

An Analysis on the Training and Cultivation of Performance Psychology in Piano Teaching

Xue Sheng

Inner Mongolia Normal University, Hohhot, Inner Mongolia 010010

Abstract: Piano teaching has very obvious practical characteristics in college education and teaching. It is an important art subject. In the course of piano teaching, students' psychological quality will directly affect their piano performance. Therefore, to carry out piano teaching in college, teachers should not only teach students playing skills, but also pay attention to the cultivation of students' psychological quality. Only in this way can students bring their true level into play and promote their all-round development.

Keywords: Piano teaching; Playing psychology; Training and cultivation

Under the background of the new curriculum reform, piano teachers in colleges and universities should not only impart performance skills to students in the actual teaching process, but also promote the cultivation of students' core qualities, and actively carry out comprehensive quality training, so as to comprehensively improve students' skills and quality, and help students accumulate rich experience in piano performance. In the present piano teaching in colleges and universities, many teachers do not pay attention to the training of students' performance psychology, which leads to students being too nervous in the process of performance. Therefore, college teachers should deeply study the strategies of cultivating and training students' piano playing psychology.

1. Analysis of students' psychological factors in performance

1.1 Anxiety and tension

After investigation and research, it can be found that some students have excessive anxiety and tension in the process of piano playing. The reason for this is that they have not done their preparation well and are not familiar with the music. Some students' performance skills did not meet the actual requirements, resulting in a lack of confidence. Therefore, if we want to help students eliminate this mentality, we should first ensure that students have strong playing skills and do a good job in the preliminary preparation. In order to establish confidence in performance, ensure the stability of students' mental state.

1.2 Lack of desire to show

Under the new curriculum reform, college teachers are required to pay full attention to students' main body status. In the process of carrying out classroom teaching practice, teachers should help students establish the correct consciousness, so that students fully realize the importance and value of carrying out independent learning. In the process of piano teaching, teachers should first help students establish confidence in stage performance, so as to relieve the inner pressure of students. Teachers can fully combine the actual situation of students to create a more relaxed performance range for students. Ensure that students are able to bring their technical skills to full use. However, in the actual teaching, many students lack the desire to express themselves and are unwilling to carry out independent learning. As a result, students' musical literacy can not be effectively improved, and they can not feel the charm of piano performance.

1.3 Students' personal emotions

Students' personal emotions will have a direct impact on the result of piano performance, which will interfere with the speed and rhythm of students' performance. Therefore, if we want to help students improve their performance, we should first pay attention to improving students' performance techniques and movements. College piano teachers should have an in-depth understanding of students' psychological factors and find ways to help students ensure their emotional stability. Relieve students' negative emotions. In order to avoid the students' finger stiffness and muscle tension, fully ensure the quality of piano performance.

Second, the importance of cultivating and training students' playing psychology in piano teaching. In the process of teaching piano performance, teachers should attach importance to cultivating students' piano skills. Only when students master playing skills proficiently can they accumulate rich experience in stage performance. From the perspective of core quality, college teachers should actively carry out performance psychological training. Ensure that students have good psychological quality while mastering piano skills. Only in this way can students give full play to their actual abilities. Constantly enhance students' creativity, so that they have personal characteristics. In the process of piano teaching in colleges and universities, teachers should pay attention to the full combination of students' individual differences. Improve the performance effect and lay a good foundation for the future development of students.

In addition, the cultivation and training of students' playing psychology in college piano teaching is more in line with the actual demand of the market for talents. With the continuous development of modern society, talents are not only required to master piano technology, but also to perform smoothly and create more economic benefits. In the fierce market competition, college teachers can enhance students' confidence in performance by improving their psychological quality. Help students accumulate rich experience, lay a good foundation for the future talent reserve, and provide more high-quality talents for the society. Only in this way can we improve the competitiveness of students in the market and meet the actual demand of the market and society for talents, which is of great significance and effect.

2. Performance psychological training and training strategies in piano teaching

2.1 Stimulate students' interest in playing

In the process of piano teaching activities, college teachers should pay attention to the combination of theoretical knowledge and practical activities, to deeply understand and master the psychological condition of students in the process of piano playing. In the process of carrying out the performance psychology training to stimulate students' interest in learning, help students concentrate. In the process of communication and exchange with students, piano teachers in colleges and universities should have an in-depth understanding of the psychological development of students and analyze the problems existing in the performance process of students. Fully combined with the interests of students, in the classroom teaching for students to penetrate interesting stories. Such as: the pianist's growth story and so on. To stimulate students' interest in learning, students can fully appreciate the charm of piano performance. Only by feeling the difference between piano playing and other instruments can students take the initiative to participate in teaching activities.

2.2 Create a good teaching atmosphere

In college, learning atmosphere will directly affect students' learning effect. In order to improve students' motivation for piano learning, piano teachers in colleges and universities should first create a relaxed and pleasant piano learning atmosphere for students and integrate innovative elements into teaching activities. In the actual piano teaching, we should break the restrictions brought by the traditional teaching mode, and pay attention to the innovation of teaching mode while telling the theoretical knowledge to the students. In order to attract students' attention, constantly improve students' interest in piano performance. Therefore, teachers in colleges and universities can make full use of modern teaching equipment to record the piano performance of students in the process of teaching. With the help of video analysis, students were led to find the problems in the performance process. In this process, it can fully mobilize the enthusiasm of students. In a relaxed and pleasant teaching atmosphere to help students improve their learning mood, constantly stimulate the potential of students. In the process of piano performance, help students release pressure.

2.3 Guide students to practice

In the process of piano teaching in colleges and universities, teachers need to deeply understand and master students' actual learning situation if they want to mobilize students' learning enthusiasm. In combination with students' physical and mental development, more targeted performance psychological training will be carried out. In the actual education and teaching, teachers should provide sufficient time and platform for students, so as to help students master performance skills and guide them to carry out independent practice. From the holistic point of view, the teacher's guiding role is fully brought into play, so that students can grasp the matters for attention in the process of piano performance. Only in this way can students be guaranteed to successfully complete the piano performance. Students' mental state will have a great influence on the effect of piano performance. Therefore, on the basis of students have been able to fully master the piano playing skills, teachers should pay attention to help students establish confidence. Guide the students to practice continuously in the daily learning process, to have a deeper understanding of the meaning of the musical score and optimize the effect of piano performance. In the process of piano teaching in colleges and universities, teachers should not only help students master a variety of playing methods, but also relieve students' pressure. To help students accumulate rich experience, avoid

students stage mistakes.

2.4 Providing performance opportunities

In the process of piano teaching, practice is a very important link. If teachers want to effectively cultivate and train students' performance psychology, they should first provide sufficient time and platform for students to fully improve their live performance ability. Only in this way can students avoid too much psychological burden and influence the final performance effect. Therefore, piano teachers in colleges and universities can organize piano performance competitions for students on campus and encourage students to participate in literary and artistic activities at different levels. In the process of practical activities, it can help students to carry out psychological construction. Students can accumulate rich experience, better adapt to the stage environment, and gradually improve their psychological quality. College teachers should pay attention to communication and exchange with students, in this process, understand and master the actual state of students, for students to carry out psychological counseling. In this way, we can give full play to the effect of psychological education. In order to continuously improve students' psychological quality, improve students' piano performance effect.

Conclusion

To sum up, there are some differences between piano teaching and other teaching contents in college education and teaching. In the study, students should not only improve their playing skills, but also carry out psychological quality training to help students develop good playing habits. Therefore, piano teachers in colleges and universities should pay attention to training and training students' psychological quality in the actual process of education and teaching, improve students' ability and quality, in order to fully guarantee the stage performance effect of students.

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