

# The Role of College Aesthetic Education in Promoting the All-round Development of College Students

Xiaoxia Bai

Ningbo Institute of Technology, Zhejiang University, Ningbo 135135, Zhejiang, China.

**Abstract :** Aesthetic education emphasizes the improvement of human's comprehensive quality and physical and mental education, which can change a person's temperament and cultivate people's good character and comprehensive emotion. In the current field of college education, through aesthetic education, it can improve college students' aesthetic quality, enrich students' life emotion, and lay a solid foundation for the improvement of students' personal development and comprehensive quality. This paper will study the role of aesthetic education in the all-round development of college students, summarize the connotation of aesthetic education, and analyze the value of aesthetic education in the development of college students, in order to introduce the implementation countermeasures of aesthetic education in the process of college students' all-round development. It is hoped that through the effective application of these methods, students' comprehensive quality can be improved, so as to make a certain contribution to promoting the all-round development of college students.

**Keywords :** Aesthetic Education; College Student; All-Round Development

## 1. Introduction

As an important part of moral, intellectual, physical, artistic and labor education, the main purpose of aesthetic education is to cultivate students' aesthetic ability, improve students' aesthetic level, and cultivate students' aesthetic sentiment, in order to enrich students' emotion, enable students to establish correct outlook on life, world outlook and values, and promote the coordinated development of students' physical and mental quality, as well as improve students' psychological quality. It can ensure that under the guidance of aesthetic education, students become higher talents needed by the society in the new era and make important contributions to the development of the country and social and economic construction.

## 2. Connotation and importance of aesthetic education

Aesthetic education first appeared in the article on *The Purpose of Education* published by Wang Guowei in 1906. The scholar believes that the ultimate purpose of education is to cultivate talents with all-round development. In order to achieve this goal, we need to start from the psychological and physical aspects of students at the same time. In terms of psychological education, moral, intellectual and aesthetic education are important teaching methods to improve students' moral level, cultivate their intellectual ability and enrich their emotional quality. Through the implementation of aesthetic education, we can cultivate high-quality talents with rich emotion and aesthetic sentiment.

In the current field of higher education, the use of aesthetic education teaching can improve students' comprehensive quality, stimulate students' life enthusiasm and learning enthusiasm, and promote students to further show their self style in the process of life and learning, so as to improve their aesthetic ability and enhance their perception of aesthetic education, which can achieve the goal of improving college students' personality, promote the all-round development of students' morality, intelligence, physique, beauty and labor, and shape students' correct world outlook, outlook on life and values, in order to lay a solid foundation for the

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improvement of the quality of follow-up college students' comprehensive education.

### **3. Function description of aesthetic education**

It plays a very important role in the field of college teaching. Through the explanation of the role of aesthetic education, this paper hopes that college teachers can pay attention to their teaching role, improve the quality and level of teaching, and make a certain contribution to promoting the development of students' all-round quality.

#### **3.1 Cultivating students' aesthetic ability**

As the basic feature of students, the significance of aesthetic ability is to help students strengthen the examination and judgment of things and find out different types of beauty. Including: life beauty, abstract beauty, moral beauty, personality beauty, value beauty and other different types of beauty. Through aesthetic education, students' creativity and imagination can be greatly improved, so that students can examine the beauty of different contents in the process of life and learning, and exercise students' aesthetic ability.

Aesthetic education through aesthetic activities can effectively improve students' aesthetic level, ensure that students strengthen their perception and understanding of aesthetic objects in the process of getting along with things and others, and get new cognition and understanding, which plays an important role in promoting the strengthening of students' aesthetic consciousness. Secondly, by improving the aesthetic ability and strengthening the students' experience of aesthetic objects, students can get spiritual pleasure in the aesthetic process and feel the interest and positive role of aesthetics.

#### **3.2 Cultivating students' sentiment**

Good mood can stabilize students' psychological state and help students face various problems and challenges with a more calm and gentle attitude. By carrying out aesthetic education for students, we can not only cultivate students' sentiment and make them feel the value of aesthetic objects in the aesthetic process, but also guide students to obtain the feeling of aesthetic pleasure in the aesthetic process, further enrich students' emotion, and improve students' moral level, so as to make students feel satisfied in the process of aesthetic activities, and achieve the purpose of cultivating sentiment.

Secondly, carrying out aesthetic education can help students appreciate the aesthetic object, effectively experience their own value, obtain aesthetic emotion, spiritual shock and baptism, and finally realize the accumulation of temperament and the shaping of good temperament, in order to lay a solid foundation for improving students' comprehensive quality level, enriching students' emotion and shaping students' good temperament.

#### **3.3 Improving students' personality**

Personality is the comprehensive embodiment of students' morality. Through aesthetic education, students can be guided by correct values and outlook on life in combination with ideological and teaching contents, so as to truly understand the key points of sound personality, realize the shaping of students' personality, and promote students' all-round development, which can help students judge the correctness of event elements in the aesthetic process, and shape students' good personality.

Under the guidance of noble personality, students make important contributions to the development of the whole society and environmental construction, so that a single spark can start a prairie fire, promote the formation of a virtuous circle of social healthy personality, and lay a solid foundation for the construction of social healthy environment.

### **4. Countermeasures of college aesthetic education to promote students' all-round development**

In order to ensure that college aesthetic education promotes the all-round development of students, we must use corresponding teaching methods and strategies to improve the quality and efficiency of aesthetic education. This paper briefly introduces the optimization countermeasures of college aesthetic education teaching, and hopes that college teachers can make important teaching contributions to promoting the all-round development of students through the effective application of these teaching methods in the process of aesthetic education.

#### **4.1 Strengthening the study and understanding of aesthetic theory**

In the process of aesthetic education, as an important teaching link, the significance of aesthetics is not only to cultivate students' aesthetic ability, but also to strengthen students' understanding of the beauty of things and abstract beauty, so that students can collect and appreciate the wonderful of the world through different channels, master various forms and key points of consciousness, and fully apply aesthetic theory to their study and life, in order to strengthen students' perception and discovery of beauty and improve students' aesthetic level and aesthetic quality.

In order to achieve this goal, teachers need to guide students to strengthen the study of aesthetic theory, carry out aesthetic teaching through aesthetic education, and explain the aesthetic points and aesthetic ways of different types of beauty, in order to ensure that students learn and understand the aesthetic experience and aesthetic perception accumulated by predecessors. On this basis, we can appreciate all kinds of things in life experience and real life, so as to feel the realm of life, strengthen personal comprehensive quality, enrich students' spiritual world, and play a certain role in promoting students' feelings and enlightenment of beautiful things in the next stage.

#### **4.2 Guiding students into nature and discover the beauty of life**

In nature, there are many things worthy of students' examination and judgment. Students can appreciate, feel and apply natural beauty through practice. By understanding the development law of nature and life changes, and mastering the key points of natural beauty, it has a very good guiding effect on one's own temperament, cultivation and integrity of personality. Students can promote the shaping and promotion of personal aesthetics after they are exposed to natural beauty and appreciate its perception.

Teachers should lead students into the process of natural aesthetic experience and fantasy in the process of traditional aesthetic education, so as to stimulate students' desire to explore and explore the beauty of nature in the process of aesthetic education. Teachers should let students constantly pursue new things, explore new knowledge, and guide students to pursue beauty and create beauty in the process of learning and development in the next stage.

#### **4.3 Organizing literary and artistic activities to enhance students' communicative competence**

In the process of physical education, as an important part of aesthetic education, moral beauty plays a good role in promoting the shaping of students' personal character and personality. Through interpersonal communication, students can learn from others' advantages in the process of communication, master more aesthetic skills, improve their comprehensive quality, and lay a solid foundation for students' development in the next stage.

Secondly, by cultivating students' interpersonal skills and improving their communication level, it can also enrich students' study and life, protect students' mental health, and avoid students' negative emotions such as autistic or introverted in the learning process, which will lead to students' psychological diseases and affect their healthy growth.

Teachers should organize aesthetic education and entertainment activities in the teaching process, and use games to let every student participate in aesthetic education and teaching activities, so as to mobilize students' enthusiasm for participation, improve students' participation, and enable students to accumulate activity experience and master interpersonal communication methods. In addition, we should combined with teaching practice, help students master the contents that are not in the learning textbooks, which is very important for students' employment development and personal interpersonal communication after graduation.

### **5. Conclusion**

To sum up, in order to improve the level of aesthetic education and achieve the goal of all-round development of college students, teachers need to strengthen the cognition of the role of aesthetic education in teaching, and effectively apply it by strengthening the learning and understanding of aesthetic theory, guiding students into nature, discovering the beauty of life, organizing literary and artistic activities, and strengthening students' communicative ability, so as to improve the quality of students' aesthetic education, enrich students' emotion, and cultivate students' aesthetic ability and sentiment.

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