

ROLE OF MUSIC IN REDUCING PSYCHOLOGICAL AND EMOTIONAL STRESS DURING SURROGACY

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ABSTRACT

Surrogacy is a reproductive technique that aims to achieve pregnancy by means other than sexual intercourse. It is a treatment option available to women with medical deficiencies, including malformation of uterus. Surrogacy is a form of assisted reproduction and a “Surrogate Mother” is a woman who bears a child on behalf of other parents. There are sometimes emotional and psychological challenges for potential surrogates to consider. While pregnancy in itself can be a difficult process, some women find surrogacy to be more emotionally because at the end they will not be going home with the child they have lived with for nine months in the wombs. As with pregnancy may be at risk for depression during and after the surrogacy process they adopt. Specific factors that may cause psychological harm to surrogates also remain largely unexplored. Critics of surrogacy argue that women from a deep bond with the unborn baby and that it is emotionally distressing for a woman to give up a child that has been nurtured in her womb. Depression is a very common mood disorder resulting in a loss of social function, reduced loss of life and increased mortality. Listening to music benefits us individually and collectively. Power of music is to improve our physical, mental sickness and emotional health.

Keywords: Music, Psychological stress, Emotional stress, Surrogacy.

INTRODUCTION

Surrogacy or Surrogate means *in place of other* or *substitute*ⁱ. The word ‘Surrogate’ has its origin in Latin word ‘Surrogatus’, past participle of ‘Surrogare’, means a Substitute or otherwise, that is, a person appointed to act in the place of another. According to Black’s Law Dictionary, Surrogacy means “the process of carrying and delivering a child for another person”ⁱⁱ. In medical terminology, Surrogacy indicates an arrangement whereby a woman agrees to undergo the pregnancy process, labor and delivery for another individual who either cannot or chooses not toⁱⁱⁱ. Thus, a Surrogate Mother is a woman who bears a child on behalf of another woman, either from her own egg or from the implantation in her womb of a fertilized egg from other woman.

Surrogacy is a reproductive technique that attempts to obtain pregnancy by means other than by intercourse or marital relationship. Surrogacy is a form of assisted reproduction and a “Surrogate Mother” is a woman who bears a child on behalf of other parents^{iv}. In other words, Surrogacy refers to an arrangement or agreement whereby a woman agrees to become pregnant for the purposes of gestating and giving birth to a child for others who are childless. She may be the child’s Genetic Mother or not, depending on the type of arrangement agreed to by the parties. This procedure can be applied by the two ways.

- First, there is **Traditional Surrogacy** under which there are typical Surrogates, a woman that is artificially inseminated with a father's sperms and reproduces with her own egg.
- Second, there is **Gestational Surrogacy** where the Surrogate Mother carries an embryo comprised of the egg of the biological (intended) mother and the sperms of the biological (intended) father. The Surrogate's egg is not used.

Surrogacy may be inappropriately used as a convenience for nonmedical reasons. Surrogacy carries with it the risks of pregnancy from mild to severe. The Surrogate Mother shares a special bond with the unborn baby and at times giving away the baby may prove devastating to her mental health. It is possible that the Surrogate will experience grief and psychological problems when it comes time to hand over the child she has carried and delivered. This time is more agonizing for the delivering mother. Because society tends to take a dim view of women giving up babies, Surrogates sometimes meet with disapproval from neighbors and acquaintances. The emotional upheaval of pregnancy, delivery and separation from the baby can result in postpartum depression. Surrogate Mothers run the risk of emotional problems due to handing over the baby after it is safely born. A risk that can occur to the Surrogate Mother is becoming attached to the child she is carrying in her womb. Even though Surrogacy is a contractual agreement in which she knows she will be giving up the baby, carrying a baby for nine months and giving birth to it can cause her to become attached. The embryo does not belong to her so there will not be any association with the baby is an argument. But the answer to it is very simple that you won't have anything genetically common with your spouse don't you have attachment with him or her. Furthermore the Surrogate may have to seek psychological counseling or treatment for post partum depression or depression from giving up the baby upon the time of delivery. It is very clear that Surrogacy imprints a grave Psychological impact on the mind of the Child. There is a probability that when the child grows up he/she may feel degraded as he/she has been treated as a product and is being purchased by the parents. This can put diverse effect on the mind of such child. At times the peer group dismantles the confidence of such Children as Surrogacy is yet not socially accepted widely. Further he may have confusion as well as anxiety to know about the Surrogate, egg donor etc which can further lead her/him to a status of depression.

REVIEW OF LITERATURE

Anuj Kumar (2016) "Surrogacy transaction- a perspective on the constitutional and contractual aspects" in this article highlights the positive & negative aspects of surrogacy under constitutional and contractual framework.

Mohan Mohnot & Richa Vinod Singh (2018) state in their book “Surrogacy & The Law” gives contributions of modern reproductive technology and advancement in the field of surrogacy in parenthood or to fulfill the desire of getting own child. The book provides a useful and practical guide for the surrogacy and their modern techniques mostly used to achieve pregnancy and own genetic child^v.

Bhunitra Dubey & Yash Tiwari (2020) In this article both analysis the surrogacy as the need of society and the regulation bill 2020 proper implementation will surely protect the rights of surrogate mothers and constitutional provisions and save the ultimate goal of this act^{vi}.

Priyanka Kumara (2020) states in her book “Surrogacy A critical analysis” that the surrogacy has tried to collect the different concepts and laws related to it and its issues. The legal implications of various changes and new concepts of surrogacy have been examined critically and analyzed which makes it more fruitful and effective^{vii}.

R.S. Sharma “social, ethical, medical & legal aspects of surrogacy: an Indian scenario” the author discusses different types of infertility and to fulfill the desire of such infertile couple to have a child through surrogacy procedure^{viii}.

Dr. Rekha Pahuja (2021) states in her book “Surrogacy Law, Practice and Policy in India” has tried to explain concept of surrogacy and its various forms. The author focuses on legal and judicial approaches towards surrogacy in various countries like India.

Janavi Venkatesh, in the article “Rise or Fall of Surrogacy Laws in India?” has discussed about surrogacy act and Assisted Reproductive Technology Act. The impact of these legislations is to highlight the positive & negative aspects of surrogacy under constitution or its nexus^{ix}.

Zahra Fazil Khalaf in this article “Psychological Aspects of Surrogate Motherhood” has discussed about psychological effects of surrogacy^x.

Daniel Leubner and Thilo Hinterberger in this article “Reviewing the effectiveness of Music Interventions in Treating Depression”. This article highlights the effectiveness of music which reduces the psychological effects of our body and highlight the symptoms of psychological disorder occurred in day to day life.

RESEARCH METHODOLOGY

The research methods have been designed to fit the main objectives of the study. The study will be based upon partly doctrinal and analytical. In this connection all the relevant data has been collected from various books, journals, articles, news-papers,

internet and judicial decisions. These types of researches have hypotheses which are to be proven by analyzing various sources of data. The secondary sources in the form of book reviews, Articles, Journals, dictionaries, newspapers and internet etc. and primary sources such as judgments of supreme courts, high courts, reports of law commission, parliamentary assembly debates etc. The research method which has been adapted by researcher is analytical and observe the data to get the results for verification of total hypotheses.

STATEMENT OF THE PROBLEM

This research is trying to analyze emotional and psychological aspects of the surrogacy and listening music minimizes the risk of surrogacy indeed. Surrogacy is a good alternative for women who have infertile due to some genetic issues or other medical reasons or lapse to conceive a baby. When the parties enter into agreement to adopt the process of surrogacy they have emotional and psychological pressure. Here music is the only medium that helps in minimizing the emotional and psychological stress.

SCOPE OF THE STUDY

The scope of this study will mainly focus on psychological and emotional aspects of surrogacy in India. During the research I have tried to throw light on various aspects of surrogacy various aspects of surrogacy and their solutions and roll of music in our life.

OBJECTIVE OF THE STUDY

- To identify the emotional and psychological aspects relating to surrogacy in India.
- To highlight the source of Music is an effectiveness of minimizing the psychological and emotional aspects of surrogacy.

HYPOTHESIS

- Whether Surrogacy is a better way to reduce the infertility or childlessness and to have own child which fulfills parent's desire and to complete their family tree?
- What are the effects and aspects of music on surrogacy ?
- What are emotional and psychological risks of surrogacy?

DISCUSSION & ANALYSIS

PSYCHOLOGICAL & EMOTIONAL ASPECTS OF SURROGACY

Surrogacy is fraught with unknown psychological stresses to all the parties involved Commissioning Parents, Surrogate and Child. The Intended Parents and child even undergo an emotional upheaval in Surrogacy process which is further discussed in detail under the following sub headings: Surrogates, Intended Parents and Surrogate Child. The Psychological toll of all the three parties involved in Surrogacy individually. The child may be extremely distressing and may result in psychological problems for surrogate mothers. It has been feared that surrogate mother may prenatally form a bond with the baby that would make it particularly difficult for her to hand over the child to the commissioning parents. For those women who do relinquish the child the risk of post-natal depression as well as feeling of anger or guilt may add further strain to the woman's psychological health. Such that woman may enter into surrogacy arrangements because of financial hardship without being fully aware of its potential risks. Other concerns relating to surrogacy include the impact on the surrogate mother's partner, her parents or any existing children and its destabilizing effects on her family integrity. On the other hand case series that have explored the experiences of surrogates and commissioners have not noted any substantial psychological problems surrogates have not experienced a higher than average postpartum depression rate.

The effect of surrogacy: Every surrogacy process is unique in itself. Relationship with the intended parents and surrogate mother are variables will factor overall experience including the specific risks of surrogacy. These are some of the most common surrogate risks but its impact all of them. It includes: health risks of surrogacy, emotional risks and legal risks of being a surrogacy.

Health risks of Surrogacy: A surrogacy carrier involves becoming pregnant via embryo transfer through the work of a fertility clinic. By adopting any medical procedure there may have surrogacy pregnancy risks and some side effects. General discomfort, swelling and soreness are primary health risks and common other side effects. But more serious health risks include damage to reproductive organs, hypertension, multiple pregnancies and miscarriage. This all procedure is more risky because it moves round artificial process not the natural process.

Emotional & psychological risk: Women who become surrogate enjoy being pregnant the process of surrogacy pregnancy risk are less of a concern. The emotional challenges that surrogacy carriers could face may be more pressing which is where out surrogacy program comes in:

- Depression during or after the pregnancy
- Difficult and confusing feeling of loss at the end of the process

- Tension with spouse or children of a surrogate mother
- Challenges while forming a relationship with the intended parents
- Emotional process: transfer of surrogate born baby
- Family pressure
- Financial hardship, assured sum to pay

MUSIC MINIMIZES THE EMOTIONAL & PSYCHOLOGICAL RISK

Suzanne Hanser president of the International Association for Music & Medicine and a professor of music therapy at Berklee college of Music contributor, reports this way. As per the report that impact starts in the brain where music remains preserved for those neuropath ways that connect that music with really positive feelings and oxytocin the so called love hormone. Listening to music benefits us individually and collectively whether in pleasure or pain. Power of music is to improve our physical, mental and emotional health. One of the most important function of music is to create a feeling of cohesion or social connectedness. Evolutionary scientists say human beings may have developed a dependence on music as a communication tool. Music remains a powerful way of uniting people: hymns build group identity in houses of worship, national anthems connect crowds at sporting events, love songs help prospective partners bond during courtship and lullabies enable parents and infants to develop secure attachment.

MUSIC'S EFFECTS ON MIND, MOOD AND BODY

- **Music can be a great mood booster:** The global council on brain health an AARP founded working group of scientists, health care professional and other experts provide the report and their latest report, "Music on Our Minds" highlights research showing music's positive effect on emotional well being including improving mood, decreasing anxiety and managing stress^{xi}.
- **The impact of music on embryo's development:** A quite unusual concert took place in Barcelona. The singer Antonio Orosko played the guitar for embryos. At the same time approximately 380 listeners in incubators enjoyed the performance of Spanish musician. The doctors here study the impact of music on the embryo's development during IVF procedure. In particular it is established that the development is accelerated by 5% heightens its quality that increases the probability of pregnancy after the transfer of embryos into the uterus.
- **It can improve memory:** In general music has a positive effect on our ability to memorize. Music memory is one of the brain function most resistant to

dementia. According to Mayo clinic (Alzheimer's disease care) points out that while music doesn't reverse the memory loss experienced by people with Alzheimer's disease and other forms of dementia music has been found to slow cognitive decline, helping people with mild or moderate dementia remember episodes from their lives.

- **It can help treat mental illness:** Music literally changes the brain. Neurological researchers have found that listening to music triggers the release of several Neuro-chemicals that play a role in brain function and mental health- dopamine a chemical associated with pleasure and reward centers, stress hormones like cortisol, serotonin and other hormones related to immunity and oxytocin a chemical that fosters the ability to connect to other that so called love hormone. Neurologic music therapy can reduce stress and promote relaxation. A study published in 2017 found that 30 minute music therapy session combined with traditional care after spinal surgery reduced pain.
- **It helps the symptoms of depression:** The sad music tones actually increase symptoms of depression when we try to withdraw socially. Person's behavior show that what kind of music he/she is listening. If he/she is listening sad music, it shows that he/she is in some trouble or depression or some sort of pain going through.
- **It decreases fatigue:** According to the research of Shanghai University in 2015 it held that relaxing music helped reduce fatigue and maintain muscle endurance when were engaged in a repetitive task. Music therapy session also lessened fatigue in people receiving cancer treatment.
- **Improves sleep:** The music must be soft, soothing, relaxing to create a calm atmosphere to nurture their sleeping moods. A familiar tune or music or song becomes like a session of music therapy the group they enjoy it. Slow, soft, repetitive music will actually slow down the heartbeat and allows for calmer and deeper breathing^{xii}.

SUGGESTIONS

Surrogacy is need of the society today. Surrogacy process is advanced technique to fulfill the desire of a child for the parents who are unable to produce their own blooded child. At one hand surrogacy is the demand of society but the procedure behind the process of surrogacy is not stress and tension free. For it we need (1) All parties involved in this process must be fully aware about their giving and taking. (2) Moral and social support to all parties the society they live in. (3) Surrogate mother must be given financial security and other compensations related to surrogacy. (4) Cordial environment must be given during pregnancy to the surrogate mother and as

well as to the intended mother. (5) To remain stress free the surrogate mother and intended mother should listen soft music and to do meditation that their emotional and psychological effects can be controlled. (6) All media campaigns about surrogacy process be promoted.

CONCLUSION

Music can be considered as an emerging treatment. It is the best communication medium to express one's feelings to others. It is the best option to live stress and tension free life. It is true that the process of surrogacy involves some kind of emotional and psychological risk which does not give stability to the mind, body and mood. Music is the only source that minimizes the emotional and psychological risk of surrogacy.

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