

Music therapy and stress management

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Abstract

Music is a global language. It is part of human nature and is also relevant to language evolution. The improvement of critical social functions including cooperation, social cohesiveness, and communication is closely linked to language and music. In the last few years, there has been growing evidence that music and music therapy help to reduce stress in human beings. One of the plausible reasons concerning the rational use of sound and music in stress is the possibility of stimulating brain areas involved in emotional processing, reducing physical and emotional stress levels, and also reducing stress-related symptoms, whether used in a clinical environment or in daily life. Music therapy is the evidence-based implication of music interventions to support the client in achieving their goals with the help of a music therapist who has completed a sound therapy program (Association, 2018). Music treatment mediations can be intended to promote wellness, manage stress, alleviate pain, express feelings, enhance recollection, amend communication, and promote physical rehabilitation. In medical and psychological healthcare settings, the use of music therapy as a means of relieving stress is spreading. The present study was an attempt to describe the role of music therapy in managing stress by highlighting music's beneficial impact on health via stress-reducing effects.

Keywords: Music therapy, health care, stress, music therapist, management.

Introduction

The concept of therapy is not novel. Philosophers and thinkers of ancient times, such as Aristotle, noticed the effect of music on stress. However, its psychological impact on modern medicine was first noticed by Sigmund Freud. Music therapy can reduce stress in many ways. That is, it can improve thinking, energy, self-confidence, and character. Music therapy is explained as the evidence-based implication of music interventions to support the client in achieving their goals with the help of a music therapist who has completed a sound therapy program (Association, 2018). Music has creative structural non verbal and emotional qualities. These are used in the therapeutic relationship to facilitate contact, interaction, self

awareness, learning, communication and self expression. Music therapists use evidence-based music interventions to meet people's mental, physical, or emotional needs (Gooding and Langston, 2019). In addition, music therapy is adopted as a stand-alone treatment model, as well as with other disciplines, for the cognitive, language, social quality, mental health and family needs of the person (Bronson et al., 2018). Also, music therapy is used to improve various conditions in various fields such as medicine, public health, medicine, and psychology (Devlin et al., 2019).

Music therapy can be designed to manage stress, promote health, reduce pain, guide meditation, improve memory, and support body recovery. It is the skillful use of music and musical instruments by an accredited music therapist. Research on music therapy has increased the effectiveness of music therapy in many areas of the humanities and education. Music therapy can also be used with children and youth for lifelong health. It expands the power of music by using it to repair and transform in a collaborative and emotional way. Prevent diseases and illnesses, reduce pain and stress, help people express their emotions, promote physical recovery, clearly remember mental state and happiness, and provide opportunities for cooperation and relationships. From a clear perspective, music therapy is both old and new. Its lower layer is deep, and its branches are well developed. The advancement of music therapy as a calling has continued since the first recognition of the power of music as a teaching tool. This power lies in its indisputable content and harmony with people's thoughts, feelings, and life situations. Years before the call for music therapy emerged, many societies focused on the healing power of music and used it explicitly for healing.

Stress

Stress is the feeling of emotional tension, overwhelm, or feeling unable to cope, and this affects us mentally and physically. Stress can be described as a feeling of strain and pressure, or any unpleasant emotion or feeling. Stress has a biological impact that causes the body to release specific hormones and chemicals that activate the brain in certain ways. For example, when people are highly stressed, their heart rate and blood pressure can go up, and our adrenal gland begins producing cortisol, also known as “the stress hormone.” Thus, cortisol can help individuals find the focus and energy that are needed to deal with a difficult situation, but when the body is exposed to excess cortisol for an extended duration, it results in constant, draining states of fight, flight, or freeze. Persistent stress can lead to anxiety,

depression, chronic pain, and more. Excessive stress can also cause physical injuries. Stress can increase the risk of strokes, heart attacks, ulcers, dwarfism, and phrenic illnesses such as despondence. Stress can cause adverse effects on the intellectual capability of humans, and it appears in symptoms like an inability to concentrate, poor judgment, seeing only the negative, anxiety or depression, and constant worry. Stress also influences the mental health of people and includes symptoms such as depression, anxiety, and irritability, thoughts, resentment or anger, feeling anxious, isolation, and loneliness, and other mental or emotional problems. It's negative effect on physical health in corporate symptoms such as pain, diarrhea or constipation, nausea, dizziness, chest pain, fast heartbeat, forgetfulness, cold, or flu. The behavioral symptoms of stress include eating more or less, sleeping more or very little, making others unhappy, postponing or neglecting responsibilities, using alcohol, tobacco, or drugs to relax, and stressful behaviors (such as nail biting and pacing). Persistent stress can lead to anxiety, depression, chronic pain, and more; therefore, it should be managed to avoid severe consequences. Stress can be managed through customary exercise, which one of the best ways to manage stress. Stretching, breathing exercises, progressive muscle relaxation techniques, yoga, and meditation are also helpful in reducing the effects of stress on individuals. In addition to practicing these skills, some other techniques to reduce stress can also be included, such as music therapy (Moawad and Collins 2021). Music therapy is progressively being used as an intervention for stress reduction in both medical and psychiatric settings.

Influence of music therapy on stress

Music has been successful as a stress reliever throughout time and space. While some types of music, such as classical and ambient, have long been studied for their calming effects, listening to personal favourites of any genre also has benefits. Martina et al., (2020) research into music and stress suggests that listening to music can lower our heart rate and cortisol levels, release endorphins, improve our sense of well-being, distract us, reduce physical and emotional stress levels, and also reduce stress-related symptoms, whether used in a clinical environment or in daily life. Listening to music is associated with reduced stress by lowering the physiological arousal of the body, as shown by lower cortisol levels, a lower heart rate, and lower blood pressure. (Koelsch et al., 2016; Burrari et al., 2016). Tervaniemi et al., (2021) reported that adults who listened to both personal and neutral selections of music, whether at home or in a laboratory environment, showed significantly reduced cortisol levels.

Regardless of the genre of music, this was discovered. Music can also decrease negative emotions and feelings, such as subjective worry, state anxiety, restlessness, or nervousness (Akin&Iskender, 2011; Pittman & Kridli,2011; Pritchard, 2009), and enhance positive emotions and feelings, such as happiness (Jancke, 2008; Juslin&Vastfjall, 2008). Additionally, empirical evidence shows that playing music in a group can increase the cohesion of group members, leading to a greater sense of unity and relationships (Linnemann et al., 2016; Tarr et al., 2014). These feelings of unity and connection can be explained by the release of endorphins and oxytocin, neurotransmitters that play important roles in inhibiting the stress response (Myint et al., 2017; Dief et al., 2018). Lastly, music listening supports in reducing stress levels through its ability to provide 'distraction' from stress-increasing feelings or thoughts (Bernatzky et al., 2011; Chanda&Levitin, 2013). Music listening also benefits in mental health treatments. Golden et al., (2021) in their research reported that music is useful as a mental health treatment for conditions including schizophrenia, bipolar disorder, and major depression and found that 68.5% of music-based interventions had positive results. According to a 2017 review, Trusted Source music therapy reduced depression levels and was associated with increased confidence and motivation, especially in group settings (Moawad and Collins 2021).

Conclusion

This research, on the basis of various research studies, concluded that music has a very prominent effect on the psychological state of an individual and reduces stress and psychological anxiety. Music has a strong relationship with a person's emotional state, and music therapy can be used as a tool to treat traumas such as anxiety and other mental disorders. Because music listening has a favourable impact on psychological stress experiences (such as restlessness, anxiety, and nervousness) as well as physiological arousal (such as heart rate, blood pressure, and hormone levels), it is employed in a number of settings to reduce stress. Music therapy is used to improve, maintain, and restore mental, physical, emotional, and spiritual health. It is commonly being adopted for the sustenance of health. It is helping to cure different kinds of physical and mental weaknesses and psychosomatic disorders. The effect of music is slowly but a steadily increasing on the mentally unhealthy patients. In general, music therapy is on the rise. This study offers valuable insights for music therapy researchers to pinpoint novel avenues concerning partners, prevalent concerns, and areas of investigation. The development aspect of music therapy

could be explored, and future scholars could pay attention to the clinical significance of music therapy to improve people's quality of life.

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