



การปรับปรุงแบบฝึกหัดเอ๋อหูสำหรับเด็กในโรงเรียนหลี่ฉวน เมืองเซี่ยงไฮ้ Improving the Eehu Exercise for Children in Shanghai Lvchuan School

หยาง เสี่ยงหยู และ ปราโมทย์ ด่านประดิษฐ์

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นักศึกษามหาบัณฑิตและอาจารย์ที่ปรึกษา คณะดุริยางคศาสตร์ มหาวิทยาลัยกรุงเทพธนบุรี

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(Received : Mar 30,2021 Revised : Apr 9,2021 Accepted : Apr 10,2021)

บทคัดย่อ

การศึกษาค้นคว้าครั้งนี้มีวัตถุประสงค์เพื่อจัดโครงสร้างแบบฝึกหัดเอ๋อหูสำหรับเด็ก ได้แก่ 1) เพื่อศึกษาประสิทธิภาพหลังการเรียนรู้แบบฝึกหัดเอ๋อหูแนวใหม่ 2) เพื่อศึกษาความพึงพอใจของนักเรียน และ 3) เพื่อปรับปรุงแบบฝึกหัดเอ๋อหูด้วยกลุ่มผู้เชี่ยวชาญ การออกแบบการวิจัยมีวิธีการพัฒนาเพื่อพัฒนาแบบฝึกหัดเอ๋อหูโดยการทดลองกลุ่มเดียว กระบวนการวิจัยมี การทบทวนวรรณกรรมที่เกี่ยวข้องและการรวบรวมข้อมูล ให้ผู้เชี่ยวชาญด้านเอ๋อหูตรวจสอบแบบฝึกหัดเอ๋อหู ผู้วิจัยนำหนังสือแบบฝึกหัดที่พัฒนาเอ๋อหูไปทดลองและประเมินผลการสอนรวบรวมข้อมูลผลการสอนวิเคราะห์ข้อมูล ประชากรเป้าหมายคือนักเรียน 10 คน (อายุ 7-9 ปี) ของห้องเรียนปฏิบัติที่เต็มใจเป็นอาสาสมัครเข้าร่วมทดลอง จากโรงเรียนประถมศึกษาลี่ฉวน เมืองเซี่ยงไฮ้ ในปีการศึกษา 2019-2020

ผลการวิจัยพบว่า ประสิทธิภาพของนักเรียนหลังจากเรียนรู้แบบฝึกหัดเอ๋อหู ได้คะแนนเฉลี่ย 82.35 จากคะแนนเต็ม 100 ด้านความพึงพอใจของนักเรียนจากคะแนนการสำรวจพบว่า 261 คะแนน (คะแนนเต็ม 300) คิดเป็นร้อยละ 87. โดยสังเกตว่านักเรียนมีความกระตือรือร้นในการเรียนดียิ่งขึ้น ด้านการปรับปรุงแบบฝึกหัดเอ๋อหูใหม่นั้น ผู้เชี่ยวชาญแนะนำการผสมผสานเพลงพื้นบ้านที่คุ้นเคยมากขึ้นและทำนองจากต่างประเทศ เด็กที่เรียนเอ๋อหูยังใกล้ชิดกับศิลปะดนตรีและรักศิลปะดนตรี

คำสำคัญ : เอ๋อหู, แบบฝึกหัดเอ๋อหู, ความพึงพอใจของนักเรียน

ABSTRACT

The purpose of the present study was to structure the Erhu exercise for children. Including 1) To study the students' performance after learning the new Erhu exercise. 2) To study the satisfaction of students, and 3) To study which the improvement of the Erhu exercise with a group of experts. Designing research had developed methods to develop the Erhu exercise with single-group experiments. The research process was as follows: Review the related literature and data collection. Having the Erhu expert check the draft of the Erhu exercise. The researcher brings the Erhu exercise book to teach the experimental group, and evaluates the result of teaching, collecting the teaching result data, then analyses the data. The target population was 10 students (7-9- year old) of the practice classroom willing to volunteer to participate in the experiment from Shanghai Sichuan primary school in the 2019-2020 academic year.

The results of the research were as follows: Student performance after learning Erhu exercises Average rating of 82.35 out of 100. In terms of student satisfaction, the survey score was 261 (total score of 300), representing 87%. On the improvement of the new Erhu exercise, experts introduced a mix of familiar folk songs and foreign melodies. Children who study Erhu are also close to music art and love music.

Keywords: Erhu, Exercise, Satisfaction



INTRODOCTION

Background

Music education in China has attached great importance to the development of folk music, and Erhu music has also made rapid progress. It can be said that it has reached a very high level and has become the most important national musical instrument. In the Song Dynasty, Chen Yuanliang, a scholar at the end of the Song Dynasty, recorded in his book *Shi Lin Guang Ji* that Ji Qin was originally made by Ji Kang, so it was called Ji Qin. Shen Kuo, a great scholar of the Song Dynasty, recorded in the music law of *Bubitan*: "in Xining, at the Palace Banquet, Xu Yan, an actor of the teaching workshop, played Ji Qin. When he drank wine, he could not get rid of it, and it was even more difficult to get rid of it appear that in the Northern Song Dynasty, it has a very high level of performance. When Xu Yan played "Ji Qin" for the emperor and his ministers, he broke one string and still played the song with another. It was impossible to do without master skills. Later, Shen Kuo wrote in *Meng Xi Bi Tan* that "Ma Wei Hu Qin followed the Eastern Han Dynasty, and the music still complained about Shan Yu. Don't shoot the wild geese in the clouds with a bow. The returning geese don't send them out now. " It shows that there was a horsetail huqin in the Northern Song Dynasty. (Wang Hongzhi, 2015) According to the records of rites and music in the history of the Yuan Dynasty, "Hu Qin system was like fire without thinking about it. The head of the dragon was taken into consideration. The two strings were connected with a bow, and the string of the bow was made with a horse tail". In the Ming and Qing Dynasties, huqin has spread all over the country, and it has become the main instrument for accompaniment and ensemble of folk opera. (Liu Xiaodong, 2015)

In modern times, huqin was renamed Erhu. For more than half a century, the level of Erhu performance has entered a vigorous period. Mr. Liu Tianhua was the originator of the modern school. He learned from the playing techniques and techniques of Western musical instruments, boldly and scientifically positioned the Erhu as five positions, and invented the Erhu to knead the strings, thus expanding the range of the Erhu, enriching the expressive force and establishing a new artistic connotation. As a result, Erhu emerged from the folk accompaniment and became a unique solo instrument, which laid the foundation for the concert hall and music colleges in the hall of elegance. (Tangxinla, 2002)

Various types of music and art colleges and universities have increased, training several professional talents. (Fuyuan, 2017) Besides, art groups, training classes, small class education, educated people have been widely in every corner, education methods were also in full bloom, and there was even countless young performers phenomenon. In 2017 Erhu music education was booming. With the development of Chinese Erhu music art, great achievements have been made in the aspects of playing skills, works creation, performing talents, and Erhu education, as well as the production, improvement, and perfection. The Erhu musical instrument itself that become the most representative musical instrument in Chinese folk music. Students do not pay attention to the original song, unable to memorize the song, which a problem that the researcher has to solve by research method.

Significance of the Study

From my teaching experience and the process of children learning musical instruments, the content of exercise books was an important factor affecting children's learning interest and progress. In teaching, exercise books play a crucial role. "Teaching materials were the basis of teaching and the media for students to learn music." (Li Yali, 2000) The compilation and publication of the new children's Erhu exercise book was a necessary part of it. If children like the repertoire more, this problem should be paid enough attention by educators. This the position and function of children's Erhu exercise book in Erhu teaching very important. The interest of materials, the choice of repertoire, the progressive difficulty, and arrangement must be consistent with children's psychological characteristics, cognitive, law and cognitive ability. These will directly affect children's interest in learning and learning efficiency. Therefore, the development of exercise books has become a research topic.



However, for a long time, Chinese Erhu exercise books for children have not been mostly updated. According to various reactions, children were not interested in the songs in the old Erhu exercise books, resulting in a negative learning attitude. Therefore, it was urgent to write a new Erhu exercise book for children to improve their interest in learning.

Research Question

1. Whether the students improve their performance after learning the new Erhu exercises compiled by the writer?
2. Whether the students satisfied with the new Erhu exercise?
3. What else can be improved in this new Erhu exercise?

Research Purpose

To structure the Erhu exercise for children. The researcher identifies the following purpose:

1. To study the students' performance after learning the new Erhu exercise.
2. To study the satisfaction of students.
3. To study which the improvement of the Erhu exercise with a group of experts.

Research Scope

- 1 Target population:

The target group was ten students; from the 13 students of Erhu interest class, they choose to participate in the experimental group according to their wishes. Ten students (7-9 years old) will use the new erhu exercise. The students were selected from the erhu interest class of Luochuan school.

The principle of selecting these students was that they have not the foundation of the erhu, are volunteers who are allowed by parents to willingly participate in experimental activities and they have time to practice the new erhu exercises, and they can attend classes every week.

- 2 The area: This study takes Shanghai Sichuan primary school.

3 The course does last from February 2020 to May 2020. With the consent of Erhu teachers, the researchers used the method of purposive sampling.

4. Time: January 2020-Jun 2020. academic year.

Research methodology

1. Review the related literature and data collection. The researcher reviewed the knowledge, on developing good skills training issues, and getting expert advice on issues. "How should Erhu's exercise qualify?" "Good exercise "

2. Having the Erhu expert check the draft of the Erhu exercise., Which the researcher has created based on studies and expert advice.

3. Using Erhu exercise book created new to train the teacher and have them teach students and getting the result for improvement of the exercise.

4. After using the skill training that has been created to trial, the researchers put it back for improvement and to actually try it out with a control group, and evaluate the result of teaching, collecting the teaching result data.

5. The researcher brings the results of the assessment to the sub-committee meeting of the expert committee and introduced the recommendations to improve the exercise. (Table 1)



Research Tools

For this research, selected three research tools:

1. The Erhu exercises

1.1 Liu Tianhua, (刘天华, 1997) "Complete works of Liu Tianhua" The complete works of Liu Tianhua mainly talks about the biography of Liu Tianhua, the origin of the national music improvement society, my plan for the community, the explanation of the moon night and the big night singing, the erhu solo, singing in illness, the moon night, the eulogy of depression, the elegy, the night of the moon, the singing in leisure, the bird's song in the empty mountain, Guangmingxing, the solo dance, the Pipa solo, the song and dance guide, the improved dance, the vacant sound and the ensemble Song, variety, new water order and so on.

1.2 Qiaojian Zhong (乔建忠, 2010) "Chinese Music Classics Erhu volume literary theory" Erhu volume was the opening volume of Huale Dadian. It was a collection of history, music, biography, record, and purpose. It condenses the stoical data of Chinese Erhu art from the beginning of the last century to the present. It was published in four volumes. Wenlun Pian and Ququ Pian (first, middle and second). This book was "Wen Lun Pian", which consists of seven parts: 82 of more than 800 academic papers were selected to be classified as "Introduction" and "Literature"; biographies written for 85 famous composers, performers and educators were classified as "musicians"; musical instrument production, reform and competition related to erhu were classified as "musical instruments"; memorabilia and historical events in the history of erhu development were classified as "musical instruments".

The relevant music events and competitions were classified as "music events"; part of the collected erhu works and literary theories were classified as "materials" in the form of content retrieval, that had a level of accuracy and consistency (IOC) at 0.903 (1 full score)

Table 1. Sequence of Erhu exercises content, improved from the original document.

Exercise	Plan
1	Performance posture and empty string practice
2	Hold the Erhu, press the string and practice in D key
3	Practice of continuous bow and mixed bow
4	Practice in G position
5	String rubbing practice
6	D key middle position practice
7	The practice of changing the middle and upper handlebars in G key
8	Practice of upper, middle and changing handlebars in F key
9	C key up, middle and change exercises
10	Various skill exercises

2. Questionnaire

This was the questionnaire I compiled for the students' learning situation of the erhu, to better understand the students' learning situation, and adjust the Erhu exercise book I compiled according to the students' learning situation. Three erhu professors scored IOC respectively, the full score was 1, and the final score was 0.73, which was recognized and praised by experts.

The questionnaire contains, each question was evaluated by 3 experts with a full score of 10. Finally, the total scores given by the three experts were 74, 84, and 82 respectively. The full score was 300, and the final score was 244. The final score of IOC was 0.81 (full score 1), which was a high score. This questionnaire survey scheme has



been unanimously affirmed by experts.

The analysis of the results is based on fundamental calculations with a mean (\bar{x}) and percentage distributions.

3. Interviews

The researcher observed during teaching and interviewed the erhu teacher, and wrote down her comments and suggestions: Erhu teacher stated: the students responded best to engaging activities.

Focus group: The meets subgroup meetings (the advisory board) to propose concepts, review problems, obtain results from experiments, and listen to expert advice. There were 3 who have the following qualifications.

Benefits:

- 1 Have a well-developed, inspected, tested, reliable, and quality process.
- 2 The exercise will successfully use by children and teachers.
- 3 The exercise improves teaching quality on learning Erhu.

RESULT

After surveying, analyzing problems, and organizing expert group meetings. The researcher has structured the Erhu exercise and used the guide to experiment and get the results as follows: 1) To study the students' performance after learning the new Erhu exercise. 2) To study the satisfaction of students, and 3) To study which the improvement of the Erhu exercise with a group of experts.

1. The students' performance after learning new the Erhu exercise

The Erhu exercise was a good starting point, there were several positive and negative aspects of the exercises when presenting the Erhu exercise to the students and teacher. This included the order of lessons, the need for more content within the Lessons, and the layout of the exercise. However, it needs changes to truly become effective for the needs of the teachers and students. The original exercise was revised, 2020 after the first implementation. After the revisions were completed, the new versions of the exercise Were implemented in Shanghai again. When revised the exercise, the activities were thoroughly explained and expanded upon, as well as placed in a thoughtful progression. The erhu exercise was used by 10 students who start to learn Erhu in Shanghai under the guidance of an erhu teacher. (table 3)

Table 3. The students' performance after learning new Erhu exercise

Full score	100	100	100	100	100	100	100	100	100	100		
Exercise	1	2	3	4	5	6	7	8	9	10	total	100%
1 Zhao	77	67	78	85	74	69	76	89	87	69	771	77.1%
2 Qian	88	66	94	73	95	87	96	77	78	96	850	85%
3 Sun	69	65	69	74	66	66	85	68	77	67	706	70.6%
4 Li	97	96	98	84	97	97	94	86	90	91	930	93%
5 Ja	86	88	87	65	66	87	73	74	76	79	781	78.1%
6 Yi	75	79	76	69	65	69	89	83	87	96	788	78.8%
7 Bing	86	87	77	76	94	97	84	72	99	88	860	86%
8 Ding	94	98	90	97	97	93	85	95	87	90	926	94.6%
9 Tang	63	68	77	88	64	79	68	66	78	81	731	73.1%
10 Lan	88	89	86	79	83	96	97	94	90	90	892	89.2%
Percentage											8235	82.35%



Table 3 was a random test given by students after learning. The full score of each exercise was 100, and the final average score was 82.35. This was a very high score. The fact also proves that after learning the new Erhu practice, the students' performance was much better than before, and their learning enthusiasm was also greatly improved. It can be seen that among the 10 students, the highest average score reached 94.6. (No.8) The student insisted on practicing the new Erhu every day. The lowest score was 73.1.(No.9) This student was slack occasionally in the process of practice, but it was better than the previous.

2.The satisfaction of students

After finish all the lessons, the students were given a satisfaction questionnaire. The students' satisfaction with the exercise. (table 4)

Table 4. The satisfaction of students

Name	satisfaction (30 full)	Students' comments
1 Zhao	27	I like this exercise book very much. I feel different from before
2 Qian	26	I practice longer
3 Sun	29	I like Erhu more than before
4 Li	25	Hope to add more good pop music in the exercise book
5 Ja	23	Now practice every day for an hour
6 Yi	28	Good
7 Bing	29	I hope it can be simpler
8 Ding	25	I love it so much
9 Tang	21	I'm happy when I practice
10 Lan	28	Good
Total	261	
percentage	87%	

Table 4: After finishing the study of 10 exercises, I did a questionnaire survey of table2 for each student, and let them freely evaluate the new Erhu exercise. The results were as follows: 261 points (full score was 300 points), with a percentage of 87%. This was another high score, representing that the students were very satisfied with the new Erhu exercise.

3. Improvement of the Erhu exercise

The researcher revises some font choices, font size, and spacing within each page and finds the art designer to redesign the cover and picture to increase the accessibility and legibility of the exercise, making the activity more engaging to the children. Adding text introduction, involving music theory knowledge, music score markers, playing instructions, and other matters needing attention, to facilitate the use of teachers. Several activities were new additions to the exercise; consist of game descriptions, writing exercises, and discussion questions. Because it was found that the students responded positively to activities.



The report results were as follows:

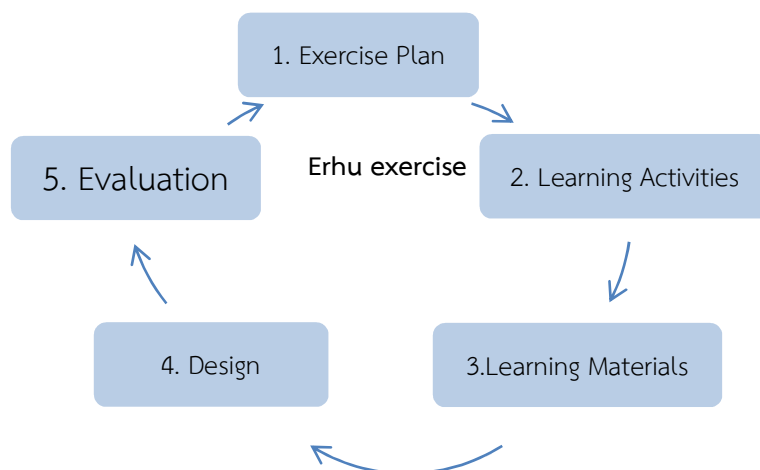


Figure 1 The Erhu exercise consists 5 appropriate contents

The Erhu exercise consists five appropriate contents:

1. Lesson plan: Teaching advice
2. Learning activities: singing, writing notes, adding melodies, games that focus on critical thinking, and engaging in fun.
3. Learning materials: western notes, Chinese folk melodies, children illustration.
4. Design: Colorful, Image
5. Evaluation: Define criteria for exams and performance, and ten lessons.

The Erhu exercise was evaluated quality by the experts and the exercise has high quality and sustainability. The concept of writing was quite clear. The tutorial was full of music materials: from the beginning to the end, they were all well-known folk tones and foreign music materials, which may let the children who were learning Erhu get close to Music art and then love the art. The technical instructions in the exercise were also arranged in a concise manner, which can help the learners to enter the right path smoothly. The knowledge of music theory was subtly integrated with the introduction of Erhu learning.

The color illustrations in the book can arouse the children's interest. Many songs a large provided with lyrics which were interesting and easy to remember, meeting the psychological characteristics of children. A large number of ensemble music were prepared, and they were mainly performed by students and teachers. The leading of teacher in ensemble music will promote the student's sense of rhythm and inspire the latter's pursuit of sound. Activities were integrated into the exercise; thus, the children's independent exploration ability can be developed, their thinking of learning can be inspired, and their interest in exploring and learning can be improved. The finely designed activities will decompose the difficulties and then recompose in steps reaching the goal of resolving difficulties openly.

With the participation of various sense organs, like the brain and hands, it can train children's ability to recognize and remember, improve their learning efficiency; and with stepped learning was step by step and from simple to complicated, it will make children's understanding and mastery of knowledge develop progressively and conform to cognitive rules. The setting of music activities will make children's music learning change from boring learning to interesting exploration as well as improve their communication, cooperation, and critical thinking.



Conclusion

The students' performance after learning the new Erhu exercise. The students' performance after learning the new Erhu exercise. The full score of each exercise was 100, and the final average score was 82.35. This was a very high score. The fact also proves that after learning the new Erhu practice, the students' performance was much better than before, and their learning enthusiasm was also greatly improved.

The satisfaction of students. The results were as follows: 261 points (300 points), with a percentage of 87%. This was another high score, representing that the students were very satisfied with the new Erhu exercise.

Improvement of the Erhu exercise. By integrating more familiar folk songs and foreign music materials, children who were learning Erhu can get close to music art and love music art. The technical guidance in the practice was also arranged very succinctly, which can help learners smoothly enter the right path. The introduction of music theory and Erhu learning was skillfully combined.

Discussion

The discussion of results carried on objectives, results can be discussed as follows:

The students' performance after learning the new Erhu exercise. A good practice can get twice the result with half the effort. How to reflect this exercise was good and efficient, the most direct way was to see the students' performance and performance after finishing the exercise, the score was the most direct embodiment. (Tony Jin, 2001). The author carefully studied Min Huifen, Erhu art in the compilation of Erhu exercises (Minhuifen, 2004), and found that the difficulty gradient and song selection in this exercise was very reasonable, which can let learners learn erhu step by step, from simple to difficult. This was very similar to the erhu exercise written by the author. In the process of writing, the author also referred to Song Fei's collection of Erhu songs to find inspiration. Because in China's erhu education circle, Song Fei's collection of Song Fei's erhu songs has always been to let students get good grades, good performance, and good reputation. (Songfei, 2015) Song Fei teachers will be able to erhu world-famous music into their teaching, so the author in his practice, also does so.

The satisfaction of students. A good education should make students feel satisfied, and the education that makes students feel a sense of achievement was good. (Steven Peter, 2013). A questionnaire was made to find out why the students didn't like to use these exercises. Later, I found that these exercises were qualified in terms of professionalism, but the songs they choose were older and older, which leads to the students' lack of strong interest in learning. Therefore, in addition to maintaining the music professionalism of the old exercises and the purpose of the exercises, I selected more than 10 etudes to make up for the shortcomings of the previous Erhu exercises and improve the students' interest in learning. (Wiggins, 2015). Through the questionnaire and interview, we know that the students like this new Erhu exercise book very much. They like the etudes (including some familiar pop songs) in this book. While improving their performance, they also get a lot of fun. This exercise enables students to change from passive learning to active learning and lets them fall in love with the instrument of Erhu. One of the students said that this exercise was amazing, I like this exercise, such comments. (Li Yali, 2000)

Improvement of the Erhu exercise. The development of this Erhu exercise was a long process. From the beginning, the writer began to search for all kinds of old Erhu exercises and the exercises that students were currently using, trying to find their strengths and weaknesses. I don't know what kind of road this is, but I can be sure that after walking this road, I will become different and I won't regret it. Almost every day there were doubts and challenges, or introspection and improvement, my heart will be tossed from time to time after the toss was the next indifference. In this process, the author found three erhu experts to test and discuss and their suggestions where it was an excellent exercise, but it can be more suitable for children's practice in the age group. first, the selection of songs should not only be combined with practical practice but also be combined with the current popular songs to cater to the young students, to improve the satisfaction. (Tang Xinla, 2002) Secondly, in 10 classes, the goal of practice should be stratified



from the technical level, from simple to difficult, to make learning more effective and efficient. (Bean Tao, 2009)

Recommendation

Research recommendations

1. More comprehensive research should be carried out to educate people on what critical thinking means to education and the work world. For those who want to replicate or improve upon this study, consideration should be given to using another concept.

2. Research to establish and develop advanced instrumental techniques for erhu in a number of ways is also essential to develop contemporary teaching and learning in line with current and future learners' needs.

Recommendations for use

1. In the future, teachers should develop teaching by listening to learners, the needs of learners. Because new generation students have a learning concept, music practice was very different, so research needs to focus on new learners and modern perceptions.

Modern teachers should listen to students' demands more, understand their needs, and improve our teaching methods and teaching contents step by step. In the teaching content, teaching materials and exercises were very important and should be paid attention to.

2. Students' Erhu teaching was the cornerstone of Erhu education. The compilation and children's Erhu exercise was an important part of the Erhu educational development and should be noted enough attention. The position and role of the children's Erhu exercise in the double of education, the systematic nature of organizational forms, and the scientific nature of advanced arrangements must be consistent with children's psychological characteristics, cognitive rules, and cognitive abilities. These directly affect the children's enthusiasm for learning and the long-term progress of learning activities.

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