

Music Therapy & Effect on Human Psychology

Abstract

Present paper investigates the literature on effectiveness of music therapy on various aspects of psychology. Music has been found significant on stress, mood disturbance, physical injury and other mental disorders. A large body of research supports the effectiveness of music therapy within many areas of physical, cognitive, social and emotional rehabilitation. Music therapy is a powerful and on-invasive medium for reducing pain, anxiety, depression etc. Many studies have been shown that music in the form of therapeutic treatment helped the person to attain and maintain their physical, mental and emotional health.

Keywords: Music Therapy, Nature of Music.

Introduction

Present paper investigates the literature on effectiveness of music therapy on various aspects of human psychology. In various types of music folk music has its own efficiency to effect people. Folk music represents the culture of their country. Indian folk music is diverse because of India's vast cultural diversity. It has many forms including bhanga, dandiya, rajasthani, thumri, bhajan-kirtan etc., folk music fills individual with positive energy and creates the feeling of calmness.

It is well known that music influences human emotions. Soft music soothes human mind and take it away from stress, anxiety and negative thoughts. There are no potentially harmful or toxic effects of music. The people who are healthy can use music to relax, reduce stress, improve mood or to accompany exercise and the people who have physical, emotional, social or cognitive deficits, can use it therapeutically.

Nowadays, music is used as a therapy by medical professionals in many countries. Music in the form of therapy; is one of the alternative treatment, it is planned and creative use of music to attain and maintain mental and physical health. It is as effective and useful as other therapies. Music therapy has a broad base within the tradition of psychiatric and general rehabilitation (Aldridge; 1993, Pavlicevic et al. 1994, Pratt and Spintge; 1996).

Music has been shown to have significant effect on stress, mood disturbance, physical injury and other mental disorders.

Stress is a causal factor in both physical and psychological illness. One strategy used for coping with stress is to promote relaxation through music (Miluk-kolasa & Matejek, 1996). In one study of music therapy, music in conjunction with guided imagery was found to decrease self-reported state anxiety.

Miluk-kolasa and matejek (1996) reported that listening to music helped return pre-surgical patients to state of calm, as measured by arterial pressure, heart rate, cardiac output, skin temperature and glucose count, after being told about their surgical procedure. Those who were told about their procedure but not allowed to listen to music remain physiologically aroused and stressed.

Similarly, Winter, Paskin and baker (1994) found that patients in a surgery waiting room who were exposed to preferred music reported significantly lower state-anxiety levels than the patients who waited in silence. In one study, Knight, E.J. and Rickard, Nikki S. (2001) provided experimental support for claims that music is an effective anxiolytic treatment.

In other studies it have been found that individual who listened to classical music or music they believed was relaxing would perceive themselves to be more relaxed and less anxious and experience lower levels of physiological arousal than those who listened hard rock music.

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Anthology : The Research

Music therapy is also recommended for the rehabilitation of patients who have difficulty in expressing their feelings and communicating with other. Music has been used throughout human history to express and affect human mood and emotions. Mood and music can't be separated. Music therapy is effective in reducing the symptoms of depression. Hsu, Wc., Lai, HL, (2004) have explored the effects of music on major depression in psychiatric inpatients and provided evidence for psychiatric nurses to use soft music as an empirically based intervention for depressed inpatients.

Siedliecki, SL, Good, M. (2006) found that the music group had more power and less pain. Depression, disability than control group. They also compared the effects of researchers-provided music with subject-provided music but no statistically significant difference have been found between the two music interventions.

The review of literature revealed that persons with various physical diseases respond to music in specific ways.

Bailey (Bailey 1983) discovered a significant improvement in mood for the better when playing live music to cancer patients as opposed to playing taped music which she attributes to the human element being involved.

Brain function physically changes in response to music. The rhythm can guide the body in to breathing in slower, deeper patterns that have a claming effect. Music can also relieve muscle tension and improve motor skills. Level of endorphins, natural pain relievers, are increased while listening to music and level of stress harmons and decreased.

Miluk-kolasa, materjek & Stupnicki (1996) revealed that surgical patients exposed to music showed decreased blood pressure and heart rate and a reduction in cortisol levels when compared with patients not exposed to music.

Similarly, Standely also explored many studies that support the idea that music can cause physiological changes.

In addition to reducing pain, particularly in pain clinics, music as relaxation and distraction has been tried during Chemotherapy to bring overall relief (Kerkvliet 1990) and to reduce nausea and vomiting (Frank, 1985).

In one study, Kwon, IS., Kim, J., Park, KM (2006) found that the music therapy is an effective method for decreasing pain and discomfort for patients with leg fractures.

Music therapy in hospital environment with those who are sick, physically injured, preparing for

surgery or recovering post-operatively is appropriate and beneficial.

Music is an effective tool for the mentally or emotionally ill. Music therapy is demonstrated to be beneficial intervention for people who have enduring mental illness. Music therapy invites and encourages participation from people of lower functioning levels and employs a non-verbal medium with which people have prior positive associations and in most cases have life long experience of using music for self expression and pleasure.

Mental disorder like – Schizophrenia, Paranoia, Alzheimer, Dementia, Autism, Substance abuse and disorders of Personality my be benefited by music therapy. Aldridge (1993), Aldridge and Brandt (1991) pointed out that the responsiveness of patients with Alzheimer's disease to music is remarkeable phenomenon Edwards, J. (2006) has been found that music therapy is beneficial for patients receiving care for mental illness.

Aim of the Study

All the studies supported that music has positive effect only in the conditions when the nature of music suits to the individual and he likes the music.

Conclusion

Thus, it can be said that music therapy has great impact on various aspects of psychology. Music therapy is used to promote relaxation, to reduce anxiety, to supplement other pain control methods and to enhance communication between patient and family (Bailey 1983).

All studies also mention the point that music has positive effect only in the conditions when the nature of music suits to the individual and he likes the music.

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