

# The Importance and Significance of Chorus Art to College Students' Quality Education

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Quality education emphasizes the all-round development of students' morality, intelligence, physique and beauty, and cultivates compound talents of comprehensive quality education. Music education is an important part of quality education. Chorus art is the key to music education. It is an important and healthy way of aesthetic education in campus culture. It is an important way to improve the quality education of college students. It has an important role and positive significance for the quality education of college students.

*Keywords:* chorus art, college students, quality education, importance, significance

## I. Introduction

As an important music course for college students, chorus is an important part of music education. Music education is an important branch of quality education and an important way to cultivate college students' quality education. It can not only expand college students' humanistic knowledge, but also improve their humanistic quality, which has an important role and positive significance for quality education.

## II. The Importance of Chorus art to College Students' Quality Education

Chorus is an art of singing multi voice vocal works by many people. It requires the whole collective to have a high degree of unity and coordination. It is the art performance form with the widest participation and the highest popularity. Chorus is a kind of artistic expression form with large number of participants and easy to operate in the field of vocal music. Through the group chorus, people can get an artistic feeling of multi-level, multi voice, multi form and multi timbre. It can not only improve college students' aesthetic ability, cultivate their sentiment, but also make the spiritual field get further sublimation.

Chorus art teaching can help college students grasp the artistic style of various music works and the cultural heritage behind the works. From this point of view, chorus can not only increase the knowledge reserve of college students, but also broaden their humanistic vision. The fundamental reason why the repertoire of chorus, that is, excellent music works can last forever lies in the humanistic value and spiritual power contained in the works, which can inspire people from generation to generation. Therefore, college students to participate in chorus art activities, it is conducive to cultivate college students have a certain humanistic quality, from the chorus to get a

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good emotional experience, in the nourishment of humanistic emotions, to improve their own ideological realm, purify the soul, sound personality, it can consciously abandon the bad social atmosphere, actively pursue a healthy and upward life, and truly improve college students themselves. The theory and artistic accomplishment are unified.

Chorus can reflect the group's thoughts and feelings and a high understanding of music. It represents the artistic quality of the people of a country, reflects the spirit of the times, and is conducive to the cultivation of College Students' comprehensive quality. The fundamental purpose of quality education is to improve the national quality of the whole country, it pays attention to cultivate the attitude and ability of the educated at different levels, and promote their vivid, lively and active development into the education with the basic characteristics of morality, intelligence, physique and beauty. That is to say, quality education is an education mode to improve the quality of all aspects of the educated, including ideological and moral quality, human development, ability quality, physical and mental health education and other qualities. However, music education is an important part of quality education, and chorus art is the key to music education. From this point of view, chorus art is an important way of quality education for college students, and an important course for cultivating college students' quality education. It plays an important role in the quality education of College students.

### **III. The Significance of Chorus art to College Students' Quality Education**

Chorus art is a multi voice performance form of collective singing. It has the characteristics of strong appeal, high participation and easy operation. It has become an important and healthy aesthetic education mode in university campus. When expressing emotions, chorus art is easier to express emotions, which is conducive to cultivating college students' cooperative consciousness and patriotism sentiment, purifying their hearts, improving their personality and promoting their healthy growth of body and mind.

#### **3.1 Chorus Art is Helpful to Improve the Cooperative Consciousness of College Students and Enhance the Collective Sense of Honor**

College students, as the successors of the motherland in the future, they must have the sense of unity and cooperation. The essence of chorus art is "harmony". It is an important way to cultivate college students' sense of cooperation. In the process of chorus, college students can learn to unite and cooperate, let everyone integrate into the group and think for the group. Only by paying attention to the team spirit can they better express their music emotion. In the process of chorus rehearsal, students need to take the conductor as the center, take the perfect performance of the works as the goal, help each other and cooperate with each other, obey the collective, converge their own personality, and focus on the collective. "The commonness that chorus pursues first is reflected in the integration of timbre. All students' timbre should be close to each other and pursue a unified timbre" (Gao, 2013, p. 46). Therefore, everyone should coordinate in strength, breath, speed and emotion to achieve a high degree of integration, so as to "create beauty in aesthetics, personalize in timbre, and make multi voice human voice highly integrated, ethereal but not abrupt" (Yu, 2015, pp. 36-39), so as to achieve a high degree of harmony of voice.

The process of chorus rehearsal is to improve college students' sense of cooperation, enhance collective concept and collective sense of honor. In the process of rehearsal, college students can cooperate with others, improve their communication ability and adapt to the collective. "In addition to listening to the guidance of the

chorus conductor, chorus members should also have more tacit understanding to integrate individuals into the collective and embody the beauty of harmony” (Chen, 2008, pp. 120-122) when students are fully integrated into the chorus group, their sense of cooperation and collective concept will be cultivated and sublimated. Therefore, chorus art is conducive to improve college students' sense of cooperation and enhance collective sense of honor. Through a long period of chorus training, college students' self-control ability will gradually enhance, and integrate themselves into the chorus group, imperceptibly will form a good personality quality: respecting others and cooperating with others; in life, they will tolerate and understand each other, and at the same time, they will pay more attention to the collective consciousness, keep the collective concept in mind, and the collective honor is greater than everything. Therefore, chorus art can improve college students' sense of teamwork and enhance collective sense of honor.

### **3.2 Chorus art Helps to Cultivate College Students' Patriotism and Enhance Their Sense of National Pride**

“When one appreciates the works expressing progressive thoughts, he will be greatly inspired by spirit and ideological education” (Zhao, 2003, pp. 45-48). However, the songs of chorus are not only bold and heroic, but also sonorous; some express sad and desolate feelings, but also express patriotic and loving home mood. The theme of chorus is generally related to the country and nation, and it is a chorus that the main melody of the troupe , inspires people and inspires people to make progress .Chorus art is the best way to show the positive, united and friendly image of the university campus, and it is the best expression form of eulogizing the motherland, expressing emotions and showing the beautiful campus culture.

In the process of chorus, college students can deeply experience the charm of the chorus lyrics, feel the patriotic feelings brought by the songs, fully cultivate the patriotic feelings of college students through the art of chorus, cultivate their sentiment, infiltrate their patriotic soul, and enhance their national pride. For example, Xian Xinghai's “Yellow River Chorus” is a magnificent, distinctive national style of a chorus, shaping the Chinese nation's industrious and brave, strong and unyielding hero image, inspiring generation after generation of young people; “defending the Yellow River” “The Red Army is not afraid of expeditions” “ tunnel war” and other choral songs describe the long history of the Chinese nation, accusing the ferocity and cruelty of the aggressors, eulogized the Chinese people's brave determination to defeat the enemy without fear and unity, and sketched the magnificent picture of the Chinese people's defending and fighting bravely. The chorus songs such as “love my China” “Ode to the motherland” “I and my motherland”, “singing the motherland” praised the brilliant achievements of the great motherland and expressed the praise for the motherland Love. Through the chorus rehearsal, college students feel the great determination of the Chinese people to create a happy life. As a young generation, they cherish the hard won life of happy life, which makes them produce strong patriotic feelings and enhance national pride.

### **3.3 Chorus Art is Conducive to Improve the Psychological Quality of College Students and Enhance Their Self-confidence**

Under the influence of the only child family, most college students are self-centered and generally have the idea of “egotism”. In order to get attention, show their individuality and embody their uniqueness, they lack cooperation with each other. Moreover, as college students are in the transitional stage of simple campus and complex society, college students have no experience in life, emotional and other aspects of experience, in the

face of difficulties, setbacks, psychological vulnerability, they are unable to bear pressure, so it burst out of a variety of psychological problems. Chorus needs mutual communication and trust among college students. In chorus practice, everyone should change the rhythm, strength and harmony to achieve the harmony of the whole orchestra. Finally, the unified and harmonious music effect should be presented in front of the audience. At the same time, in the chorus, students' encouragement, teachers' praise and audience's applause are good ways to improve college students' psychological quality and enhance their self-confidence. The collective environment of chorus and the sound of chorus can make college students release bad emotions and regulate their own emotions reasonably.

From the perspective of chorus works, lyrics and melody can also improve college students' music cultivation and artistic aesthetic ability, improve their humanistic quality, experience the artistic charm of music, and improve their personal emotional experience. In the process of repeated rehearsals, college students have improved their chorus skills and vocal music skills, and their self-confidence will be enhanced. At the same time, through participating in competitions or various performances, they have enriched their stage experience and increased their self-confidence. The chorus cooperates with each other to improve the psychological quality and psychological endurance of college students. When a perfect chorus song is presented in front of the audience, it needs repeated training to continuously improve the self-confidence of college students, which virtually improves the psychological quality of college students.

### **3.4 Chorus Art Helps to Strengthen the Physical Quality of College Students and Enhance Their Immunity**

With the development of society, the extracurricular activities of college students are more and more rich, and chorus is a healthy form of colorful activities of college students. Chorus art is not only a catalyst for mental health, but also a health product for physical health. Chorus itself belongs to a kind of vocal art. Singing is a common physiological action of human body's language organ and respiratory organ, such as performance and expression. Chorus requires the use of abdominal muscles, back and forth stretching, head cavity chest resonance, singing need to warm up the body, beat each other's shoulder blades, so that the body "hot" up, singing to emphasize the practice of breath, open the throat cavity, mouth slightly open, chin slightly closed, nose suction, in the state of deep breathing, Qi sink into the Dantian, keep the two ribs expanded, practice breathing and inhaling slowly, and sing while breathing. The voice usually moves on the breath and changes breath. You can't hold your breath and sing. You should keep smiling, there is also the high position training of the voice. When preparing to make a sound, you should open your teeth and keep yawning, "so as to get a good upper resonance (i.e. head sound) and form a high position of the voice" (Yang, 2002). Moreover, we should pay attention to raising eyebrows and singing forward, so as to avoid the sound being covered, that is, to avoid the sound being stuffy and the voice is not clean. When the pharynx is opened and sung forward, the voice becomes bright and pure. These mechanical movements enhance the energy consumption of college students, the flow of breath exercises the students' cardiopulmonary function, and has the effect of strengthening the body. According to physiological research, when singing, the hypothalamus will release a kind of hormone just like the hormone produced in the first love, which can regulate the mood depression, irregular menstruation and acne caused by hormone secretion disorder in adolescence of college students. At the same time, there are also studies show that singing because of

the need for coordination of various body organs, hormone interaction, it can enhance the body's immune function, prevent disease, but also help brain.

#### IV. Conclusion

Music quality is an important part of improving college students' quality education, which is conducive to the overall, healthy and positive development of college students. The outline of China's education reform and development issued by the State Council in 1993 clearly points out that it is necessary to change from "exam oriented education" to comprehensively improve the national quality, that is, to implement "quality education" as soon as possible. Therefore, by improving the music quality to inspire students' wisdom, broaden their horizons, so as to tap the unlimited potential of college students, and then improve the overall quality of college students. And "Chorus is a group and multi voice vocal art form. The aesthetic standard of 'harmony' is doomed to pursue commonness, harmony, unity and uniqueness as its goal" (Ping, 2014). The goal of chorus teaching is to establish a common experience of music emotion expression. Through unity and mutual cooperation, it can achieve the effect of coordination, balance and unity, effectively promote the harmonious development of campus and improve the comprehensive quality of college students. Therefore, college students should actively join the chorus organization during the University, and form a correct world outlook, outlook on life and values when enhancing collective sense of honor, national pride, self-confidence and physical immunity. At the same time, each school should combine the most advanced ideas and the best quality education resources to run through the quality education in the whole university education, so as to achieve the goal of moral education. Therefore, chorus art has an important role and positive significance for the quality education of college students.

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