

MUSIC THERAPY – ROLE IN HUMAN DEVELOPMENT

DR. SARVJIT KAUR

Assistant Professor, School of Journalism, Films & Creative Arts-III, Lovely Professional University, Punjab

ABSTARCT

Art is the expression of inner feeling of human beings. In the primitive time, man found himself surrounded by nature which was known as the first creation of art by God. He was impressed by his natural surroundings and started imitating the pictures, sounds and postures. He created Poetry, Music, Painting, Dance and other arts so the origin of art and fine art came into existence naturally with this passage of time some principles were formed to define these arts. In this research paper researcher is giving the brief history of Music therapy then trying to reveal the importance of Music in the development of human race by its therapeutic power.

Keywords: Music Therapy, Stress, Anxiety, Spiritual, Emotions, Mental, Social, Aesthetics, Yoga Therapy, Treatment

INTRODUCTION

The use of music has immense potential for the treatment of physical and mental ailments. Any kind of music, all those elements are present, which are helpful in giving the desired results in the therapeutic goal. The patient listens to the sensitive part of the music, and if he can concentrate his attention, he can get worthy pleasure by Music. Music calms the restlessness of the mind and pacifies it. Although there are many such diseases, which could be treated by allopathy but music is capable of making the mind calm and happy. The music therapy:

- Improves speech and verbal communication.
- Improves gross motor functioning of the upper extremities.
- Improves memory skills.
- Learn social greetings.
- Decreases stress and anxiety.
- Develop creativity and sense of identity etc.

OBJECTIVE

To orient the patients towards a healthy life by making them guided about the quality of life with the meaningful effect of music and make the public aware of the various techniques of music therapy which is suitable for the treatment of various physical and mental ailments.

MUSIC– A TRAINING OF MIND

Amongst all these fine arts, music is an art which expresses that, which can not be put into words and that which cannot remain silent. If gymnastic is the training of body, music is the direct training of mind. It is meant to habituate the young soul, which is still in the stage of feeling. Aristotle said in his Politics “If music is added in our education, it will be easily adopted by our youths”.

MUSIC– A THERAPY

Now a days it has been universally accepted that music is playing the role of a therapist in the development of human beings. Music therapy is in fact an allied health profession and one of the excessive therapies, consisting of an interpersonal process in which a trained music therapist uses music and all of its facts, physical emotional, mental, social, aesthetical and spiritual to help clients to improve or maintain their health.

HISTORY OF MUSIC THERAPY

If we go through the history of music therapy, it is seen that music has been used as a healing force for centuries as early as 400 B.C Hippocrates, a Greek father of Medicine, played music for his mental patients. In 13th century Arab hospitals contained music rooms for the benefits of their patients. Music therapy began in aftermath of World War 1 &2. Musicians would travel to hospitals particularly in U.K (United Kingdom) and play music for the soldiers suffering from war related emotional and physical trauma.

PERSONALITY DEVELOPMENT

Music is required for the all-around development of personality. It is helpful for physical and mental development. Music affects both the performer and the listener. One can get the medium to express his imagination and creative through music. The music we create is the reflection of ourselves in fact, whereas the music we listen is the reflection of our awareness.

EFFECT OF CHILDREN

Music has a wonderful effect on the children. It is an amazing fact that music affects a fetus in the mother’s womb. It has been studied that a fetus of about 30 weeks can listen to music and gets affected by it. It has been proved by the psychologists through an experiment. They played a particular music to the fetus of 33 weeks and after some months of their birth, the psychologist again played some music to some babies. The babies who had listened to that music in the mother’s womb at once made a reaction to that particular music and became attentive, but the other babies who never listened to that music before gave no attention and remained busy in their activities.

Music Therapy can help young children also, with communication, attention, motivation and behavioral problems. As children make the transition into adolescence, they became less likely to sit and watch T.V., an activity associated with family, and spend more of their leisure time listening to music. Music provides a sense of independence and individuality, which in turn contributes to one's own self-discovery and sense of identity.

MUSIC & EMOTIONS

Music is also related to our feelings and emotions. If a combination of *swaras* having any significant qualities is sung or played with a purpose, it must convey the intended particular state of feelings or emotions. This capacity of a raga to induce a certain image of form and mood is grasped by a sensitive and observant mind. A close observation of the performance of a group of *swaras* will seem to represent emotions like the cry of a lonely heart or happiness and excitement while meeting one's beloved.

EFFECT ON HUMAN PSYCHE

Music affects the human psyche. Music therapy has become a panacea in treating many diseases. Music can reduce pain and anxiety, most unpleasant sound and feelings, facilitate physical participation in certain activities, help recall past events. It reinforces reality, identity and self-concept, and constructs a relationship between the patient and the therapist. They communicate through the means of notes. It balances the mind of the patient, provides calmness to the patient and thus develops the personality uniquely.

Today our life is full of tension and stress, so the need for today is to balance our mental state. A long course of heavy doses of antibiotics harms the body a lot. Many Psychological experiments showed that music could treat the people in a better way in comparison to other complimentary medicines, so a music therapist is required in a psychiatric hospital, mental health centers, re habilitation centers, nursing homes, heart care centers, hospitals, yoga centers, schools, colleges, neurology hospitals, pain or stress management clinics etc.

MUSIC & MOODS

Music evolves various moods in the human beings. It generates various emotions in human mind as described by John Dryden in his poem "Alexandra Feast" or the power of music. Very perfectly he proved that music can raise every passion in human mind.

TREATMENT OF DISEASES

Music helps in social communication by helping in the treatment of Autism. It helps in self-realization, recreation, novelty, creativity, recognition and peace of mind.

Some researchers in western countries have reported that listening to music helps socialized children.

MUSIC & MEDITATION

Music is the mean to connect our inner self with god by meditation. A researcher has found that doing meditation by playing a certain kind of music really connects us to a different world where there is a peace of mind.

CONCLUSION

In the present era, when so many psychologist and social problems are being solved with the help of music in the western countries. Our Indian musician should also come forward for experimental music, because Indian music has great power to affect the human mind and the society as well. The real aim is missing today.

REFERENCES

- Jahan, Dr Ishrat. (2014). Indian Music & Its Assessment – A Sociological Perspective. Kanishika Publishers. P- 119
- Mahajan, Dr Anupama. (1989). Ragas in Indian Classical Music. Gian Publishing House. P- 10
- Sairam. Dr. T.V. (2004). Medicinal Music. Nada Centre for Music Therapy. P -22-23
- Rubin, J. A. (1999). Art therapy: An introduction. Philadelphia: Taylor & Francis P- 56
- Pixie Holland. (1995). The Role of Music Therapy in the Effective Use of Stress, The Art and Science of Music Therapy P- 25 -26