

The Exploration and Attempt of Dance Therapy to Promote College Students' Mental Health Education

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Abstract: As a kind of mental health education, dance therapy plays an important role in the physical and mental development of college students to a certain extent. With the continuous progress and development of society, contemporary students are faced with many problems such as employment pressure and heavy learning burden, and college students are the future builders of society, but also the pillars of the future of the country and the nation, shouldering crucial responsibilities. Therefore, it is particularly urgent to use dance therapy to promote college students' mental health education, but how to use it in reality. In order to guide students to learn self-control, in the process of dance therapy, it is necessary to adjust according to students' physiological and psychological activities, so that they can be coordinated in movement and posture. This paper discusses how to make effective and reasonable use of contemporary integrated dance theory and modern psychology knowledge, and puts forward corresponding countermeasures to provide reference for training college students with good adaptability, healthy mental quality and all-round development at the current stage.

Keywords: Dance therapy; College students; Mental health; Educational exploration

Introduction:

With the development of society, people have higher requirements for spiritual life, which plays an important role in the growth and development of contemporary college students. Contemporary higher education is one of the indispensable links in cultivating modern talents, constructing ideological and political theory system of high-quality innovative students, and promoting the process of socialist modernization. As an auxiliary method and means, dance therapy has profound significance and value to help college students study mental health problems. Through reasonable use of dance, it plays a regulating role in human body and mind, promotes the development of various systems of the human body, and enables it to develop normally. Therefore, it plays an immeasurable role in the healthy growth of college students. However, at present, there are many problems and shortcomings in the teaching of higher education in China: first, students' learning pressure is great; Secondly, the school management is not strict resulting in some bad habits; The last point is the social and environmental factors, which lead to the smooth implementation of dance therapy. This paper analyzes the current state of college students' mental health from the perspective of psychology, and puts forward some suggestions and opinions.

1. The inevitability of dance therapy to promote college students' mental health education

Dance therapy is an important way of mental health education. Through dance training, music therapy, cognitive therapy and other ways, it can help college students improve their mental health level and achieve all-round development. The essence of dance therapy is to improve and restore people's mental health through physical movements and music, which can stimulate people's emotions, regulate people's emotions, enhance people's self-confidence, improve their social ability and creativity. Therefore, dance therapy is of great significance in college students' mental health education, which can promote students' all-round development and help them realize their self-worth. In addition, dance therapy can also improve students' cognitive ability in study, life and other aspects, and help them better cope with pressure and challenges. Therefore, dance therapy has great inevitability in college students' mental health

education. [1]

2. The role of dance therapy in promoting mental health education of college students

2.1 Dance therapy is conducive to improving the self-confidence of college students

With the development of higher education in our country, the mental health problem of college students is paid more and more attention by all walks of life. In this case, dance therapy, as a new psychotherapy technique, can effectively help college students relieve psychological pressure, improve self-confidence, and promote the healthy development of body and mind. First of all, dance therapy can help college students relieve psychological pressure. During dance therapy, practitioners are required to express their emotions and emotions through a series of movements and music. This expression can help them reduce anxiety, tension and other negative emotions, thereby improving self-confidence. Secondly, dance therapy can promote the healthy development of college students. In the process of dance therapy, practitioners need to constantly challenge their limits, so as to enhance their physical and psychological qualities. This kind of challenge can help them discover their potential and strengths, and boost their self-confidence and self-esteem. Finally, as a new psychotherapy technique, dance therapy has wide application prospect and market demand. Through effective application, it can help college students relieve psychological pressure, improve self-confidence and physical and mental health development. [2]

2.2 Dance therapy is conducive to relieving the psychological pressure of college students

Dance therapy is a very effective psychotherapy for college students. Through dancing, college students can relax themselves in a relaxed and free atmosphere and release their pressure. In this process, college students can communicate with others, share their experiences and feelings, and gain more understanding and support. At the same time, dance can also help college students establish good interpersonal relationships, enhance self-confidence and social skills. In dance therapy, college students can improve their mental health and interpersonal skills by dancing. Through dance therapy, college students can express their emotions better, improve their language expression ability and enhance their interpersonal skills. In addition, dancing can also help college students relax, reduce stress and improve sleep quality.

3. Strategies of dance therapy to promote mental health education of college students

3.1 Strengthen system construction and improve organization

A perfect system is an important guarantee for the implementation of mental health education and psychological counseling activities. According to the requirements of the Opinions on Strengthening the construction of the Social service System, it is necessary to establish and improve the management organization of college students, clarify the relevant provisions such as the heads of various departments and departments of the school and the division of responsibilities, formulate the evaluation standards and methods for the comprehensive quality of college students, and formulate practical measures. Standardize a series of relevant policies, regulations and rules and regulations such as the code of conduct of college students. After improving and implementing various laws and regulations, attention should be paid to the hidden safety problems involved in school mental health education activities, and timely solutions or strengthening supervision and inspection efforts. The level system is the basis of realizing the organization goal. Only by making a perfect system can the organization play its role effectively. Therefore, in order to improve the organizational level, we must strengthen the system construction, and constantly improve the various systems to ensure the efficient and orderly operation of the organization. First of all, we must establish a sound organization and management system. It is necessary to establish and improve the organizational structure and management system, clarify the responsibilities and powers of each department, and ensure the smooth progress of all work. Second, we must improve all systems. It is necessary to formulate a scientific and reasonable system based on the actual situation to ensure that all work is carried out in an orderly manner. Finally, supervision and inspection should be strengthened. Supervision and inspection is an important means to ensure the smooth progress of all work, and only by strengthening supervision and inspection can we ensure the effective implementation of all work.

3.2 Strengthen the construction of teachers and improve the curriculum

The process of dance teaching is an activity that needs to accumulate experience and practice for a long time to gradually form. It not only requires teachers to guide, educate and train students in class, but also needs to combine the development characteristics of college students' mental health education to strengthen the construction of teachers. According to the actual situation of colleges and universities, reasonable and effective training programs should be established: first, scientific planning; The second is to choose the appropriate way to train professional talents; Third, from the school to the family and then to the society, we can take a variety of measures to improve the level and quality of dance teaching, promote its continuous improvement and innovation, in order to

better serve contemporary students. To carry out dance therapy among college students, professional teachers are needed to provide guidance and guidance, improve students' ability to regulate their emotions in the learning process, and carry out more interactive communication activities between teachers and students and students in class. To strengthen the construction of campus culture, we can organize various forms such as class collective or student union to carry out campus community activities and mental health education course publicity. ^[3] Establish a good teaching platform and improve the team of dance teachers in the school so as to better carry out the mental health education and training of college students.

3.3 Innovate teaching model and implement dynamic monitoring

In college dance teaching, in order to ensure the learning effect of students, teachers need to formulate corresponding programs according to different stages and different styles of students. For example, some more active, strong atmosphere, and educational movements can be arranged together; You can also put some relatively difficult, but prone to problems of knowledge, compiled into a small video to explain. In this way, the teachers can not only understand whether the members of each group understand the dance therapy method, but also find out in which aspects the students have different degrees of psychological barriers and some special situations. Therefore, when carrying out dance teaching activities in colleges and universities, it is necessary to combine the characteristics of students' emotional responses and ideological states in the learning process, and arrange the course content and methods scientifically and reasonably. Dynamic monitoring technology can be used to track and observe the knowledge points learned in class, and students' understanding of dance movements and music rhythms and feelings can also be learned through questionnaire survey.

Conclusion:

With the development of society, people pay more and more attention to their own quality education, especially college students, and dance as an art form is gradually accepted by everyone. It can not only help students learn cultural knowledge, improve aesthetic ability and innovative thinking, but also cultivate students' good psychological quality and sound personality. Starting from the physical education teaching environment in colleges and universities, this paper analyzes the current situation of dance therapy in colleges and universities in China, and puts forward preliminary suggestions and measures to explore how to promote the healthy growth of contemporary college students in today's society, so as to provide reference for the development of psychology education in the future.

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