

METHODS OF TREATMENT UNDER THE INFLUENCE OF MUSIC IN MEDICINE

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Abstract

Music therapy is a psychotherapeutic method that uses music as a therapeutic tool. It is aimed at improving the physical and mental health of a person and is based on the healing properties of music. The article also discusses the influence of music and art on human psychology, its role and importance. It also describes the psychological properties and pedagogical possibilities of music.

Keywords: Music therapy, music therapy, psychotherapy, healing properties of music, mental health, physical health, stress reduction, mood improvement, autism, depression.

INTRODUCTION

The term "music therapy" comes from the Greek-Latin language and means "treatment with music". There are many definitions of the concept of "music therapy". Most scientists consider music therapy to be an auxiliary tool of psychotherapy, a means of special preparation of patients for the use of complex therapeutic methods.

Other authors define music therapy as follows:

- Controlled use of music in the treatment, rehabilitation, education and upbringing of children and adults with somatic and mental illnesses;
- Systematic use of music to treat the physiological and psychological aspects of diseases or mental disorders;
- Use of creative forces and tools to optimize pedagogical and educational work. According to several scientific studies, listening to Mozart's D major sonata helps reduce the number of epileptic seizures in patients (the so-called "Mozart effect").¹

However, the reliability of the results of this study was limited by its limitations and the inability to replicate the results in subsequent studies.

¹ Starchev M. S. Muzikoterapiya // Psixologicheskiy leksikon / pod obsh. red. A. V. Petrovskogo. — M. : PYeR SE, 2007. — 416 s. (nedostupnaya ssilka s 28-09-2015).





Some doctors recommend that music helps to relax muscles, especially during fast walking and running, and can be used as an additional rehabilitation therapy to maintain good physical condition in obese people.

In addition, music has a stimulating effect on mood and emotions, which allows you to maintain a sports spirit and thus have a long-term effect on fitness achievements. Listening to certain types of music can slow down the heart rate and lower blood pressure. Researchers have tested various combinations of music and silence and found that rhythmic and calm melodies have the best effect on blood flow and the heart. Practitioner music therapists-psychologists say that properly selected melodies, musical compositions, improvisations are a convenient tool for working with memory and the subconscious.

Music improves thinking and memory processes. Sounds interact with associative structures, "drawing" real memories and experiences into consciousness. Music therapy is a psychotherapeutic method that uses music as a therapeutic tool, aimed at improving a person's physical and mental health. The term "music therapy" comes from the Greek-Latin language and means "treatment with music." The healing properties of music have been known since ancient times. The effects of music on the human body were studied in ancient India, China, and Egypt as early as 500 BC. The Greek philosopher Pythagoras recommended music as a beneficial tool for the human soul and body. The great representative of Eastern medicine, Abu Ali ibn Sino ("Avicenna"), also wrote about the therapeutic effects of music.

Today, music therapy is widely used in medicine, giving effective results in the following areas:
Mental health: Music therapy is used to alleviate conditions such as depression, stress, and anxiety.
Physical health: Music has been shown to reduce pain, lower blood pressure, and regulate heart rate.

Rehabilitation: Music therapy can help patients recover from stroke or brain injury by improving their motor and speech skills.

Autism and learning disabilities: Music therapy is used to help children on the autism spectrum develop social communication and emotional expression. Although the mechanisms of action of music therapy are not fully understood, the following factors are believed to play a role:

Emotional effects: Music can improve mood, reduce stress, and evoke positive emotions.

Physiological effects: Music stimulates the auditory nerves and affects the autonomic nervous system, which in turn affects heart rate, breathing, and muscle tone. Cognitive effects: Music enhances cognitive functions such as memory, attention, and creativity.²

The healing properties of music not only lift a person out of depression, but also relieve physical pain. Self-treatment is more important than any medicine, and it is to it that each of us relies in difficult situations. Uplifting music encourages a person to live, rejoice and do good. It brings light to the world, and listening to it is a favorite pastime of half of the people living on the planet. More than half of the world pays for good and high-quality music, and only a small part of these people create it themselves and achieve unprecedented popularity. World pop stars organize concerts, and millions of people attend them. Music unites humanity and brings it to wholeness. The desired sound evokes a certain feeling in us, sometimes we want to drown in sadness, sometimes we want

² Petrushin V. I. Muzikalnaya psixoterapiya. — „Vlados“, 2000.





to achieve unstoppable joy. Many of the emotions and feelings that we experience every day are caused not only by the events that occur in life, but also by the songs that we hear on the radio and TV.

So, when we enter fast food restaurants, the background music encourages us to eat faster, and modern and positive music in stores causes new images to appear in our heads. Music always runs parallel to our memories, and each person has songs associated with his childhood and past.

For example, Moses, the son of the great Pharaoh Ramses, heard music from his childhood and remembered his true origin. Have you ever felt this way? Of course, yes. Each of us has had a moment when, when we heard a song from our childhood, we remembered in detail the happy and sad times we had. Music is a powerful associative factor, because once we hear a song, we can remember it for a lifetime and we know approximately how it will continue the next time we hear it. We cannot get such a strong effect even from a picture. When we encounter a picture, when we next come face to face with it, there is a strong suspicion that it will seem different to us.

“Perfect music so touches the soul that you feel that you are enjoying this feeling as if you were enjoying something you love, that is, music, without a doubt, gives the brightest happiness in the world.” Stendhal gave a very accurate description of good music. Some may agree with this, some may not, but one thing is certain; Music inspires people to live and move, and its influence on us is undoubtedly profound.

In conclusion, music therapy is an effective method for improving human health, and its application in medicine is expanding. Further study and practical application of the healing properties of music may help even more patients in the future.

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