



CONSTRUCTING A POP MUSIC VOCAL PRACTICE GUIDEBOOK FOR HIGH SCHOOL STUDENTS AT GUIZHOU PROVINCIAL EXPERIMENTAL HIGH SCHOOL, GUIZHOU PROVINCE THE PEOPLE'S REPUBLIC OF CHINA

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Abstract

The research purposes were (1) To study the pop music technique for high school. (2) To construct a pop vocal music practice guidebook for high school. The research methodology was qualitative research. The research tools were the interview form and the pop music vocal practice guidebook for high school students at Guizhou provincial experimental high school. Key informants were three pop music vocal teachers. **The research finding** was the pop vocal music practice guidebook will clarify the goals of popular vocal music practice, standardize scientific practice methods, cover breath training, vocal skills, emotional expression and other aspects, and combine case analysis and practical guidance to help students systematically improve the level of popular vocal singing. At the same time, the use of the guide book will promote teachers to optimize the teaching mode, form a more complete popular vocal music teaching system, provide better learning resources for talented music students, help them



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achieve better development in the field of popular vocal music, and also provide useful reference for middle school pop vocal music teaching practice.

Keywords: Constructing; Pop Music Vocal Practice Guidebook; High School Students; Guizhou Experimental Middle School

Introduction

Chinese pop music originated in the 1920s. At that time, Western ideas were continuously integrated into China, which had a significant impact on the politics, culture, ideology, consciousness and ideas of the time, which caused the younger generation's ideology and consciousness to change significantly. They pursued freedom more spiritually, rebelled against traditional inherent ideas, and led themselves to realize freedom. American jazz and Broadway musical have had a significant impact on the cultural development of our country, forming a "new cultural spirit", which directly affected people's ideology at that time. Affected by Shanghai's own geographical location, the concentration of concessions in various countries presented a clear capitalist commercialization atmosphere and drove stable economic development. The prosperity of the economy led to an increase in people's demand for spiritual entertainment, putting forward new requirements, providing conditions for the development of popular music and laying a good foundation for development. At that time, the style of popular music mainly showed two different tendencies, one was "progressive songs" and the other was "popular songs", promoting the prosperity of popular music. (Xiang, 2020)

In the late 1970s, our country's popular music gradually showed a prosperous development trend, especially the mainland's popular music gradually revived. After decades of silence, it finally ushered in the dawn of development in the 1980s, showing a new development trend. Economic development prompted people's ideology to change significantly at that time. At the same time, under the impact of Western cultural thought, the spiritual world of the Chinese people was gradually liberated, and Western thought had a greater impact on people's spiritual world. People pay more attention to the traditional culture of the Chinese nation and the development of civilization, and realize the return of culture, which in turn provides good conditions for the development of modern popular music to promote the development of music. (Wang, 2020)



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High school music vocal music teaching is an art course that cultivates students' emotions, which plays a great role in reducing students' learning pressure, improving their vocal skills, and improving their musical accomplishment. However, looking at the current situation of high school vocal music training and classes in our country, it can be seen that most high school schools do not pay enough attention to vocal music classes. Moreover, influenced by the traditional exam-oriented education concept in our country, most high school teaching is based on regular courses, while ignoring students' musical literacy. This also causes most high school music teachers to lack the correct teaching attitude in the classroom, and many teachers adopt monotonous and rigid teaching methods in order to pursue goals. In addition, some high school music teachers pay attention to theory and ignore practice. In the teaching process, they often use "indoctrination" methods, so that students are in a passive state for a long time. Therefore, it is difficult for students to improve their vocal music knowledge, ability, and musical quality. (Weng, 2015)

At present, the evaluation method of high school vocal music teaching is mainly based on test scores. This single evaluation method cannot fully reflect the students' learning situation and overall quality. For example, some students may perform well in the exam, but there are many problems in actual singing; while some students may not perform well in the exam, but they have great potential in music expression, emotional expression. (Cui, 2022) High school vocal music teaching requires certain teaching resources, such as music textbooks, audio equipment, musical instruments, etc. However, in some schools, due to insufficient funding and other reasons, teaching resources are relatively scarce, which also affects the quality of teaching. For example, some schools do not have professional music classrooms and audio equipment, and students can only perform vocal music learning in ordinary classrooms, which will affect the learning effect of students. (Zhao, 2015)

In high school vocal music teaching, some teachers adopt traditional teaching methods, focusing on the teaching of vocal skills, while ignoring students' individual needs and interests. This single teaching method may lead to students losing interest in vocal music learning and affect the teaching effect. For example, some teachers only focus on vocal practice and song singing in the



teaching process, while ignoring the teaching of music theory, music appreciation, etc. (Wang, 2021) In high school vocal music teaching, students' vocal music foundation is often uneven. Some students may have many years of learning experience and have certain singing skills and musical literacy; while some students may have zero foundation and know almost nothing about vocal music knowledge and skills.

The implementation of the new curriculum has put forward higher requirements for classroom teaching. Therefore, teachers should change their own teaching concepts in the teaching process, pay attention to improving students' interest in learning, and promote students' active learning, so as to achieve the goal of efficient classroom. For high school vocal music teaching, its main purpose is to help students master the necessary basic knowledge of vocal music, and at the same time stimulate students' potential in vocal music as much as possible. During the effective teaching time in the classroom, teachers can only effectively master the knowledge and skills related to vocal music if they pay attention to the effectiveness of vocal music teaching, so as to promote the all-round development of students. Therefore, how to improve the teaching effect of middle school vocal music lessons, we must pay attention to the use of effective teaching strategies. (Li, 2015) Vocal guidebooks usually systematically introduce the basic knowledge of vocal music, such as vocal principles, breathing methods, resonance application, etc., and also provide corresponding practice methods and repertoire suggestions for students with different basics. Help teachers develop personalized teaching plans according to the actual situation of students, so that each student can improve on the original basis. (Ren, 2017)

Research Objectives

1. To study the pop music technique for high school.
2. To construct a pop vocal music practice guidebook for high school.

Literature Reviews

Popular singing is a common and popular way of singing, accepted and understood by the general public. Popular song singers are mostly music lovers, generally do not learn to sing, do not have professional literacy, have a strong



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hobby for popular singing and enjoy music. Although they do not use difficult singing skills, they have their own understanding of song singing and express their own singing emotions. This casual singing is what we call popular singing. The Chinese popular singing law more comprehensively presents the specific music form of the current time, and it will be updated and developed over time. So to a certain extent, Chinese pop singing is more fashionable, rich and diverse, and more modern. For a long time, people confused pop, music and popular music, thinking that pop music is popular music, and there is no significant difference between the two. (Wang, 2012)

Popular singing originated in Europe, developed in the United States, and was gradually loved by people around the world, forming a strong pop music system. Popular singing can be roughly divided into folk singing, European and American singing, Hong Kong and Taiwan singing, black singing, air singing, whispering, singing. Among them, European and American singing has the longest development time, and has the most scientific vocal foundation and relatively mature performance skills. They have formed a complete vocal system of their own. In terms of vocal skills, they rarely use exaggerated decorative sounds to sing, but show their rough, bold and passionate singing style to the fullest. In terms of clothing, I like to use bright colors to set off a modern, open and unique performance style. In addition, it is worth mentioning that black singing is a form of music full of passion and appeal. Black singers seem to be natural singers, they can sing a variety of rhythms, and they can imitate the voice of various instruments in a jazz band. Creative black singing, often in the form of a lead singer and multiple voices, using rich singing skills to turn simple melodies into melodious and beautiful songs. (Li, 2011)

Popular singing originated in the middle of the nineteenth century in the West. Popular music singing in our country began in the 1930s and has been widely spread. With the continuous development of society and the continuous improvement of people's living standards, more and more people are pursuing the richness of spiritual life. Popular singing is a relatively easy-to-understand, popular, life-oriented, and entertainment-integrated art form. Its simple voice and unique charm, as well as exaggerated performances, or a musical expression of self-playing, self-singing, and singing and dancing, make it have a large number



of listeners. The history of popular music singing originated in the middle of the nineteenth century in the West. Popular music singing in our country began in the 1930s and has been widely circulated. With the continuous development of society and the continuous improvement of people's living standards, more and more people are pursuing a rich and colorful spiritual life, and pop singing is precisely a relatively easy-to-understand, popular, life-oriented, and entertainment-oriented art form. Its simple voice and unique charm, as well as exaggerated performances, or a musical expression of self-playing, self-singing, and song and dance, make it a large audience. (Zhang, 2011)

Popular singing has long been an important part of Chinese culture, reflecting the changing social, political, and economic landscapes of the country. In recent years, the development of popular singing in China has been significantly influenced by the rapid growth of the internet. Gobin Yang work on the power of the internet in China provides a valuable starting point for understanding how this new medium has transformed citizen activism and civil society, and by extension, how it has also impacted the development of popular singing. (Guo, 2009)

Compared with world pop music, Chinese pop music started relatively late. The important stage of development of Chinese pop music was synchronized with social and economic life. Behind the rapid development of pop music in the early 1980s was the establishment of more than 300 audio-visual publishing houses, which was a hit for TV sets and tape recorders. The fact that Guangzhou Pacific Video Company produced 8 million cassette tapes a year in 1980 best illustrates the development of this industry adapted to the needs of popular culture at that time. The average profit of more than 3 yuan per cassette was a huge driving force for the mythical proliferation of pop music at that time. In the mid-1980s, social and cultural life became more and more active, and the public, especially the younger generation at that time, had a huge psychological demand for pop music. The development of other areas of mass culture was relatively lagging behind. The sales of a single tape often exceeded one million. It seems a myth today, but it was a solid fact at the time. Under this wave, the basic team of China's pop music industry began to emerge, but it did not exist at that time. It was possible to establish the necessary market rules. This beginning largely determined the development curve of Chinese pop music in the following 20



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years. However, with the advancement of globalization and the development of the Internet, Chinese pop music has gradually and rapidly kept up with the development process of popular music in other developed countries with cultural industries, and even showed a trend of diversification and integration. Especially in recent years, the rise of independent music, independent music is not a separate music style, independent music is characterized by relatively independent music production process, and, from production to publication, are completed independently. Independent music and commercial music are two different kinds of music that exist in music production and distribution. However, in the development of Chinese pop culture, independent music has also influenced the creative logic and style choice of commercial music in a certain sense. At the same time, it should be noted that independent music pays more attention to individuality and emotional expression. These works with profound ideological connotations and humanistic care can also move listeners and affect their music choices. (Chai, 2007)

In the late 1970s, our country's popular music gradually showed a prosperous development trend, especially the mainland's popular music gradually revived. After decades of silence, it finally ushered in the dawn of development in the 1980s, showing a new development trend. Economic development prompted people's ideology to change significantly at that time. At the same time, under the impact of Western cultural thought, the spiritual world of the Chinese people was gradually liberated, and Western thought had a greater impact on people's spiritual world. People pay more attention to the traditional culture of the Chinese nation and the development of civilization, and realize the return of culture, which in turn provides good conditions for the development of modern popular music to promote the development of music. (Rong, 2009)

Research Methodology

This study uses qualitative research methods to collect data by interviewing three key informants, and creates a popular vocal music guidebook suitable for Guizhou experimental middle school students in experimental middle schools at Guizhou Province.



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Results

The students of Guizhou Experimental Middle School, on the road of vocal music learning, correct vocal music practice is crucial. It is necessary to firmly grasp the basic skills of understanding songs and mobilizing emotions, while maintaining standardized postures and doing a good job of breathing control. During the teaching process, teachers will skillfully use song teaching methods, experiential music teaching methods, and practical music teaching methods according to everyone's actual situation to help everyone improve their interest in learning and gain better learning results. During practice, students should focus on the use of throat and resonance, especially resonance training, which can endow the voice with penetration and beauty. And song singing practice is an important way to translate learned skills into actual singing ability. In addition, the course integrates local or traditional music elements and meets the requirements of quality-oriented education, which is of great benefit to improving everyone's overall quality and music literacy. Learning vocal music is inseparable from the assistance of high-quality resources. Books such as "Basic Vocal Music Tutorial", "Voice Training and Vocal Singing Skills", "Singing Dynamics", "Shenxiang Vocal Music Teaching Art", "Popular Singing Method" and "Basic Music Theory Tutorial" provide professional guidance for everyone's vocal music learning in an all-round way, accompanying everyone to move forward steadily on the road of vocal music.

Good practice for high school students: High school students' popular vocal music selection is essentially a systematic project of "physiological protection is given priority, technical training is the key link, and emotional expression is used". Its core logic lies in: protecting the health of the vocal cords through vocal range control, building a technical system through ladder training, activating emotional expression through cognitive resonance, and realizing ability transfer in multiple scenes. This scientific selection strategy can not only improve the efficiency and safety of vocal music practice, but also transform it into an important path for adolescents' self-cognition, emotional management and aesthetic construction.



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From the perspective of educational psychology, this selection system is highly consistent with the physical and mental development laws of high school students. Students in adolescence are rapidly awakening their self-awareness, and their choice of music often has a strong demand for personal expression. By choosing songs that fit their own experiences and emotions, they can complete the sorting and externalization of their own emotions during the singing process, transforming vocal practice into a carrier of psychological healing and emotional catharsis. At the same time, in the exploration of different styles of songs, students' music aesthetics gradually move from singleness to diversification, which not only broadens their artistic horizons, but also cultivates critical thinking and cultural tolerance in a subtle way. This process of aesthetic construction has far-reaching significance for the improvement of adolescent personality.

In addition, scientific selection also has significant educational extension value. In campus cultural life, appropriate song selection can help students demonstrate their strengths in literary and artistic activities and club performances, enhance self-confidence and a sense of collective belonging; for students who are interested in music professional development, a reasonable selection strategy is the cornerstone of the road to specialization. Through step-by-step repertoire training, they can systematically accumulate singing experience and lay a solid foundation for future professional learning. This multi-dimensional value from interest cultivation to ability transfer, from individual development to social integration, makes popular vocal selection an important educational practice link to promote the all-round growth of high school students.

The most common problems encountered in the practice: In the practice of vocal music teaching in Guizhou Experimental Middle School, many students face the problem of rhythm control, which is manifested as unstable rhythm, speed deviation and weak rhythm perception. In response to these problems, teachers can use a combination of systematic training and fun teaching: on the one hand, through special project exercises to strengthen students' cognition and mastery of various rhythm patterns; on the other hand, integrate rhythm training into games to stimulate learning interest. At the same time, students are encouraged to make simple musical instruments for performance practice, and improve rhythm sensitivity in changes in sound, speed and



frequency. It is worth noting that intonation training and rhythm training penetrate each other, which can effectively help students establish a more accurate sense of pitch and rhythm. Curriculum design should follow the principle of step-by-step, combined with multiple teaching methods and practical activities, to adapt to music works of different difficulty.

Intonation problems are also common challenges in vocal music learning of students in experimental middle schools in Guizhou Province, including off-key, pitch offset, and improper grasp of interval relationships. In this regard, teachers should take listening training as the focus of teaching, and gradually improve students' intonation control ability through targeted practice of scales and arpeggios. At the same time, rational use of tuners, pianos and other tools to correct vocal deviations in a timely manner. In systematic vocal music teaching, continuous intonation practice helps students deepen pitch perception and enhance control of rhythm and rhythm. In the course arrangement, it is advisable to adopt a phased teaching model: the primary stage selects songs with concise melody and regular rhythm, and guides students to master basic music elements through vocal practice, lyrics study, etc., and learn music theory knowledge simultaneously; the intermediate stage appropriately increases the difficulty of songs, introduces diverse teaching strategies, and focuses on cultivating music expressiveness and collaboration ability; the advanced stage selects songs with complex rhythm and changeable melody to further improve singing skills and artistic standards.

Many students in Guizhou Experimental Middle School have problems of insufficient emotional expression in vocal singing, which are manifested as lack of change in tone and pale emotional transmission, which directly affects the appeal and artistic effect of singing. In response to this phenomenon, students need to strengthen emotional investment in the practice process and learn to convey the connotation of songs through intonation changes. Daily can be through poetry recitation, prose reading and other ways to improve language expression and emotional expression ability. In singing practice, pay attention to the change of voice strength, timbre light and dark, enrich the tone level, and enhance artistic appeal. As an important part of vocal music learning, rhythm training can not only help students accurately grasp the rhythm of songs and achieve smooth singing, but also form a joint force with pitch training to further improve students' musical



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perception and performance ability. Students can use the metronome for rhythm training, start with slow practice, and gradually improve the speed; they can also choose familiar tracks for follow-up practice, first slowly polish the rhythm details, and then gradually restore the normal speed, so as to improve the rhythm control ability and singing stability.

Guizhou Experimental Middle School Student Teaching Plan: In the field of vocal music teaching, teachers need to focus on basic training. Breathing and vocalization are the foundation of singing. Teachers should guide students to get started with breathing control and systematically learn scientific breathing methods such as abdominal breathing, just like equipping the voice with "stabilizers" to ensure the durability and stability of the voice. At the same time, through the design of step-by-step vocal exercises, students can be helped to accurately locate the vocal position and master the vocal skills. Biting words and rhythm are also indispensable. With the help of sight-singing ear training, students can strengthen their control of intonation and enable them to accurately restore the melody of songs; with metronome assistance or special project rhythm exercises, students' sensitivity and stability to rhythm can be gradually improved.

Stimulating students' enthusiasm for learning is also the key to teaching. Teachers can become "musical guides" and select songs with beautiful melodies, positive lyrics and easy to sing as teaching materials according to students' age interests. In addition, rational use of multimedia teaching methods will vividly present the creative story and cultural background behind the song, so that students can deepen their understanding of music in an immersive experience and stimulate their interest in learning.

For vocal beginners, melody practice is an effective way to improve pitch perception and rhythm grasp ability. In teaching, metronome can be used to guide students to beat practice at a slow and fast pace to cultivate a sense of rhythm; select songs that students are familiar with, sing slowly first, focus on rhythm accuracy, and then gradually speed up until they are in line with the rhythm of the original song. At the level of technical training, rhythm visual reading exercises are carried out, with metronome assistance, manual beating rhythm or marking rhythm patterns, etc., to strengthen students' ability to control rhythm. Through



dictation and listening training, students can be guided to analyze rhythm types from the auditory dimension, master practical rhythm shorthand skills, and lay a solid foundation for rhythm learning.

Discussions

In the field of high school pop music teaching, the cultivation of pitch control and rhythm perception ability is undoubtedly an important cornerstone for shaping students' core musical literacy. For high school students who have just set foot in vocal music learning, intonation (intonation) practice and rhythm practice are indispensable key links in their vocal music learning process. These training methods can systematically improve students' pitch perception and rhythm control, and lay a solid foundation for subsequent in-depth vocal music learning. In the pitch practice level, students can use scale singing, jumping interval practice, and model singing to exercise their ear's sensitivity to pitch and enhance their voice control. Such activities not only help students become familiar with the relationship between different pitches, but also improve their perception and response to subtle changes in pitch. Rhythm practice is also crucial. Students can strengthen their sense of rhythm by hitting rhythm, using metronome practice, and singing songs of different rhythm types. These exercises can improve students' rhythm perception and expression ability, so that they can more accurately grasp the rhythm of music when singing.

When designing the practice courses for high school vocal music beginners, teachers need to pay attention to the gradual transition from basic to advanced, and integrate diverse teaching methods and practical activities to adapt to different levels of musical complexity, so as to ensure that students continue to improve their vocal music level and music literacy in practice. Basic training is a necessary part of teaching. It provides students with necessary vocal skills and theoretical knowledge, and lays a solid foundation for subsequent learning. Stimulating students' interest in learning is also a key content of the teaching plan. Teachers can use rich teaching content and activities, such as group collaboration, role-playing, etc., to enable students to learn in a relaxed and enjoyable atmosphere, thereby maintaining active learning motivation. Such teaching



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methods can not only enhance students' participation, but also enhance their learning experience, making vocal music learning more interesting and effective.

Some scholars Yu (2024) have proposed that in order to promote teacher-student interaction in high school music teaching, teachers need to appropriately change their teaching roles, abandon the "dictator" position in the classroom, enhance the main position of high school students in the music classroom, and build an equal and harmonious teacher-student relationship. This will help create a relaxed classroom teaching atmosphere, allow students to learn happily, teachers to teach efficiently, and use teacher-student interaction to highlight the characteristics of music subjects, so as to help students improve their music learning effectiveness and achieve teaching goals. Teachers should also develop personalized teaching plans according to the characteristics and needs of different students, so that each student can progress at their own pace and in their own way, which includes adjusting the difficulty and content of exercises according to students' pitch and rhythm level, and providing targeted guidance and feedback.

Another scholar Zhao (2022) pointed out that in practical teaching, teachers need to be good at grasping strategies and application skills, fully understand the connotation of cooperative learning, continuously enhance students' sense of participation, and at the same time make a reasonable evaluation of students' music learning outcomes, continuously stimulate learning interest, and promote the vigorous development of high school music teaching. When evaluating students' progress and skills, teachers should adopt multiple methods, including evaluating intonation and rhythm through simulation tests, carefully listening to students' singing performances, and paying attention to students' overall performance in music learning. The comprehensive application of these methods can help teachers comprehensively understand students' progress and skill level, so as to adjust teaching strategies and further improve teaching effectiveness.



New Knowledges

The pop vocal music practice guidebook is a comprehensive resource that aims to enhance the practice and teaching of popular vocal music. By clarifying goals, standardizing methods, and providing practical guidance, it supports both students and teachers in achieving excellence in vocal performance.

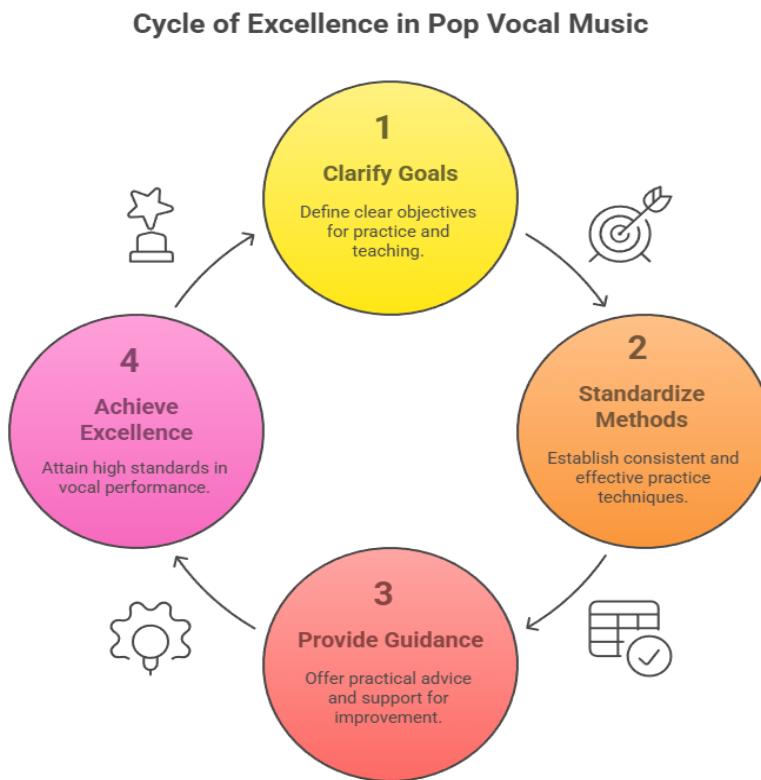


Figure 1: Diagram Show the Pop vocal Music Practice Guidebook.



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Conclusions

This presents an overview of the research findings regarding the development of a pop vocal music practice guidebook. The guidebook is designed to clarify the goals of popular vocal music practice, standardize scientific methods, and encompass various aspects such as breath training, vocal skills, and emotional expression. By integrating case analysis and practical guidance, the guidebook aims to systematically enhance students' vocal performance in popular music. Additionally, it serves as a valuable resource for teachers, promoting the optimization of teaching methods and contributing to a more robust popular vocal music education system.

Suggestions and Recommendations

Recommendations for this Research

As a professional and practical learning tool, the high school pop song workbook builds a system framework for vocal music learning. Its core points revolve around basic training, avoiding blind imitation, improving music literacy and step-by-step practice.

The workbook carefully arranges a series of scientific training content, such as relaxation training, which can help students soothe their bodies and minds and release stress before singing; breath training is the key to supporting the voice.

These basic trainings are like the cornerstones of a building, which have far-reaching significance for high school students to shape good vocal habits and achieve accurate voice control.

The field of popular vocal music has multiple styles and a large number of singers. Avoiding blind imitation has become an important criterion for high school students to practice. Each student's voice is unique and charming.

Vocal music learning is a long accumulation process and needs to follow the principle of gradual progress.



Recommendations for Future Research

The road to popular vocal music learning is long and full of challenges. The popular vocal music guidebook points out a clear development direction for high school students and helps them move forward steadily in the field of vocal music.

In popular vocal music learning, basic skills such as breathing skills, vocal position, and voice control are like the cornerstones of high-rise buildings, which are crucial for high school students.

At the same time, we must take vocal protection to heart to prevent irreversible damage to the vocal cords due to excessive use of the voice or wrong vocal methods.

Furthermore, popular vocal music is not just a simple vocal technique, but also a broad and profound art. High school students need to focus on strengthening the cultivation of musical literacy when studying popular vocal music.



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