

## ROLE OF MUSIC IN STRESS MANAGEMENT

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**Abstract:** *In modern times, stress has become an integral part of life as there are many factors which contribute to it. Even when the pandemic is almost over, the world is still facing its repercussions in the shape of stress. The young generation has also become a victim of this. Less number of institutes of academic excellence creates an imbalance and high pressure on students to which they finally succumb. Rising aspirations and endless opportunities cause high rates of depressive symptoms among the high school students. After the pandemic, the people now don't hesitate to acknowledge the importance of physical, emotional and psychological wellbeing. A wide spectrum of people has initiated a holistic approach towards health and wellness. Keeping it in view, the objective of this research paper is to explore how music can play a vital role in stress management*

*Methodology:* *This research paper is theoretical in nature and based on descriptive analysis. The study is supported by secondary sources.*

**Key words** *Music, Yoga, Stress, Management, Emotions, Mental*

### INTRODUCTION

Health is the biggest wealth any person or nation could have. It is well said that a healthy mind stays in a healthy body and a healthy body healthifies the society and gradually the healthy society healthifies a healthy nation. Several studies have proved that people experienced a considerable escalation in perceived stress as a result of the covid-19. Stress is a commonly used term which is often used with varied meanings. According to the World Health Organisation (WHO) stress can be defined as a state of worry or mental tension caused by a difficult situation. Effective approaches for addressing stress provided insights to enhance well-being and productivity (Uma et al. 2011). Stress is a natural human response that makes us to face the challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress makes a big difference to our overall wellbeing. Every individual experiences a certain amount of stress on almost daily basis. This stress cannot be eliminated. But the excessive stress becomes a problem and casts a negative effect on the mental health, physical health, relationships and behaviour of the individuals. Some stress is good in nature because they push us to do the work and meet our deadlines. But some other stress like occupational stress, family stress, academic stress etc. reduces productivity and makes people unhealthy in many ways. The causes of stress are sometimes visible and sometimes invisible.

### CAUSES OF STRESS

- Low Morale
- Poor Time Management
- Overloaded job responsibilities
- Career concerns
- Work Environment
- Stressful job profile

- Academic stress

If relationships are strained at workplace or at home, one cannot avoid stress in life. Stress is a serious growing concern in the modern times. In this fast moving world, where everything is time bound, people are usually under a lot of stress to complete tasks. Imbalance between work and personal life is the root cause of chronic and acute stress.

## **IMPACT OF STRESS**

Stress has a biological impact which makes the body release specific hormones and chemicals that activate our brain in certain ways. When we are highly stressed, our heart rate and blood pressure goes up and our adrenal glands release cortisol which is also known as stress hormone.

Rising levels of stress among people alongwith the pre-dominance of a sedentary lifestyle is the main cause leading to the other ailments like eating disorder, cardio-vascular ailments etc. Stress is harmful in most cases. Not only many diseases are spreading because of stress, but people are being affected with depression and introvert attitude. Efficient management of stress enables the individual to deal with the stressful situations. Stress and sleep disturbance are the most common complaints by the masses.

Exercising regularly improves brain and body gets activated and starts secreting good hormones which enable the individual to overcome negativity and face challenges of life. The exercises affect neurotransmitters in the brain such as dopamine and serotonin which affect mood and behaviour of the individuals. Researchers have indicated that being physically active improves the way the body handles stress because of changes in the hormones responses.

## **STRESS MANAGEMENT METHODOLOGIES**

Stress management techniques help body to adjust in new challenging situation. For managing stress, various approaches and methodologies like prioritization of tasks, time Management, Exercise, Relaxation Techniques, positive Aptitude and problem-solving skills must be inculcated since childhood so that the overall quality of life may improve.

## **THERAPEUTIC EFFECTS OF MUSIC**

A person whose state of mind is stressed and disturbed needs help to restore the equilibrium which can be achieved by engaging the affected persons in music and other related activities. Research has proved that the stress, mental-disorders, anxiety, depression etc. can be healed by the effect of acoustics, sound and music. Stress can be effectively managed by listening to the music and following the yoga practices (Yatendra et al. 2019). Music has the power to lead the listeners to the healthy path of deeper self realisation, greater acceptance and emotional control. Swar Sadhana combines physical postures, breathing techniques and relaxation methods which in turn, tune the mind and body of the listener, thus stress can be mitigated.

Researchers have proved that listening to music has therapeutic effects on a variety of mental and physical health issues. Since Vedic and ancient period, music has been used for healing purposes. Music was a part of treatment and medication. In modern times also, music is being used for

therapeutic purposes in managing stress, anxiety, depression, insomnia etc. The notes and tempo connect the listeners invoke positive energy in them and thus connect them to the almighty. Listening to the music has profound positive effect on both emotions and the body of the listeners. He gets rid of all the negativity from within.

India has a rich musical heritage and cultural legacy which has various varieties of music forms like Classical Music, Light Music, Folk Music, Sufi Music, Film Music, Devotional Music etc. which can prove helpful in managing the stress level amongst students, teenagers and others.

Research has proved that listening to music has profound effect on both the emotions and body. Slow tempo relaxes one's body and mind making one full calm and soothed and releases the stress of the day. Like medication, Music has the power to change the brain functioning. It is easily accessible and easily available as a tool for stress reduction. Indian stringed instruments like violin, dilruba, flutes, sitar are very effective instruments which can relax the body and mind. Music being a universal language, speaks louder than words.

In 'Paradise Lost', John Milton, the author shared the memories of his stress and depression, where he felt like committing suicide. One cold night while watching a movie on television, where the heroes overheard the voice of a woman singing in a melody in contralto from Brahms' AltoRhapsody.

"The sound, which likes all music indeed "like all pleasures" I had been humbly unresponsive to for months, pierced my heart like a dagger and in a swift recollection I thought of all the joys the house has known: the children".

Her beautiful voice made him reappraise his previous decision. AltoRhapsody is the proper medication for stressful conditions such as depression Music can play a sublime role in one's life. Several areas of the brain are activated while performing or listening to the music. Music can mitigate the calming down of stress in individuals.

Listening to Music has been accepted as an economic, non-invasive and highly accepted intervention tool. It plays a vital role in the management of stress and stress-related health issues. When life is becoming more and more hectic and stressful these days, everyone should take care of themselves for healthy and happy life.

## CONCLUSION

Music has been endowed with restorative, remedial, and other medical values due to the fact that it's assumed that music also influences stress-related cognitive processes and, as a consequence, physiological responses. former examinations set up reductions in perceived situations of cerebral stress, increased managing capacities, or altered situations in perceived relaxation after harkening to music in the environment of a stressful situation

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