

Study on Vocal Language Healing Empowerment from the Perspective of Intelligent Media Age: Vocal Language Assisted Therapy for Insomnia

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Abstract: With the acceleration of the pace of society, people's life and work pressure continue to increase, resulting in poor psychological conditions such as anxiety, impatience, and other negative emotions, these negative emotions cause more and more people to suffer from insomnia. At present, insomnia has become a public health problem that cannot be ignored, and the discovery and innovation of treatment methods and means of sleep disorders are still being explored. Vocal language is an effective, safe, and rich way of artistic expression. People can convey information through deep communication through vocal language, so as to realize emotional identification and self-emotion catharsis and expression. Compared with conventional medical treatment, vocal language-assisted therapy is safer, novel, easy to operate, has fewer side effects, is convenient, and has other characteristics, so this method of auxiliary therapy has gradually attracted public attention. Based on the current research status, this paper puts forward the innovative idea and means of insomnia treatment of "vocal language assisted therapy", which combines the relevant advantages of medical scientific treatment and art therapy to provide new ideas and new ways for the treatment of insomnia.

Keywords: insomnia treatment, vocal language, psychological healing

1. Introduction

This study focuses on the pathogenesis and healing mechanism of insomnia and puts forward a new idea of "vocal language-assisted therapy" for the treatment of sleep disorders, which provides a new vision for the treatment of insomnia and has innovative and reference significance. This study mainly focuses on the background of insomnia, the concept and connotation of sound language art, the healing mechanism, function, principle, and countermeasures of vocal language-assisted therapy. This study mainly focuses on the background of insomnia, the concept and connotation of vocal language art, the healing mechanism, function, principle, and countermeasures of vocal language-assisted therapy. In this study, literature analysis is used to search and read relevant materials and literature. The advantage of this method is that it can better study the inaccessible research objects (insomniacs) to avoid causing secondary damage to them. In addition, the literature has a high degree of frankness and strong authenticity. These advantages can assist in an in-depth detailed analysis, which is conducive to exploring the feasibility of vocal language-assisted therapy [1]. The ultimate

goal of this study is to directly or indirectly cure insomnia patients and provide a new vision and a new method for the treatment of insomnia.

2. Background

Insomnia refers to the difficulty in falling asleep, maintaining sleep, waking up early, insufficient sleep time, or poor sleep quality caused by various internal and external factors, which brings great pain and psychological burden to patients [1]. According to the *China Sleep Research Report 2023*, Chinese residents still have many sleep problems, such as going to bed earlier, going to bed later, and blurring the boundaries between work and sleep [1]. In view of this kind of social psychological problem, this study puts forward a method of "vocal language-assisted therapy" to relieve insomnia. Language refers to all sound forms that can convey emotion, such as human voice, vocal music, sound, and so on. According to the insomnia situation of patients, audio and video recording, real-time vocal language guidance, companionship, and targeted guidance are used to assist insomnia treatment, so that insomnia patients can get soothing feelings from various aspects such as hearing and vision, gradually learn the method of self-regulation of emotions, and finally obtain a good mental state and positive attitude towards life. Artistic healing originated from the ancient Greek search for the soul, which has a history of 2,500 years. Today, the concept of artistic healing has a unique place in the psychology of art. At present, compared with foreign countries, there is less research on art healing and how to use the healing nature of art to serve society as the subject of art creation. Therefore, the author needs to further explore the field of art healing.

2.1. Pathogenesis and Harm of Insomnia

Studies based on the *Diagnostic and Statistical Manual of Mental Disorders (5th Edition) (DSM-V)* show that the prevalence of insomnia is about 10% worldwide [2]. This data indicates that about 30% of the world's people experience symptoms of insomnia each year. The incidence of insomnia in China is much higher than the world average level, and the elderly, middle-aged and young people, and primary and secondary school students all have sleep disorders, which are positively correlated with age and tend to be younger [3]. At present, the specific pathogenesis of insomnia is still not a definite conclusion, the current hypotheses about the emergence of insomnia are mainly the 3P hypothesis and excessive awakening hypothesis 3P hypothesis mainly includes predisposing factors, inducing factors, and persistent factors. Predisposing factors refer to the intrinsic factors of patients themselves. There are many inducing factors, such as fatigue, stress, drugs, etc. Persistent factors refer to the anxiety and fear of insomnia itself caused by insomnia. When the accumulation of 3P factors exceeds the onset threshold, it will lead to the occurrence and persistence of insomnia [4]. The hyperarousal hypothesis holds that insomnia is a kind of hyperarousal, which means that insomniacs have high arousal in the autonomic nervous system, neuroimmunity, neuroendocrine, and other levels day and night [5]. Long-term insomnia will cause different degrees of physical and mental damage to patients. For example, if it is mild, it will lead to a lack of energy, concentration, and carrying in work and life; if it is severe, it will lead to a decline in memory, increase the incidence of cardiovascular diseases, and the tendency of mental breakdown and depression [6].

2.2. Vocal Language Art and Expression Connotation

Human pronunciation depends on the physiological organs such as the lungs, throat, mouth, and nasal cavity. After sensory contact with the outside, it first acts on the nervous system of the five senses and then transmits to the nervous center of the brain. After the system carries out the calculation process of screening and screening, deployment, and combination, it produces varied emotions, emotions, imagination, and memory. Among all human senses, hearing has a unique magic that is

different from other senses. Especially in comparison to vision. In this regard, J.G. Herder, a famous German philosopher, in his book *On the Origin of Language*, compared "external stimuli", "clarity", "time of action" and "development" in several aspects, and concluded that hearing is a "more moderate sense" than touch and vision. With its features of directness of space and instant timeliness of time, accuracy, appropriateness, richness, orderliness, and high appeal, vocal language exerts an immediate effect on people's thinking and prompts them to respond quickly [7]. Vocal language is closely related to human's daily life, and is an important communication medium for transmitting information, exchanging ideas and emotions, reaching consensus and cognition, and influencing each other [8].

3. Healing Methods of Vocal Language

3.1. Principles of Treatment

Vocal language expression is one of the most important ways of human communication. Vocal language-assisted therapy is a kind of art healing method that makes people relaxed and happy and can effectively relieve anxiety and other negative emotions. When able-bodied people are stimulated by anxiety in the amygdala, they will transmit information to the brain stem and the hypothalamus, and the hypothalamus conducts to the pituitary gland, which secretes norepinephrine, adrenaline, and cortisol, while the brain stem has the norepinephrine nervous system, adrenaline nervous system, and dopamine nervous system. If the balance is broken, people will have anxiety, anxiety, and other emotions. Art therapy can make the brain secrete or inhibit hormones to achieve the balance between various systems in the body, so as to effectively relieve the occurrence of anxiety and other emotions. Vocal language is an effective, safe, and rich way of artistic expression, and its auxiliary therapeutic functions are mainly reflected in information transmission, emotional identification, human voice accompaniment, communication, and so on. People communicate deeply in physical and mental feelings through vocal language, so as to achieve the transmission of information and emotional resonance, so that patients can effectively vent, regulate and relieve their negative emotions. Through vocal language communication, people can obtain spiritual comfort and guidance, so that the subconscious can be manifested and integrated, and the quality of sleep can be improved and promoted. The vocal language expression plays a subtle role in the sensory experience of people's body and mind, so as to realize its healing function. In other words, different senses get different stimulation and interaction during vocal language expression and communication, so that the brain secretes dopamine and endorphins to help regulate mood and improve sleep quality. The possibility of assisted treatment of insomnia by vocal language art is mainly because it satisfies people's potential deep needs at the spiritual or psychological level and transmits the required positive energy, so as to realize its healing [9].

3.2. Healing Mechanism

Art (the art of vocal language expression) has a powerful healing power and can regulate people's physical and mental health. It enables everyone involved to connect with their own inner reality, to understand further themselves, to understand themselves, and to see their inner potential in the experience. In the assisted therapy of vocal language expression, patients can be freer, more open, more self-centered, and more real, and everyone can release their own nature, negative energy, and negative emotions in the body and mind as much as possible, so as to move towards physical and mental health and pleasure. Take human voice accompaniment as an example. When the speaker and the receiver (patients with sleep disorders) communicate and communicate with each other in voice language, the thoughts and energy of both parties are transmitted and exchanged to achieve emotional identification. According to the patient's psychological condition and the severity of the disease,

appropriate words that the receiver is willing to accept, efficient, and full of humanistic care are selected. Communication and psychological resolution are carried out along the communication ideas of "information sharing, cognitive consensus, and pleasure sharing". In the selection of content, the depth of theory, the temperature of reality, the height of The Times, and the breadth of vision should be "four degrees in one", and the sound language art should be fully used to guide people.

3.3. Function

This kind of edge therapy has its unique effect on the treatment of many psychological, psychiatric, or neurological diseases. In contemporary society, the communication, communication, and guidance of vocal language art as an auxiliary treatment means, compared with traditional therapy, the side effects are less, the dependence is weak, the physical and mental healing and more humanistic care. Art healing has its own unique advantages, but it has not been fully researched and proven in science. To further develop and promote art therapy, standardize the art therapy industry, and effectively integrate art therapy with medical treatment, psychology, and social psychology will be conducive to the development of the medical treatment and social psychology industry [10].

4. Healing Strategies Assisted by Vocal Language Art

4.1. Focus on Humanity

The art of vocal language expression is a human-centered art communication activity that exchanges information and transmits thoughts and emotions through the careful thinking of the speaker and refined, accurate, and infectious language expression skills. It has strong humanistic care. On the other hand, the humanities focus on human culture [11]. Therefore, the author believes that the art of vocal language expression must be people-oriented, from the perspective of people, pay attention to humanistic care, and pay attention to the unique humanistic nature and humanized expression skills of vocal language, so as to better meet the needs of patients for vocal language expression services such as listening services, vocal language guidance, and accompanying services.

4.2. Creation of Context

Context refers to the contextual and non-linguistic features of the world associated with the language system used. It can be divided into linguistic context and situational context. Language context refers to the words that are accompanied by a certain word. Situational context refers to the cause and result of discourse, the relationship between the speaker and the listener, the shared knowledge, cultural background, and the purpose of speech. Context has a greater and deeper influence on communication. The creation of a good context is conducive to narrowing the psychological distance between the speaker and the listener (patient), creating a familiar atmosphere, which is convenient for patients to better accept the transmission of information and increase the effect of vocal language-assisted therapy. Before the speech expression behavior occurs, it is necessary to deeply understand the cultural background and life background of patients involved in the process of expression transmission to determine the discourse expression strategy. In the course of discourse communication, we should constantly understand the relevant content and adjust the strategy in time [12].

4.3. Quality Requirements of Participants

Clarify the definition of discourse roles, that is, in the process of vocal language expression, discourse speakers must conform to their social roles and role functions, and their behaviors must conform to role norms and requirements. Clear discourse role relationship, that is, in the process of vocal

language expression, clear discourse participants are both power balance role relationship, that is, the speaker and the speaker (patient) should be placed in an equal position to carry out vocal language communication activities. Clarify the positioning of the role of discourse, that is, clarify the purpose, occasion, and relationship of the principle of truth, goodness, and beauty in the communication of vocal language [11].

4.4. Principle

The vocal language art should follow the principles of truth, goodness, and beauty, and comfort the hearts of the audience (patients) in a way that moistens things silently. In the process of transmission and receiving, respect for individual differences and minimize the imbalance in the transmission of information content. In the era of intelligent media, the speakers of vocal language should carefully, carefully and comprehensively think about what kind of content to express and what kind of expression to use in order to facilitate the acceptance of recipients (patients) and reduce their acceptance costs; The cognitive gap between the transmitter and the recipient is narrowed, so it is necessary to practice the "four forces" and strengthen the emotional and spiritual connection with the recipient (patient). Cultivate the ability to enunciate words with heart and return sounds with love, pursue the aesthetic ideal of sounding for the United States, and build an aesthetic level of communication and receiving, so that patients can feel the charm of artistic language and artistic expression in the process of receiving the spiritual comfort and soothing brought by vocal language.

5. Conclusion

Healing in artistic creation is associated with many disciplines, such as art, medicine, philosophy, communication, psychology, and so on. The non-medical research of art in the creation of vocal language expression reflects the path of healing. It explores how to alleviate and cure the psychological problems of the audience of artistic language art, and summarizes and discusses it as a working method of artistic creation so that the unconscious indoctrination influence can be changed into conscious creation, no matter for the creators. Or it is enlightening and realistic for the viewer. This research comprehensively uses theoretical analysis, literature selection, and practical observation as research methods. It analyzes the creative methods under the influence of vocal language-assisted healing from the perspective of the creators of vocal language art. However, the research on creative methods under the influence of art healing still needs in-depth research and development. Therefore, the ideas and schemes proposed in this paper are a case and sample of sustainable observation, which can be regarded as a reference value even if there are objective limitations, and also provide a new perspective for the future development of vocal language art in the dimension of healing. Good sleep quality is an important guarantee of physical and mental health. The art of vocal language gives people freedom, strength, and self-power. The healing possibilities of vocal language art are endless. The exploration of healing mechanisms and principles of vocal language art is necessary and innovative, and insomniacs need to be empowered. If the healing function of vocal language art can be applied to clinical medicine, sociology, and psychology to assist patients in treatment and recovery, the painful healing process will be transformed into a joyful self-healing process, so that people can better understand the healing function of vocal language art, so that medical treatment is no longer monotonous and full of humanistic care.

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