

# A Comparative Study on the Improvement of College Graduates' Psychological Resilience through Mindfulness Music Therapy and Group Counseling

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**Abstract:** In recent years, college graduates have faced increasingly severe employment situations and multiple pressures, such as those from interpersonal relationships, academic studies, and employment. Psychological resilience, as an essential ability for college students to cope with pressure, is crucial for their physical and mental health development. In this process, both mindfulness music therapy and group counseling have their unique characteristics and can continuously enrich the paths to enhance psychological resilience. This helps to strengthen graduates' psychological resilience, improve their social adaptability, and further enable them to grow into high-quality talents needed by society. Therefore, this article first analyzes the mechanisms of action of mindfulness music therapy and group counseling, and then elaborates on the paths through which they enhance college graduates' psychological resilience, aiming to provide some reference for relevant researchers.

**Keywords:** Mindfulness music therapy; Group counseling; Graduates; Psychological resilience

**Online publication:** September 8, 2025

## 1. Introduction

In recent years, college graduates have encountered growing challenges in employment, academic performance, and interpersonal relationships, leading to heightened psychological stress. Psychological resilience, a critical capacity for coping with adversity, plays a vital role in promoting their mental health and overall development. Mindfulness music therapy and group counseling, as two distinct yet effective approaches, offer valuable pathways to strengthen resilience and enhance social adaptability. By exploring their mechanisms and practical applications, this paper seeks to provide insights into fostering graduates' psychological resilience, thereby supporting their development into high-quality professionals capable of meeting societal demands. The following sections will analyze the theoretical foundations of these interventions and discuss their implementation strategies for resilience

enhancement.

## **2. Analysis of the mechanism of mindfulness music therapy and group counseling**

### **2.1. Mechanism of mindfulness music therapy**

Mindfulness music therapy mainly refers to the organic integration of music therapy and mindfulness meditation. During the healing process, it uses music melody, rhythm, and cadence to help college graduates achieve a state of physical and mental relaxation and enhance their mindfulness perception ability. Among them, music is a tool for information transmission other than language, which can penetrate into graduates' psychological and spiritual needs and help them express and perceive their own emotions. Mindfulness music therapy enables students to maintain awareness and perception of their current state while listening to music, helping graduates get rid of the pressure and distress in daily life, and enhancing their acceptance and understanding of their internal experiences. In addition, it can also activate graduates' positive emotions, strengthen their emotional regulation ability, thereby promoting the improvement of psychological resilience, and ensuring that graduates always maintain a perseverance attitude when facing challenges and pressure <sup>[1]</sup>.

### **2.2. Mechanism of group counseling**

Group counseling takes the group as the basic unit of psychological activities. It forms a group of graduates with common problems and needs for interactive communication, creates a learning environment of mutual respect and experience sharing in group counseling, and enables them to communicate, learn, and grow in a mutually respectful and relatively safe environment. In addition, group members can express their views and feelings in a relatively safe environment, listen to the stories and interesting things shared by others, enhance self-cognition, and master new counseling skills. Group counseling can effectively enhance graduates' interpersonal skills and sense of belonging, and help individuals solve psychological difficulties through group strength. Group counseling is particularly important for college students who are about to graduate. It can help them build good interpersonal relationships, develop strong psychological endurance, and make a better transition from campus to society <sup>[2]</sup>.

## **3. The path of mindfulness music therapy in enhancing the psychological resilience of college graduates**

### **3.1. Expanding the influence scope of mindfulness music therapy**

First, make full use of the school's health education resources. Colleges and universities popularize mindfulness music therapy to teachers and students through publicity and education, so that they can understand mindfulness music therapy and actively participate in it. To this end, colleges and universities can publicize mindfulness music therapy by holding various activities, such as lectures, seminars, exhibitions, etc., and organically integrate mindfulness music therapy with mental health education, so as to effectively improve the psychological resilience of graduates. At the same time, colleges and universities also need to make good use of other mental health education resources, such as taking the initiative to establish cooperative relations with medical workers, psychological counseling rooms, etc., give full play to the due role of mindfulness music therapy, continuously improve the quality of mental health education, and promote the physical and mental health development of graduates <sup>[3]</sup>. Second, organize campus music culture activities. To further expand the penetration effect of

mindfulness music therapy on campus, colleges and universities can organize different types of music and art activities, create a good music healing atmosphere on campus, and organize campus music art performances, competitions and special music festivals, so that graduates can fully experience the positive effects of music therapy, enhance their understanding and love of music therapy, improve their interest in participation through rich and diverse music and art scenes, and increase their attention to psychological problems. Moreover, these activities also help schools, teachers, and students establish a good psychological counseling relationship, pay attention to psychological problems in time and solve them, thus creating a good environment for enhancing the psychological resilience of graduates<sup>[4]</sup>.

### **3.2. Applying comprehensive observation to guide students to express themselves**

Music therapy is not simply appreciating music; it is highly systematic and purposeful, and uses music as a bridge to improve psychological resilience. In this regard, colleges and universities can communicate with graduates through singing, playing, tapping and other ways, and can also guide students step by step through music, dance, rhythm training, etc., so as to arouse the function of the brain<sup>[5]</sup>. In addition, colleges and universities should also find the psychological crux of graduates, find the deep meaning of the problem, seek opportunities for psychological healing from it, and use mindfulness music therapy to relieve negative psychological emotions. Some college graduates are introverted, not good at expressing their inner world, and often go it alone. Moreover, graduates with this characteristic often lack opportunities for self-evaluation, have a low sense of self-worth, avoid social interaction, and have certain interpersonal barriers. Therefore, for this type of graduate, mindfulness music therapy is very effective and can quickly improve their mental health. By participating in collective music activities such as a chorus, graduates can be encouraged to dare to express and vent their emotions, gain recognition and respect from others, further enhance their self-confidence, and their psychological resilience can also be enhanced accordingly<sup>[6]</sup>.

### **3.3. Cultivating positive emotional attitudes through audiovisual listening tests**

Music possesses a spiritual quality that transcends time and space, connecting the inner self with the external world, the individual with others, whether familiar or unfamiliar. Starting from its role as “sound” acting on physical organs, music transforms into a “signal” influencing psychological processes. By utilizing music therapy techniques to communicate with clients, we help them gain clarity about their thoughts. Through empathy and normalization techniques, students learn to accept their emotions, promote dopamine secretion, alleviate anxiety, and release stress<sup>[7]</sup>. Currently, many graduates face mental health issues, characterized by emotional instability and poor self-control over their feelings. If their emotional needs remain unaddressed for a long time, they are prone to developing psychological disorders, which, if not effectively managed, may lead to severe consequences. Music, however, has a positive regulatory effect, capable of evoking feelings of joy and excitement. It is evident that the application of active and effective music therapy can alleviate graduates’ psychological problems, reduce their internal stress, release negative emotions, and achieve proper emotional regulation. Clearly, music holds unique advantages in fostering spiritual well-being. The process of music aesthetic education involves the purification and refinement of students’ emotions. When people appreciate beauty, their attention shifts toward the object of appreciation, allowing their mental state to be effectively adjusted and relieved, and their emotions to become more stable. Music aesthetic education guides people to transcend utilitarianism and sensory desires, attaining spiritual fulfillment, thereby maintaining psychological balance<sup>[8]</sup>.

## **4. Paths for group counseling to enhance college graduates' psychological resilience**

### **4.1. Creating a safe and trusting environment**

In the process of group psychological counseling, creating a healing atmosphere with a high level of trust and a sense of security is particularly important. It allows college graduates to truly feel that their existence is unconditionally accepted and deeply understood, which can greatly arouse their positive emotions and enable them to dare to express their thoughts and true feelings. To achieve this main goal, colleges and universities need to fully respect graduates based on their true attitudes and psychological needs, and establish a harmonious teacher-student relationship through active listening and constructive suggestions<sup>[9]</sup>. In addition, mutual support and promotion in group counseling are also important channels for creating a safe and trusting atmosphere. By sharing psychological counseling skills and experiences in the group, graduates can achieve common growth and development. Moreover, they will have more time to strengthen their psychological resilience against setbacks, enabling them to better cope with difficulties and challenges in life, and make their future integration into social and workplace life smoother<sup>[10]</sup>.

### **4.2. Strengthening training in teamwork and communication skills**

In group counseling, strengthening college graduates' teamwork and communication skills is equally crucial. By designing a series of teamwork tasks and activities, counselors can guide students to learn how to leverage their own strengths in a team while understanding and respecting others' different viewpoints and needs. Such training can not only improve students' teamwork ability but also help them better adapt to diverse working environments in their future careers<sup>[11]</sup>. Furthermore, training in communication skills is also indispensable. Counselors can use role-playing and situational simulations to allow students to learn and master effective communication skills through practical operations—such as how to clearly express their own viewpoints, how to listen to others' opinions, and how to handle conflicts and differences. The improvement of these skills will help college graduates become more confident and composed in interpersonal interactions, thereby further enhancing their psychological resilience<sup>[12]</sup>.

### **4.3. Encouraging self-reflection and emotional management**

Self-education and self-regulation play a pivotal role in group counseling and have a profound impact on graduates' ability to reflect on themselves and control their emotions. Among them, self-reflection can help graduates gain a clearer understanding of their inner activities, sort out their emotions and needs, and improve the objectivity and rationality of their decisions. Colleges and universities can guide college graduates to engage in self-reflection through guided conversations, psychodrama, and other methods, helping them identify the root causes of their emotions and master effective psychological coping strategies<sup>[13]</sup>. At the same time, emotional management is also an effective way to enhance graduates' psychological resilience. Colleges and universities should actively teach graduates psychological counseling techniques such as deep breathing, meditation, and mindfulness training to strengthen their ability to regulate and manage emotions, enabling them to cope with psychological pressure and challenges with a calm and rational attitude. In addition, colleges and universities can organize graduates to discuss and analyze positive cases in groups, allowing them to cultivate positive psychological emotions such as optimism, gratitude, and hope, which is beneficial for fostering their perseverance in the face of adversity<sup>[14]</sup>.

## 5. Conclusion

In summary, both mindfulness music therapy and group counseling have a positive impact on enhancing the psychological resilience of college graduates. Mindfulness music therapy guides individuals into a state of deep relaxation through musical elements such as rhythm, melody, and timbre, thereby fostering mindful awareness and improving emotional management abilities<sup>[15]</sup>. Meanwhile, group counseling helps graduates strengthen their psychological resilience and better cope with life challenges by creating a safe and trusting environment, enhancing teamwork and communication skills through training, and encouraging self-reflection and emotional management. Each method has its own strengths, and colleges and universities can flexibly choose or combine them according to actual circumstances to achieve the best results. In the future, with the deepening of research, it is believed that more effective methods will be explored, providing greater support for improving the psychological resilience of college graduates.

## Funding

The 2024 annual project of the "14th Five-Year Plan" for Educational Science in Hunan Province, titled "Research on the Impact of Mindfulness-Based Music Therapy on the Mental Health of University Graduates", with project number XJK24CTW011.

## Disclosure statement

The author declares no conflict of interest.

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