



Effects of Music Therapy on Stress Management

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ABSTRACT

Music therapy is the use of music and its elements on an individual or a group of individuals in a process designated to make communication, learning or expression easier and also to promote it. If dealing with mental health disorder, music therapy can help you with communication and expression, help you explore your thoughts and feelings, improve your mood and concentration and develop coping skills. People with chronic pain, music therapy can help decrease your pain, anxiety, fatigue and depression. The WHO project that 264 million people suffer from depression worldwide. Depression can cause a person to suffer from anxiety, inability to sleep, lack of energy and a loss of enjoyment in life. Severe cases of depression can lead some individuals to even commit suicide. As depression symptoms continue to rise globally. Suicide has become the second most common cause of death for individuals who are between the age of 15 and 29. Depression can be difficult to diagnose, and many people need to try multiple medications before settling on the correct one. Some people may even need to take more than one prescription medication at the time to effectively treat the illness. However, there are alternative treatments aside from prescription medication to treat depression, including music therapy. In this paper it will be discussed about the scientific finding of music therapy as a cure for depression and how it can be used to treat including the history of music therapy, how music therapy types of music therapy are used.

Key words: Music therapy, mental health, Depression

INTRODUCTION

It's quite obvious that without mental health the health of the individual is considered to be incomplete. But still mental health has been ignored by both the public and private health sector. Mental health is a source which facilitates a nation to understand their logical and poignant prospective to discover and accomplish their roles in communal and wrong environment. For the community good mental health of people contributes to affluence, solidarity and social integrity. Inconstant and low levels of mental health oblige manifold costs, losses and burdens on citizens and societal systems.

Mental illness is defined as any disease of the mind, the psychological state of someone who has emotional or behavior problems serious enough to require psychiatric intervention.

Depression is most common mental disorder. The causes of depression not entirely understood, but are thought to be multifunctional in which inheritance is an important factor in major depression. Depression is the most affected mental disorder in India. It is the third most illness in the world after infectious disease and heart disease. By the year 2020 depression will be 2nd most common health problem in the world.

Depression is a lightly prevalent mood disorder that is characterized by persistent low mood, diminished interest and loss of pleasure, music therapy may be helpful in modulation moods and emotions. Music therapy is very much useful to cure this dreadful disease. Present paper explain that music therapy is very much useful for the depression.

What is music therapy?

AMTA official definition of music therapy:

Music therapy is the clinical and evidence based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy programme. Music therapy interventions can address a variety of healthcare and educational goals.

- ❖ Promote wellness
- ❖ Manage Stress
- ❖ Alleviate pain
- ❖ Express feelings



- ❖ Improve memory
- ❖ Improve communication
- ❖ Promote physical Rehabilitation and more

Music therapy is the use of music to address the physical, emotional, cognitive and social needs of a group or individual. Music therapy is appropriate for the people of all ages, whether they are virtuosos or tone deaf, struggling with illness or totally healthy. Music therapy touches all aspects of the mind, body, brain and behavior. Music can provide a distraction of mind, it can slow the rhythms of the body, and it can alter our mood, which in turn can influence behavior.

Benefits of music therapy:

Music can be distracting and lower stress, in fact, research has shown that it can lessen the impact of depression and anxiety. A study done in 2019 found the college students who listened to classic music every day for two months lowered levels of anxiety significantly.

1. It is heart healthy: It can also reduce heart rate, lower blood pressure, decrease cortisol (stress hormone) increase serotonin and endorphin levels in the blood.
2. It elevates mood: Music can boost the brains production of the hormone dopamine. The increased dopamine production helps relive feelings and anxiety and depression.
3. It helps people eat less: Playing soft music in the background (and dimming the light) during a meal can help people slow down while eating and ultimately consume less food in one sitting.
4. In cases pain: Music can meaningful reduce the perceived intensity of pain, especially in geriatric care, intensive care or palliative medicine.
5. It relieved symptoms of depression: When you're feeling down in the dumps, music can help pick you up much like exercise.
6. Reduce stress: Stress can increase heart rate, breathing rate, irritability and restlessness. Though a process called entertainment, our bodies begin to match the stimuli we experience, especially music. For example, if you hear a steady rhythm, your heart rate or breathing will eventually begin to match that rhythm. This principle is used in a variety of music experiences to alternate stress.
7. Promote Resiliences: Everyone experiences setback in life our resilience determines how we move through those difficult moments and continue to live a life of meaningful experiences. Resilience is not a static personally trait, but something that can grow and develop throughout our lifetime using music as a form of self-care to regulate mood can be one tool in a person's resilience toolbox. Music therapy experience also lend themselves to finding a sense of meaning in music.
8. Improve self esteem and sense of identity: Dopamine, the "Feel good" hormone in the brain, increase when we accomplish a task. In music theory, therapists are trained a create experience that give clients opportunities for success, while also maintaining autonomy and independence. Through opportunities to learn an instrument, play a song or write a piece of music, individuals can experience on increase in self-confidence and self-esteem.
9. Music can also be a source of identity, especially for adolescents. Adolescents may form musical preference based on their peers interest or as an attempt to separate themselves from the crowd. In the music therapy sessions, individuals a provided a safe and supported space to explore different types of music and how music contributes to their sense of self.
10. Physical Benefits: The most common use of music therapy to promote physical benefits is in the area of physical rehabilitation. Every moment we make has rhythm to it. Thus pairing rhythms with movement can be a highly effective form of teaching mobility in rehabilitative settings. Music also elicits unconscious physical responses. For instance, many of us tap our feet along to a song without even realizing it! Music affects the parts of our brain responsible for automatic/unconscious functions (such as breathing, heart rate, some movements etc.)

Music therapy can help facilitate physiological changes such as:

- ✓ Improved fine motor skills
- ✓ Increased range of motions
- ✓ Increased muscles strength
- ✓ Improved respiration
- ✓ Lowered blood pressure
- ✓ Regulated heart rate

Music therapy may help you psychologically, emotionally, physically, spiritually, cognitively and socially. A short list of benefits includes:

- ✓ Improve memory
- ✓ Lowering blood pressure
- ✓ Increasing motivation



- ✓ Self-regulation, Developing healthy coping skills to manage your thoughts and emotions
- ✓ Enhanced communications and social skills through experiencing music with others.
- ✓ Increasing joy
- ✓ Managing pain

Formal music therapy was defined and first used by the United States war dept. in 1945. It helped military service members recovering in Army hospitals with occupational therapy, education, recreation and physical reconditioning. It was originally created by American Composer and Music Therapist Paul Nordaff and British music therapist Clive Robbins as a therapeutic approach for children and adults with significant developmental disabilities. Known as the “father of Indian music Therapy” Dr. Sairam has rich administrative as well as musical background (having learnt Carnatic music under the tutelage of his gurus vidwan (late) SV Ramari and Vidwas B Vaidyanathan of Hyderabad). He is also the course director of the popular distance learning programme since.

Music therapy and the Ancient World:

The ideas of music therapy go back thousands of years. Music was suggested as a way to benefit the human body in ancient Egyptian medical texts that date back as far as 1500 BCE. Grec-Roman, Arabian, India and Chinese traditions of learned medicine incorporate various notions of music. Used for a therapeutic purpose. There are also stories and quotes in mythological and biblical texts that reference music therapy.

Pythagoras, Aristotle and Plato were all Greek philosophers and they are known as some of the earliest to acknowledge and use the leading power of music. Pythagoras believed that music was connected to mathematics and could serve as an expression of something deeper. He explored new differing combinations of melodies either played on instruments or sung could influence mood.

Following Pythagoras, Plato and Aristotle created a Based around music, and established four ideas behind music.

- ☐ Moving
- ☐ Giving pleasure
- ☐ Creating moral virtue
- ☐ Creating intellectual development

Plato also believed that music commences directly with the soul, and that music can provide virtue and spirituality into our lives. It believed that this was the primary purpose of music, over pleasure or enjoyment.

Music therapy and the 20th Century

A growing interest in music therapy was perceived during the 20th century which resulted in the assembly of several music therapy associations, none of which lasted very long. In 1903, the National Society of musical therapeutics was founded by Eva Augusta Vescelias. Isa Maud Ilsen founded the national Association for music in Hospitals in 1926. Harriet Ayer Seymour founded the National Foundation of Music Therapy in 1941. These organizations are notable for their contributions in the field by providing the first journals, books and classes on music therapy. Despite this, they were not able to turn into an organized science based profession.

Music therapy began to be more widely used and accepted in both World War I and World War II. Professional and volunteer musicians would offer their services to wounded, sick or mentally ill soldiers suffering from trauma. The patient's physical and emotional responses to music were extra and notable and led the doctors and nurses to continue reversing musician's presence in hospitals. From this, it became apparent that some of the musicians could benefit from prior training and a push to create college programmes based in music therapy as kicked off.

In the 1940s, three people emerged as innovators and key players in the development of music therapy as an organized clinical profession. Willem van de well. Kicks started the use of music therapy in government funded facilities and wrote the first “how to” music therapy text. Music in institutions in 1936. Psychiatrist ThayerGustan, also known as the “father of music therapy” was very important in moving the profession forward in terms of providing organization and education to help it develop. The first music therapy college programmes also came to be in the 1940s, the first being started at Michigan University followed shortly after including the university of Kansas, Chicago Musical College, College of the Pacific and Alverno colleges.

Music therapy has long been used to alleviate pain and suffering knowing how ancient of a practice music therapy is, and how far it has come since its beginnings in the past, really emphasized the power of the practice. This also provides hope for the future. If music therapy has grown and progressed since the ancient world. Who to say what it can accomplish in the future? As time progresses music therapy will only become more valued, especially in use with children and young adults.



What can music therapy be used for?

Music therapy is applicable across the lifespan. It provides support during one's pregnancy birth and postpartum, it also fosters development for premature babies in NICUs. Furthermore, music therapy is used to help children reach developmental milestone and improve social and self regulation skills, especially for children with Down's syndrome or those on the autism spectrum.

Music therapy can be used in the treatment of adults with Alzheimer's disease, Parkinson's disease, mental health patients and stroke survivors as well as Indian has its own tradition of different style of music i.e. classical musical, folk music, instrumental, contemporary etc. and many research have been done to explore the effect of different raags, tones and Vibratian on mental health. As stress is the main course of many psychological health problems hence in this study role of this music therapy is considered as a medicinal tool to cure this mental stress. As in psychology it is believed that stress.

As in psychology it is believed that stress causes anxiety and hence leads to depression and it is known that music therapy can reduce stress therefore this topic is taken. This study explores that how music and music therapy is used as a healing tool and help people to understand the importance of music in maintaining their psychological health.

Different types and methods of music therapy:

Music based therapy is based on two fundamental methods – the 'receptive' listening based method, and the 'active' method based on playing music instruments.

There are two receptive methods. The first of these, receptive 'relaxation' music therapy is often used in the treatment of anxiety, depression and cognitive disorders. Receptive 'analytical' music therapy is used as the medium for 'analytic' psychotherapy. Music medicine generally involves passive listening to pre-recorded music provided by medical personnel.

In terms of other types of music therapy, there is the Bonny method of guided Imagery and music. This was developed by Helen Lindavuist Bonny. The approach involves guided imagery with music.

With music added, the patient focus on an image which is used as a starting point to think about and discuss any related problems. Music plays an integral role in the therapy and may be called a 'co-therapist'. Individual patients needs and goals influence the music that is selected the session.

The Dalcroze Eurythmic is a method used to teach music to student which can also be used as a form of therapy. Developed by emileJavoues-Dalcroze, this method focused on rhythm. Structure and expression of movement in the learning process. Because this method is opt for imraing physical awareness it helps those patients who have motor difficulties immensely.

Vocal Psychotherapy: In this format you use various vocal exercise, natural sounds and breathing technique to connect with year emotions and impulses. This practice if meant to create a deeper sense of connection with yourself.

Norhoff Robbins music therapy:

Also called creative music therapy, this method involves playing an instrument (often a cymbal or drum) while the therapist accompanies using another instruments. The imprint Process uses music as a way to help enable self-expression.

Community music therapy:

This format is focused on using music as a way to facilities change on the community level. It's done in a group setting and required a high level of engaged from each member.

Cognitive behavioral music therapy (CMBT)

This approach combines cognitive behavioral theory (CBT) with music. In CMBT music is used to reinforce some behaviors and modify others. This approach is structured, not improvisational and many include listening to music, dancing. Singing or playing an instrument.

CONCLUSION

From this study and the various researches explored in this study it is concluded that music have a very strong connection with the mental state of a person and harms like stress and other psychological disorders can be cured using music therapy as a healing tool.



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