

Research on the Collaborative Education and Social Service Capacity Building of “Music+Medicine” in Universities

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Abstract: Social service is one of the main functions of higher education institutions. In response to the current situation of insufficient social service capabilities and low employment rates for music majors in universities, and in combination with the requirements of the new liberal arts construction, this article analyzes the significance of universities carrying out “music+medicine” social services and collaborative education construction. It proposes to carry out “music+medicine” social practice and social research, integrate resources to set up relevant courses, explore the construction of music and medicine research laboratories under the collaborative education mechanism, carry out the construction of music and medicine related majors, build a music and medicine professional service promotion platform that integrates industry, academia and research, formulate standardized implementation plans for music and medicine social service projects in universities, and promote the construction of new liberal arts, education models and achievements, moral education and talent cultivation in universities. Positive reform achievements have been made in the social, economic, and livelihood aspects.

Keywords: University Music Medicine Collaborative Education Social Service Music Therapy Music Psychology

I. Problem posing

The “Healthy China Action Plan (2019-2030)” proposes to shift the service mode from being centered on disease treatment to being centered on people’s health, strengthen early intervention to form a healthy lifestyle, ecological environment, and social environment, implement psychological health promotion actions, fully tap and utilize their own resources, actively carry out healthy cell engineering construction, maintain health throughout the life cycle, and implement maternal and child, primary and secondary school, elderly health promotion actions and occupational health protection actions; Ten departments including the National Health Commission, the Central Political and Legal Affairs Commission, and the Central Propaganda Department jointly issued the “Pilot Work Plan for the Construction of the National Social Psychological Service System”, deploying social psychological services among key populations such as hospitals, schools, employees, and communities.

Taking the improvement of social service capabilities as the starting point, promoting teaching reform in universities, and promoting mutual promotion of teaching and research, can comprehensively enhance the quality of talent cultivation. The cultivation of music professionals has its own professionalism and particularity, but the widespread low employment rate, unequal curriculum and teaching content with social demand, outdated knowledge and methods that have emerged since the expansion of enrollment in art majors highlight the problems of the “supply side” of music professionals in universities, and urgently require education and teaching reforms guided by social demand. Especially after the proposal of “new liberal arts construction” we believe that carrying out “music + medicine”, collaborative education and related social service capacity building is a path with developmental and social value.

II. The significance of universities carrying out “music+medicine” social services and collaborative education construction

1. The ability to provide social services determines the level of education of a university

Social service was originally the “third mission” of universities, alongside talent cultivation and scientific research. The strong social service capabilities of a university not only reflect an open educational philosophy, flexible educational system, and entrepreneurial academic thinking, but also reflect an innovative and inclusive social culture and a standardized and orderly legal environment. In this sense, the improvement of social service capabilities in universities can be seen as a sign of comprehensive social progress. Valuing, guiding, and promoting the social service capabilities of universities is increasingly becoming an international policy orientation. The “Research Excellence Assessment System” (REF) for universities, launched by institutions such as the Higher Education Funding Council for England, includes indicators of the non academic impact of university research (including its impact on the economy, public policy, society, culture, innovation capacity, public health, employment services, and environment), with a weight of 20%. In 2019, the Times Higher Education University Ranking System in the UK launched a new product called “University Impact Ranking”, aimed at focusing on the role played by universities in achieving the 17 Sustainable Development Goals proposed by the United Nations in 2016. In the fourth round of discipline evaluation in Chinese universities, “social service contribution” has also been listed as an important indicator of discipline development.

2. The intersection of music and medicine can bring new growth points for the construction of music disciplines and social services

(1) The role of music in the field of health has a long history

Zhang Yong, together with Zhang Hongyi, the founder of the Chinese music therapy discipline and a member of the Central Conservatory of Music, has compiled music therapy methods, related writings, and main ideological theories from ancient times to the Xia, Shang, and Zhou dynasties, the Spring and Autumn and Warring States periods, and the Han to Ming and Qing dynasties. Xiao Anping

explained the phenomenon of music “therapy” in Western music history from a multidisciplinary perspective, including ancient Greece, Rome, the Middle Ages, the Renaissance, Baroque, classical romantic periods, and the 20th century. These two representative studies are sufficient to prove that the role of music in the field of health, both ancient and modern, in China and abroad, cannot be ignored and plays an important role in social life.

(2) The impact of music on the brain and human health has become a new perspective in high-level medical research

In 2015, British scientists published a research paper online in the top international medical journal *Lancet* titled “Music as an aid for postoperative recovery in adults: a systematic review and meta-analysis”. After surveying nearly 7000 patients, the authors found that listening to music before, during, or after surgery effectively reduced pain and anxiety, and even relieved pain; In 2019, the Alzheimer’s Association International Conference released “The Effects of Personally Meaningful Music on Mood and Behavior in Individuals with Dementia: An Exploratory Pilot Study”. Researchers Stephanie Arcadia et al. conducted this study among 20 dementia patients and found that patients who received music interventions with personal meaning were happier, more willing to sing together, and had more facial expressions than the control group.

3. Music brings benefits to medical clinical practice, but the talent cultivation and social services in universities have not kept up

Taking the issue of aging as an example, by the end of 2023, the number of people over 60 in my country will reach 297.8 million, accounting for 21.1% of the total population. By 2030, the number of people over 65 in my country will reach 21.3% of the total population, entering a deeply aging society. Spiritual enrichment and freedom from pain are the wishes of every elderly person. As a non-drug intervention, music therapy can play a positive role in the mental and physical health of the elderly and the prevention and delay of many chronic diseases. In 2022, the National Natural Science Foundation of China established a special research project on “Music and Brain Science” to support this field. However, in the face of huge demand for elderly care, less than 20 universities in the country are building music therapy, and the extremely small-scale music therapy major is a pearl in the ocean.

III. Specific measures for carrying out “music+medicine” social services and collaborative education construction

1. Carry out social practice and research on “music+medicine”

Through social practice and research, organize teachers and students to visit hospitals, communities, and health care institutions to understand the demand points and economic growth points for music and medical innovation services in the fields of medicine and big health, and carry out targeted service design and construction.

2. Integrate resources to offer relevant courses

Based on the preliminary research needs, decompose the task of providing educational resources, and based on the experience accumulated from previous practical teaching, break down the educational resources and tasks of universities and collaborative units, and then integrate the resources. Develop a collaborative education plan that includes practical teaching management methods, on campus and off campus faculty team building plans and corresponding teaching management mechanisms, and on campus and off campus professional curriculum systems. In addition, music majors can also offer courses in medicine, psychology, social work, and other fields through inter school cooperation, such as hiring external faculty, cross school course selection, and credit recognition; Encourage music teachers to pursue courses in psychology, music therapy, and related social training, and offer courses such as “Music and Health”, “Music Psychology”, and “Music Therapy” to enrich educational resources for the “Music+Medicine” education model.

3. Exploring the construction of music and medical research laboratories in universities under the collaborative education mechanism

Improving the supporting conditions for scientific research, effectively integrating advantageous resources both on and off campus, and carrying out the construction of music and medical research laboratories on campus are effective ways to improve clinical services and the level of scientific research in universities. They are also essential support for talent development.

4. Carry out the construction of music and medical related majors

Under mature conditions, carry out the construction of interdisciplinary disciplines such as music therapy, music psychology, and music technology, and innovate talent training programs and curriculum systems. In terms of faculty team building and curriculum development, we should make good use of talent introduction policies and school enterprise cooperation policies.

5. Build a music and medical professional service promotion platform that integrates industry, academia, and research

Due to the scarcity and uniqueness of music and medical innovation services, unlike traditional industries, the promotion and advertising of these services require joint efforts from universities, collaborating units, governments, and demand units. Although this is full of challenges, it has important milestone significance for the cultivation of innovation services in universities and the innovation and entrepreneurship abilities of college students. Therefore, the construction of industry university research promotion platforms is also an important link.

6. Develop standardized implementation plans for university music medical social service projects

Music and medical innovation services include mental health services, creative services, educational services, and therapeutic services. Music and medical innovation services can also play an important role in the internal moral education and other professional services of universities. As part of the social services provided by universities, it is necessary to establish exemplary standardized plans. Through preliminary research, continuous practice, and resource development, specific plans will be further developed, and active coordination will

be established with departments such as the National Health Commission and the Social Security Bureau to promote the introduction of relevant service standards.

IV. Summary

Carrying out “Music + Medicine”; collaborative education can achieve a win-win effect for all parties and benefit the country and the people, including expanding the reform and innovation points of university majors; cultivating innovative talents in the interdisciplinary fields of music and medicine that meet clinical and social needs, and exploring new employment channels for music majors; enhancing the social value of music majors and the level of social services of music majors; improving the level of modern medical services and benefiting people; livelihood, etc.

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The phased research results of the school level education reform project of Shandong University of Arts, titled “Research on Collaborative Education and Social Service Capacity Building between Music Major and Medical Health Industry in Higher Education Institutions under the Background of New Liberal Arts

The phased research results of the special subject of Qilu culture “Music therapy on the Land of Qilu Culture”