

# Research on Vocal Music Education for the Middle-aged and Elderly

Yu Yu<sup>1</sup>

<sup>1</sup> Guangdong University of Science & Technology, Dongguan, Guangdong 523083, China

## ABSTRACT

China is ushering in an aging population. The vigorous development of universities for the elderly is complying with the requirements of the new era. Elderly comrades are receiving more and more attention and care from the society, setting off a beautiful sunset for their later life. The practicality and entertainment of the vocal music course in the university for the elderly are popular with many elderly friends. Learning vocal music can help the elderly break free from depression and loneliness and make their life happier and more meaningful. However, the vocal music teaching process is relatively long. It is necessary to follow the objective law of the development of things, step by step. For the vocal music training of older comrades, there is also a necessity to fully consider the characteristics of their physiological, psychological and cultural backgrounds to formulate the teaching standards and methods.

**Keywords:** Middle-aged and elderly people, Purpose of vocal music learning, Teaching experience and methods, Curriculum arrangement, Vocal music learning.

## 1. INTRODUCTION

"Vocal Music" is a professional skill course, which is based on the understanding of the voice conditions of the elderly students and uses scientific vocal methods to sing. This course is based on interests and hobbies, integrating knowledge, skills, artistry, practicality and entertainment. It is also a professional skill course integrating vocal music performance, teaching and training by mastering the basic skills and skills of singing to obtain correct scientific methods and skilled vocal skills.

The aging population is currently the characteristic of China's development, and the education of the middle-aged and the elderly is the most important part of today's spiritual civilization society. At present, there are seven major department courses in the university, including dance, vocal music, art, sports and health care, instrumental music, language and literature, and comprehensive application. Among them, vocal music singing art is popular with middle-aged and elderly friends, and the number of people is also increasing. There are no special textbooks, teaching methods, and teaching methods and methods for vocal music education for middle-aged and elderly

people, and many problems are still under study and need to be improved and improved. People must improve the quality of teaching and education through research and learning. The course of "Vocal Music" is recommended to be three years in length, divided into three stages, one year for each. After each stage is completed, students can continue to choose the next stage of the course according to their own learning conditions.

## 2. THE PURPOSE AND BENEFITS OF LEARNING VOCAL MUSIC IN MIDDLE-AGED AND ELDERLY PEOPLE

After the middle-aged and elderly comrades retire, there is a lot of free time, vocal music can make up for the empty life, middle-aged and elderly comrades are very active in some socially-sponsored activities, singing and other activities have become their way to find happiness and entertainment. The benefits of learning vocal music are: singing is conducive to expanding lung capacity, alleviating constipation, singing loudly can regulate stomach diseases, singing has specific fitness and treatment functions, enhance memory,

lose weight and collect stomach burn neutral fat, exercise the body, improve artistic accomplishment and enhance temperament, cultivate emotions, sing helps emotional smoothness, let people forget troubles, soothe emotions, music adjusts mood, can eliminate your loneliness and panic, etc. Learning vocal music has brought many benefits to middle-aged and elderly comrades, especially for physical health. It can increase self-confidence in middle-aged and elderly people, and strengthen the physique of middle-aged and elderly people, and strengthen their physical fitness. Singing can cultivate people's emotions, improve the aesthetics of things, and release inner anxiety and fear.

### **3. TEACHING EXPERIENCE AND METHODS OF LEARNING VOCAL MUSIC IN MIDDLE-AGED AND ELDERLY PEOPLE**

Learning vocal music can delight the body and mind, regulate people's emotions, ensure physical health, improve aesthetic ability, and enrich life. Therefore, professional vocal music teachers must have teaching experience, but also have high basic quality and cultural literacy, so that elderly comrades can get correct and scientific teaching methods.

The first is that teachers should have certain basic knowledge of vocal music, have strong communication skills, can adjust the good atmosphere of learning, use vivid language, active classroom learning atmosphere, so that middle-aged and elderly people have love and interest in vocal music. Teachers should also have a strong singing ability, especially for middle-aged and elderly learners, it is also particularly important, and appreciation is also an understanding and interest of middle-aged and elderly people in learning vocal music.

The second is the correct vocal training for middle-aged and elderly. The correct idea is to "take students as the center", deepen the curriculum reform, update the classroom teaching concept, innovate the classroom teaching method, focus on training the singing and performance ability of the elderly students as the goal, adhere to the ability goal as the guidance, actively carry out the trinity of learning, practice and performance, and implement the three-line teaching mode, and build a "multi-dimensional" curriculum system that integrates knowledge, ability and quality. It is necessary to let the elderly comrades get rich humanistic quality, pleasant physical and mental

relaxation, good emotional regulation, colorful life atmosphere and other functions in the vocal music class. "The knowledge of singing is the knowledge of breathing", "a good singer must first regulate his breath". It can be fully explained that breathing is the basis and power of singing, just as important as gasoline in cars and batteries in mobile phones. Breathing training is the main way to master singing skills. "Always keep breathing" and master "breathing fulcrum" are the key and difficult points of teaching. It is not to cultivate singers, but to improve the artistic quality of the college for the elderly, and improve the overall aesthetic ability through artistic quality. The specific objectives are to cultivate the accuracy, singing and vividness of the students' language, the accuracy, rhythm and melody of the students, and the good performance ability of the elderly students, so that the students can understand and analyze the works correctly, and can use scientific sound production methods to complete the works.

The third is the training of singing skills is the most important.

- Pay attention to "being a man before singing" and cultivate the psychological quality of pursuing truth, goodness and beauty.
- Enhance the sense of cooperation and pay attention to team spirit in vocal music learning.
- Be able to distinguish between right and wrong voice, and correctly use voice and voice health care.
- Correctly understand the relationship between singing and language, and be able to sing in standard Mandarin.
- Combine with piano teaching, listen to piano accompaniment and sing smoothly.
- Correctly understand the content and style of vocal music works, and learn to analyze, process and express vocal music works.
- Enrich the aesthetic experience of singing, correctly understand the content of lyrics, and better express the feelings of songs through secondary creation.
- Express songs with true feelings and comprehensively improve humanistic quality.

It is necessary to adhere to the people-oriented principle and highlight the basic, practical, humanistic and innovative nature of vocal music courses, so as to enable students to better master the

knowledge they have learned, exercise and improve their learning ability, and achieve the ideological and emotional goal of loving life, making progress actively and entertaining life.

The forth is the song exercises.

Most of the middle-aged and elderly vocal music classes are retired from enterprises and institutions, and there is a large gap in music foundation, vocal music foundation, music aesthetics, age gap and other aspects. Therefore, in the selection of music for middle-aged and elderly students, it is necessary to teach them according to their aptitude, select vocal music works suitable for the elderly students to sing, and build up the confidence of the elderly students to learn vocal music, which can be divided into different work categories, such as primary, intermediate, and advanced.

Primary level: "For Whom", "The Path of Hometown", "The Party Flag Is Brighter", "The Sunset Is Red", "Vain Longing", "In That Far Away Place", "Praise to Heroes", "Red Berry Flowers Bloom", "Farewell to the Grassland", "I Love Your Snow in the Northern Frontier", "Cradle Song", "Love of the Republic", "Oboe Meeting", "Gulangyu Waves", "Yingshan Red", "Sycamore Tree", "River Flowing", "Wild Goose", etc.

Intermediate: "The Most Beautiful Song for My Mother", "The Hometown Is Beijing", "Sky Road", "Give Everything to the Party", "Sleepless Tonight", "The Morning of the Forest", "The Horizon", "The Sunny Road", "Red Plum Praise", "Spanish Girl", "Zhuoma", "Don't Forget My Original Heart", "I Will Be You When I Grow Up", "Jiangshan", "Hold My Mother's Hand", "Mother", "The Clouds of My Hometown", "Our Generation", "Beautiful Myth" and so on.

Advanced: "My Sun", "Farewell to Dabie Mountain", "Our Common People", "Peach Blossom, Red Apricot, White Flower", "Raise a Cup of Friends", "Set Out Again", "Mairi Accompaniment", "I Love You China", "Background Ode", "Rolling Yangtze River East Water", "Borrow Five Hundred Years from the Sky", "A Pot of Old Wine", "Children Traveling Thousands of Miles", "Ancient Song", "Jiuer", "My Deep Feeling Waiting for You".

#### **4. MIDDLE-AGED AND ELDERLY VOCAL MUSIC COURSE ARRANGEMENT**

The requirements for the voice conditions of middle-aged and elderly people are strict, but the elderly students generally have problems such as different voice conditions, inconsistent timbre and song, music theory, and music reading foundation. It restricts the further development of vocal music for the elderly, so there is a must proceed from reality and follow the teaching principle of gradual and individualized teaching. Flexible curriculum needs can be divided into one-year classes, two-year classes (basic, intermediate), and three-year classes (basic, intermediate, advanced). Students can choose from 36 lessons per semester and 72 lessons per academic year.

#### **5. IMPORTANT PROBLEMS AND PRACTICAL PROBLEMS FACED BY VOCAL LEARNING**

Most middle-aged and elderly people also pay more attention to the following points in the process of vocal learning:

- Improve the level of singing and singing, and master the correct and scientific vocal methods.
- Choose a vocal teacher with a high professional level, patience and care, hoping to learn practical singing knowledge
- Relaxed and happy teaching atmosphere
- Classroom organization and teaching conditions

Table 1. The practical problems faced by middle-aged and elderly people in learning

Poor health and lack of physical strength.	90%
The singing posture is incorrect	72%
In the Guangdong region, the dialect is relatively heavy, and the bite is not clear.	73%
The mind is not very concentrated, and there are many distractions	60%
Failure to be bold and skillful	70%
Haven't find a suitable teacher	67%
There are not many places for hardware learning, which is limited	70%

According to the feedback questionnaire ("Table 1"), middle-aged and elderly people do have some practical problems in learning vocal music, which are mainly reflected in:

- (1) The vocal cords are aging and lack of physical strength.
- (2) The singing posture is too casual and not easy to correct.
- (3) In Guangdong, the dialect is relatively heavy, and the bite is not clear.
- (4) The mind is not easy to calm down, there are too many distractions, and it is not easy to concentrate on thoughts.
- (5) It is difficult to find the right teacher.
- (6) Timidity and inability to be bold.
- (7) Few learning spaces and limitations.

## 6. CONCLUSION

Teaching inspection is the premise and foundation of teaching evaluation, and it is an important means to obtain the basis for teaching evaluation. Therefore, the so-called teaching evaluation usually includes the connotation of teaching inspection. The teaching evaluation of vocal music teaching also includes teaching inspection, teaching evaluation, teaching judgment, student evaluation, etc. Vocal learning for middle-aged and elderly people has a certain degree of entertainment and purpose, but there are also many practical problems. The government and social forces can start from different aspects to increase the means of education and teaching and provide them with better hardware facilities. Vocal education for middle-aged and elderly people is not as easy as we think, it requires certain scientific

training skills and ingenious integrated teaching methods, and it is also a characteristic field that needs vocal teachers to explore and research. It is believed that as China slowly enters an aging society, the field of vocal education for middle-aged and elderly people will become more important. It is also hoped that professional vocal teachers can seriously think about teaching, carefully improve and analyze problems, consider their bodies and psychology, let them study happily, and enjoy the fun brought by singing.

## AUTHORS' CONTRIBUTIONS

This paper is independently completed by Yu Yu.

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