

# Study of the Impact of Singing on University Students

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## ABSTRACT

This study focuses on the effects of singing on college students' psychological, physiological and social interaction abilities. First of all, we learnt about the current situation and theoretical basis of singing influence research at home and abroad through literature review, and came to the results that singing has a positive influence on college students' emotional regulation, self-confidence enhancement, and teamwork and interpersonal communication abilities. In addition, singing has a positive effect on the cardiovascular system and respiratory system.

## KEYWORDS

Singing; College Students; Psychological Effects; Physiological Effects; Social Communication Ability.

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## 1. INTRODUCTION

With the rapid development of social economy, people's life pace is accelerated and the pressure is increasing. As an important part of the society, college students are facing pressure from various aspects such as academics, employment and interpersonal relationships. In such a background, singing, as a simple and easy-to-practice form of entertainment, has gradually become an indispensable part of college students' lives. Singing is not only a form of artistic expression, but also a way of emotional catharsis and spiritual support. By studying the impact of singing on college students, this paper aims to explore how singing plays a positive role in the physical and mental health of college students, with a view to providing theoretical support for the promotion of singing activities on campus and the mental health education of college students.

## 2. LITERATURE REVIEW

### 2.1. Current Situation of Singing Influence Research at Home and Abroad

#### 2.1.1. Development of Singing Influence Research in China

In China, the research on the impact of singing on individuals began at the end of the 20th century. With the rapid development of society and economy, people pay more and more attention to physical and mental health, and singing, as a simple and easy way to promote physical and mental health, has gradually received the attention of researchers. Early studies focused on the effects of singing on mental health, such as reducing stress and regulating emotions. With the deepening of research, the effects of singing on physical physiology have also been gradually explored, such as improving cardiovascular health and enhancing immunity.

In recent years, domestic researchers have begun to pay attention to the application of singing in the field of education, such as the effect of singing on children's cognitive development and the effect of

singing on the comprehensive quality of college students. These studies provide theoretical support for the promotion of campus singing activities. In addition, some researchers focus on the application of singing in social interaction, such as singing reduces social anxiety and enhances interpersonal relationships.

Although domestic singing impact research has achieved certain results, there are still some shortcomings. Firstly, the research method is relatively single, most of the studies use questionnaires, case studies and other methods, and lack of rigorous experimental design. Secondly, the scope of the research object is relatively limited, most of the studies are concentrated in the field of mental health and education, and the influence on other fields has not been fully explored. Finally, the research perspective is narrow, most of the studies focus on the direct impact of singing, and pay insufficient attention to the impact of the interaction between singing and other factors.

In order to better utilise the role of singing in individual development, future domestic researchers should expand their research perspectives and combine multidisciplinary approaches to conduct comprehensive research. At the same time, focus on empirical research to improve the scientific nature of research methods, with a view to providing stronger theoretical support for the promotion and practice of singing activities.

### 2.1.2. Research Progress of Singing Influence Abroad

Foreign research on the impact of singing has made some progress. Firstly, in the field of psychology, researchers have found that singing can improve people's emotional state and reduce anxiety and depression symptoms. For example, a study published in the journal *Psychology and Music* showed that individuals who participated in singing activities showed significant improvements in emotion regulation, especially when facing stress and emotional distress. In addition, singing has been found to increase an individual's self-efficacy and self-confidence. For example, a study published in *Research in Music Education* found that college students who participated in choral activities showed significant improvements in self-efficacy, stronger motivation and desire to achieve.

Second, in the field of pedagogy, singing is widely used in the classroom to increase students' interest and motivation in learning. For example, a study published in *Educational Research* showed that integrating singing into English language teaching can significantly increase students' interest in learning and English proficiency. Singing has also been found to develop students' teamwork and communication skills. For example, a study published in *Educational Psychology* found that students who participated in choral activities showed higher teamwork and interpersonal communication skills, which is important for their social development.

However, there are some limitations in the foreign studies. Firstly, the research samples mainly focus on specific groups, such as professional singers or students majoring in music education, and lack extensive research on the impact of singing on college students in general. Second, most of the research methods used quantitative research and lacked the support of qualitative research, which may limit the understanding of the deep-rooted mechanisms of singing influence. Therefore, future research could expand and improve on these aspects.

## 2.2. Theories Related to the Influence of Singing on College Students

### 2.2.1. Psychological Theory

Psychological theory is the science that studies human mental state, mental process and behaviour. It covers cognition, emotion, motivation, interpersonal relationship, development and other aspects, aiming at revealing the regularity of psychological phenomena and providing theoretical basis for solving practical problems. In the study of the impact of singing on college students, psychological theories play an important guiding role.

Firstly, cognitive psychology theory focuses on the effect of singing on the cognitive function of college students. Cognitive psychology believes that human cognitive processes such as thinking, memory, attention, and problem solving are the basis of mental activities. Singing, as an art form, can stimulate college students' imagination and creativity through the combination of music and lyrics, and improve their aesthetic ability and cultural literacy. In addition, singing can also exercise college students' memory, because the singing process needs to remember the lyrics and melody, which has a positive effect on improving memory.

Secondly, the theory of emotional psychology explores the role of singing on college students' emotional regulation. Emotional psychology believes that emotion is a manifestation of people's psychological state, which has an important impact on individuals' cognition, behaviour and physiology. Singing, as a way of emotional expression, can help college students release pressure and regulate their emotions. In the process of singing, college students can use the power of music to integrate their own emotions into the song, so as to achieve the effect of emotional catharsis. At the same time, singing can also let college students experience positive emotions such as happiness and excitement, and improve their quality of life.

In addition, social psychology theory focuses on the effect of singing on college students' interpersonal relationships. According to social psychology, individuals form and develop in social interaction, and interpersonal relationships have an important impact on the mental health of individuals. Singing, as a group activity, can enhance emotional communication among college students and cultivate the spirit of teamwork. In the process of singing, college students need to cooperate and collaborate with each other, which helps to establish good interpersonal relationships and improve communication skills. At the same time, singing can also make college students feel the warmth and support of the group and enhance the sense of belonging.

To sum up, psychological theory provides an important theoretical basis for the study of the effect of singing on college students. Through the use of psychological theories, we can gain a deeper understanding of the effects of singing on college students' cognition, emotions, interpersonal relationships, etc., so as to provide theoretical support for the enhancement of college students' physical and mental health. In future research, we can also further explore the application of psychological theories in other fields to provide more theoretical basis for the promotion and practice of campus singing activities.

### 2.2.2. Pedagogical Theory

Pedagogical theory is the science of studying educational phenomena, educational problems and educational laws. It covers the basic concepts, principles, methods, processes and effects of education, and aims to explore how to cultivate the overall development of human beings more effectively.

The core objective of pedagogy is to understand the relationships between the various elements of the educational process and how these relationships affect the growth and development of learners. It is concerned with issues such as educational equity, educational quality, educational reform, teacher education, and student assessment. Pedagogical theory is not only concerned with school education, but also includes family education, social education and many other areas.

In pedagogical theory, there are several important concepts and theoretical frameworks that play a key role in understanding the phenomenon of education. For example, the essence of education is to cultivate the holistic development of human beings, which includes the growth of knowledge, skills, emotions, values and other aspects. The goal of education is not only to impart knowledge, but also to develop students' critical thinking, creativity and social responsibility.

In addition, pedagogical theories emphasise the importance of factors such as teacher-student relationships, learning environments, and learning strategies in the educational process. For example, the constructivist learning theory believes that learning is an active constructive process and that learners need to construct their own knowledge system through enquiry, cooperation and

communication in real-life situations. The humanistic theory of education, on the other hand, emphasises respect for students' individuality and needs, and encourages them to learn independently and develop their self-potential.

In educational practice, pedagogical theories provide guiding principles and methods to help teachers better understand students' learning process, design effective teaching activities and promote students' all-round development. At the same time, pedagogical theories also provide theoretical support for the formulation of educational policies and the promotion of educational reform.

In short, pedagogical theory is an important foundation for guiding and promoting the development of educational practice. It constantly absorbs and integrates the research results of other disciplines, such as psychology, sociology, philosophy and so on, in order to enrich its own theoretical system and better serve the reform and development of education.

### **3. IMPACT OF SINGING ON COLLEGE STUDENTS**

#### **3.1. Analysis of the Psychological Impact of Singing on College Students**

##### **3.1.1. Singing's Effect on College Students' Emotional Regulation**

Singing has a significant effect on college students' emotional regulation. Firstly, singing itself is a way of emotional expression, and college students can release their emotions in the process of singing, so as to achieve the purpose of relieving pressure and regulating emotions. Secondly, singing can help college students to establish a positive state of mind, through the beautiful melody and lyrics in singing, college students can get a sense of psychological pleasure, so as to improve their emotional state. Furthermore, singing can also promote interpersonal communication among college students, enhance teamwork spirit through chorus and other forms, and further regulate emotions.

In addition, the role of singing in the regulation of college students' emotions is also manifested in the following aspects: First, singing can improve the self-confidence of college students, through singing to show their talent, college students can enhance the sense of self-worth and improve self-confidence; second, singing helps college students to vent their emotions, through singing to express their emotions, can help college students to release the negative emotions, to maintain the psychological balance; third, singing can Cultivate the optimistic spirit of college students, through the positive lyrics and melodies in singing, college students can cultivate a positive mindset to face the difficulties and challenges in life.

To sum up, singing has a positive effect on the emotion regulation of college students. Through singing activities, college students can relieve pressure, regulate their emotions, build up a positive mindset, improve self-confidence and cultivate optimism, so as to better adapt to the campus life and face the challenges in the future.

##### **3.1.2. Singing Enhances College Students' Self-confidence**

Singing can be analysed from the following aspects.

Firstly, singing is a way to express oneself, and college students can show their talent and passion in the process of singing. When they are able to master a song skillfully and can express the emotion of the song with their own voice, they will feel proud and satisfied. This pride and satisfaction will translate into their self-confidence and make them believe more in their own ability and value. Secondly, singing can help college students build social circles. In choirs or music societies, college students can make friends with like-minded people and share the fun of music together. This kind of social activity can not only let them feel the power of teamwork, but also let them be recognised and appreciated by others. When they get the affirmation of others, their self-confidence will also be improved.

In addition, singing also has a positive effect on the improvement of college students' self-knowledge. Through singing, college students can have a better understanding of their own voice and expression. They can find a suitable singing style and technique for themselves through continuous practice and experimentation. This kind of self-perception enhancement will make them more confident to face all kinds of challenges and difficulties in life.

To sum up, singing plays an important role in the improvement of college students' self-confidence. Through singing, college students can show their talents, build social circles, and improve their self-perception. All these factors contribute to the enhancement of their self-confidence, so that they can face various challenges in their study and life more positively.

## **3.2. Physiological Effects of Singing on College Students**

### **3.2.1. Effects of Singing on College Students' Cardiovascular System**

Singing affects the cardiovascular system of college students in many ways. Firstly, singing is a kind of rhythmic breathing exercise, which can enhance the strength of respiratory muscles and improve cardiopulmonary function. During singing, participants need to control their breathing, which helps to exercise the regulation of the cardiovascular system and make the heart more efficient during exercise.

Secondly, the effect of singing on the cardiovascular system is also reflected in its ability to lower blood pressure. Studies have shown that regular aerobic exercise, such as singing, reduces both systolic and diastolic blood pressure and reduces the risk of cardiovascular disease. This is because singing boosts the body's production of neurotransmitters such as endorphins and dopamine, which help reduce stress and improve mood, which in turn lowers blood pressure.

In addition, another effect of singing on the cardiovascular system is that it improves blood supply to the heart muscle. When singing, the heart's blood output increases, promoting faster blood circulation, increasing the number of normally unopened capillaries that open, and newborn more capillaries, establishing more coronary collateral circulation, thus better maintaining body functions.

At the same time, singing also has a role in lowering blood lipids. Studies have shown that regular participation in singing activities can lower blood lipid levels and reduce the risk of cardiovascular disease. This is because singing can enhance the function of the vagus nerve, reduce heart rate and blood pressure, improve the blood supply and function of the liver, increase the ability to metabolise blood lipids, and reduce the accumulation of cholesterol in the body, thus effectively preventing coronary atherosclerosis.

In summary, singing has a positive effect on the cardiovascular system of college students. By enhancing cardiopulmonary function, lowering blood pressure, improving myocardial blood supply and lowering blood lipids, singing helps to maintain the health of college students' cardiovascular system. Therefore, college students should actively participate in singing activities to promote physical and mental health.

### **3.2.2. Effects of Singing on College Students' Respiratory System**

Singing, as a common hobby and a form of artistic expression, not only has a positive impact on the psychology of college students, but also has potential benefits on their physiological health. In terms of the respiratory system, singing has a significant effect on college students.

Firstly, singing can exercise the breathing muscles of college students and improve their breathing efficiency. Singing requires the use of chest and abdominal muscles, and the continuous exercise of these muscles during singing helps to improve their respiratory strength and endurance. Long-term persistence in singing can make the respiratory system of college students healthier and enhance their resistance to various respiratory diseases.

Secondly, singing helps college students improve their breathing rhythm, making it more stable and orderly. In the process of singing, singers need to adjust their breathing according to the rhythm of the song, which helps college students develop a good sense of rhythm and keep calm and self-discipline in daily life.

In addition, singing has a positive effect on the improvement of college students' lung function. Research shows that regular aerobic exercise can improve lung capacity, and singing is precisely a kind of aerobic exercise with rhythm. Therefore, college students who sing regularly have relatively good lung function and are more resistant to air pollution and viral infections in the environment.

Finally, singing can also help college students relieve stress and have a positive impact on their mental health. In the process of singing, college students can focus on the music and lyrics, thus temporarily forgetting the troubles and pressure in their lives. At the same time, singing can release endorphins and other neurotransmitters in the body, which makes college students feel happy and relaxed, and helps reduce the occurrence of respiratory diseases.

To sum up, singing has significant positive effects on the respiratory system of college students. Therefore, college students should actively participate in singing activities to promote the health of their respiratory system and improve their quality of life. At the same time, education departments and colleges and universities should also increase their support and promotion of singing activities on campus to provide more opportunities for college students to sing, so as to facilitate their all-round development.

### **3.3. Impact of Singing on College Students' Social Communication Skills**

#### **3.3.1. Cultivation of Teamwork Ability of College Students through Singing**

Singing, as a collective art form, plays an important role in the cultivation of college students' teamwork ability. Firstly, singing activities often require the participation of many people, which in itself provides a platform for college students to work as a team. In the process of singing, college students need to learn to co-operate and co-ordinate with each other in order to achieve the overall effect of harmony and unity. The cultivation of this collaborative ability is of great practical significance for college students to enter the society in the future and participate in the work and work team.

Secondly, teamwork in singing activities is not only reflected in the singing process, but also includes rehearsal, organisation, planning and other aspects. College students need to take on different roles in these links, play their respective strengths, and work together to complete the task. This kind of interdisciplinary and cross-field teamwork can help improve the overall quality of college students.

In addition, singing activities can also cultivate college students' leadership and communication skills. In singing activities, it is often necessary to elect the person in charge to organise and coordinate the team members, which undoubtedly provides an opportunity for college students to exercise their leadership skills. Meanwhile, in singing activities, college students need to communicate effectively with team members to reach a consensus, which helps to improve their communication skills.

To sum up, singing activities have an important impact on the cultivation of teamwork ability of college students. By participating in singing activities, college students can learn to collaborate, communicate and lead in practice, improve their comprehensive quality, and lay a solid foundation for their future study and work.

#### **3.3.2. Singing Improves College Students' Interpersonal Communication Ability**

Singing, as a universal art form, can not only improve the psychological quality of college students, but also enhance their interpersonal communication ability. Firstly, singing provides a platform for college students to show themselves and release their emotions, so that they can better express their

thoughts and feelings. In the process of singing, college students can convey their emotions through music and lyrics, thus improving their expression and language organisation.

Secondly, singing activities can help college students build up a more positive mindset and enhance their self-confidence. By participating in singing activities, college students can feel the happiness and sense of achievement brought by music, and thus face various challenges in life with more confidence. At the same time, singing activities can also cultivate the teamwork spirit of college students and improve their social interaction ability. In singing activities, college students need to cooperate with others to complete the performance of a song together. This process can make them understand others better and improve their communication and coordination skills.

In addition, singing activities also help college students expand their interpersonal relationships and increase their social circles. In singing activities, college students can make friends with like-minded people and share the joy of music together. This kind of communication can not only improve the interpersonal communication ability of college students, but also expand their social circle and lay a good foundation for their interpersonal relationship.

In conclusion, singing activities have a positive influence on college students' interpersonal communication ability. By participating in singing activities, college students can improve their expression and language organisation, build up a more positive mindset, enhance their self-confidence, expand their interpersonal relationships and increase their social circles. Therefore, campus singing activities should be fully valued and promoted so that more college students can benefit from the positive energy brought by singing.

## 4. CONCLUSION

This study mainly found that singing has a positive impact on college students. Firstly, singing helps regulate college students' emotions and reduce stress. The results of the study showed that college students who participated in singing activities showed lower levels of anxiety and more stable emotional states in the face of stress compared with non-participants. Secondly, singing activities can effectively improve college students' self-confidence. By participating in singing, college students are able to better understand and accept themselves, thus increasing their self-confidence. Thirdly, singing has a positive impact on the physiological health of college students. Research shows that singing can reduce the stress response of the cardiovascular system and improve the function of the respiratory system. In addition, singing also helps to improve the social interaction ability of college students. Through singing activities, college students can better collaborate with others, improve team spirit and enhance interpersonal communication skills. In conclusion, singing, as a simple and effective activity, has an important role in promoting the physical and mental health and social interaction ability of college students. These findings provide strong theoretical support for the promotion and implementation of campus singing activities, and also provide new ideas for the mental health education and comprehensive quality improvement of college students.

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