional catharsis and emotional expression.

5.4 Promote the Unity of Physical and Mental Health

The body is the capital of the revolution, and all mental health and personality cultivation should be carried out and promoted on the basis of physical and mental unified health. Students in the stage of education, it is the stage of physical development and maturity, more should strengthen the exercise and improvement of physical quality. It can promote the unity of body and mind through sports or colorful cultural activities.

In the "pharyngeal sound" practice method is accompanied by the coordination of the body. Like the "toad gas" (also known as the "dog panting") [10] exercise. Standing feet natural apart, mouth cover up, tongue natural mouth, mouth not too big, to affect the relaxation of the tongue, lower abdomen fast continuous play, gently hair "he" sound, slowly inhale, to the chest full, on the one hand, using the diaphragm and abs repeatedly do short exhaled and inhalation action, to really unable to continue to stop. This directly exercises the bounce of the diaphragm and the ability of the breathing muscles to control the breath. Such high-intensity training can promote the movement of muscle groups, achieve the role of fitness and brain fitness, and provide a very good optimization way for students' personality development and physical quality improvement.

6. Conclusions

There are many ways and ways to promote the healthy development of students' personality, and the "pharyngeal sound" training is one of them. As an intuitive, vivid and specific educational activity in aesthetic education, through the training of internal emotional expression and external voice output ability, it helps students improve their communication ability and effect, establish a healthy and harmonious world outlook, outlook on life and values, so that students can develop in a healthy and comprehensive way. In addition, in overcoming the deficiency of students' humanistic character and enhancing spiritual harmony, it cultivates students' innovative spirit and practical ability, as well as the shaping of healthy personality, and has a special role and important significance that cannot be replaced by other disciplines. In any case, promoting the sound development of students' personality has always been the focus of education attention. As educators, we will also have a long way to go on this road.

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