

POSITIVE EFFECT OF MUSIC THERAPY ON STUDENTS

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ABSTRACT:

Music therapy is currently a well established and widely practiced subject at present, and it is also a relatively common treatment method. This kind of treatment can better help students get rid of bad psychology and guide their psychology to develop in a healthier path. Mental health is one of the important indicators to measure overall human quality and plays an important role in the sustainable development of individuals. Music therapy plays a vital role in students mental health education as a marginal subject, music therapy combines music, medicine and psychology which is beneficial to alleviate students bad emotions and psychological problems, and helps students form a sound personality. Using music therapy can let student vent their emotions in a suitable environment and atmosphere and then guide them correctly. This paper introduces the positive effect of music therapy in students mental health education and then puts forward important measure to promote the implementation of music therapy in students mental health education.

Keyword: Music Therapy, Effect of Music Therapy on Mental Health of Student.

INTRODUCTION:

In the stage of higher education, students find themselves at a juncture where their psychological and physiological development is still evolving. This transitional phase is marked by heightened sensitivity and a keen perception of the dynamic external world, yet often accompanied by a relative lack of psychological resilience, rendering them susceptible to extreme emotional responses. Consequently, the mental well-being of current students is a

subject of growing concern, given its diverse and complex challenges that can significantly impact their academic progress and overall personal development. As a response to this pressing reality, educational institutions have recognized the need to implement tailored mental health education programs to empower college students in cultivating robust psychological wellbeing. The upsurge in attention towards college students mental health highlights the necessity of adopting pedagogical methods that align more closely with their lived experiences, fostering the nurturing of mental health. Research indicates a notable interest among student in the realm of music, offering a promising foundation for employing music as a powerful tool to address psychological challenges. Music therapy provides a supportive pace where college students can express their emotions, guiding them towards clarity and emotional stability. The calming influence of music empowers students to maintain emotional equilibrium and proactively track their psychological shifts, thereby facilitating self-regulation and self-healing. It is evident that music therapy presents a feasible avenue for addressing students psychological challenges, facilitating the enhancement of self-awareness, interpersonal skills, and the maintenance of a positive psychological state.

Music has the power to stimulate a person's personality. Colleges and universities can use music to treat and conquer the mental difficulties that college students face, but doing so requires that they pay attention to psychological counseling for students, foster students healthy emotions, and support the psychological development of students. College students moods eventually turn more positive when their feelings are let out to some level. The teacher will play some upbeat music at this time to encourage the treated to feel good and aid in the resolution of their psychological issues. Student can improve their psychological environments and foster emotional communication with the aid of music therapy, which uses music as a medium. Is, and the maintenance of a positive psychological state.

Effect of Music Therapy on Mental Health of College Students :

Today's college students must balance their studies and careers due to rising living standards and an accelerating social pace. Colleges and universities are launching a number of educational innovations at the same time. Due to a lack of knowledge about intergender relations, some college students have negative communication encounters with the other sex. This has the potential to cause persistent mental anguish over time, which may lead to severe depression and, in the worst instances, suicidal thoughts as a consequence of overwhelming feelings of inadequacy. Educating college students in psychology is meant to help them

develop healthy emotional values..It is important to note that college students may exhibit psychological barriers, which are a sign of mental loss, or they may have reservations about a variety of social issues or phenomena since they are in the regional mature stage of their physical and mental development and are progressively integrating into society. The college student stage is a crucial time in a person's development. After years of preparation with knowledge, one is ready to join society. It is simpler for a genuine, animated, self-assured, and endearing individual to fit in with society and social interactions. Music has the power to uplift people's spirits, assist college students develop their temperament, and enhance their personalities over time. The introduction of music therapy is part of the evolution of mental health education..People's emotional experience is mobilized and psychological barriers and problems are relieved under the alternation of rhythm and melody. For these reasons, the application of music therapy in the mental health education of college students contributes positively to the strengthening of students' emotional experience. In terms of school education, music therapy is appropriate for the educational setting of the school and is useful in preventing and treating mental and physical illnesses in students, regulating negative emotions, fostering positive emotions and a cooperative spirit in students, and encouraging studentsself-expression, growth, and creativity.

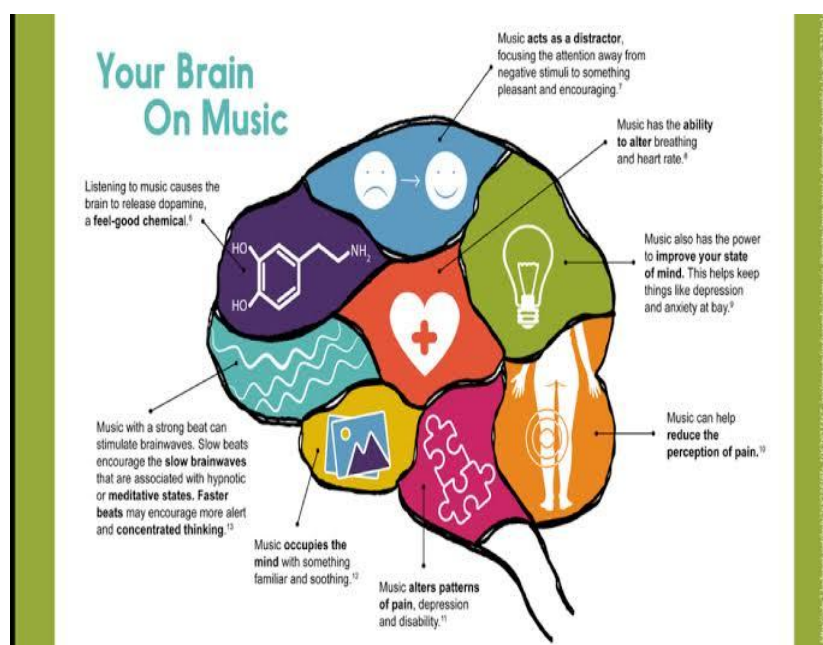


Figure 1: Your Brain on Music

In light of the ongoing promotion of socialist spiritual civilization construction, colleges and universities are entrusted with the pivotal mission of bolstering the students spiritual development and nurturing their psychological well-being. Music serves as a potent tool for individuals to convey their emotions and, simultaneously, rectify adverse interpersonal communication patterns while establishing a positive mode of interaction. Within the realm of music therapy, diverse modalities such as role-playing and musical performances create specific scenarios for students. As they delight in these activities, they learn how to employ music to express their sentiments and garner successful experiences. Such experiences play a vital role in fostering correct self-assessment and self-concept among students, rendering music therapy an essential avenue for addressing their psychological concerns.



Figure 2: Mental Health Benefits of Music

In therapeutic sessions, college students are encouraged to engage not only with uplifting and inspirational music but also with somber, slower melodies. This diversity of musical experiences helps students unlock deep-seated emotions, release negative feelings, and subsequently listen to positive, uplifting, and inspirational music, guiding them towards the resolution of psychological issues. This process empowers them to confront themselves anew, embarking on a refreshed spiritual journey.

The core essence of music therapy lies in active participation, where each individual contributes to the collective harmony. Take the common example of choral singing: even a single discordant note can diminish the overall choral effect, underscoring the paramount

importance of cooperation among all participants. Whether in training or performance, students focus on controlling their individual reactions and earnestly strive to collaborate with and respect their fellow members.








Health Dimension		Positive Impact of Music	
Mental		Language development	Creativity & imagination
		Working memory	Attention / focus / concentration
		Information absorption	Intelligence & achievement
		Divergent thinking	Problem solving
		Performance	Spatial reasoning
Emotional		Mood regulation	Self-esteem
		Resilience	Emotional expression
		Empathy	Optimism
		Pleasure	Depression & anxiety reduction
Social		Bonding	Cooperation
		Team work	Understanding
		Unity	Appreciation
		Tolerance	Alignment
Spiritual		Fills the soul	Affiliation
		Nurture faith	Worship expression
		Harmony	Reach unconscious & interiority
Physical		Coordination	Reduce pain
		Restore function	Relaxation
		Stimulate activity	Reduce heart rate, pulse and BP
		Boost endurance	Improve immune function
Economical		Inexpensive or even free	Improve adherence to treatment
		Reduce need for Rx	Reduced healthcare expenses
		Speed recovery	
Environmental		Increase productivity	Elevate ambience
		Create shared experience	Cultivate supportive community
		Upbeat atmosphere	Calming

Table 1: Positive Impact of Music

OBJECTIVE:

1. To evaluate the impact of music therapy on alleviating symptoms of anxiety and stress in students.
2. To explore the manner in which music therapy enhances the overall emotional wellbeing and mood of students
3. To investigate how music therapy can equip college students with more effective strategies for overcoming academic and personal challenges.

4. To delve into how music therapy can contribute to improving students mental health by facilitating relaxation and promoting more restful sleep.
5. To examine the enduring effects of music therapy on the mental health of college students, including potential reductions in depressing and overall psychological distress.
6. To evaluate the possible influence of music therapy on college students academic performance and levels of focus.
7. To explore how students react to various genres of music in therapeutic setting and their ensuring mental health effects.
8. To investigate the individual experiences and viewpoints of college students who have received music therapy in order to comprehend its therapeutic advantages.
9. To determine whether or not there ae any gender or age-related variances in how well music therapy works for students mental health.
10. To offer ideas for introducing music therapy as an additional mental health intervention at colleges and universities.

LITERATURE REVIEW :

Music therapy is a therapeutic approach that uses music and its elements to address physical, emotional, cognitive, and social needs of individuals. It has gained popularity as an effective approach for promoting well-bring and reducing stress in college students.

- 1. Stress Reduction:** According to a study by Chan et al (2012), college students stress levels were significantly decreased by music therapy interventions. The use of music as a coping mechanism to decrease anxiety and better overall mental health.
- 2. Emotional Expression and Regulation:** Music therapy offers college students a secure and imaginative outlet for emotional expression. Aresearch by Silverman (2017), music therapy aids students in recognizing and expressing their emotions, which leads better emotional regulation.
- 3. Enhanced Academic Performance:** Research by Rickard, James, Gill, Appelman and Muphy (2013) demonstrated that music therapy interventions, such as listening to classical music, improved cognitive performance, including memory and attention. This could have a positive impact on academic success among college students.

- 4. Enhanced Social Connection:** Music therapy can also help college students build social connections and reduce feelings of isolation. Collaborative music-makes activity that promote social interaction and a sense of community. Research by Elefant et al (2012) highlights the role pf music therapy in enhancing social relationships.
- 5. Improve Sleep Quality:**sleep is crucial for college students, and music therapy has been shown to improve sleep quality. A study by Jespersen et al (2015) found that listening to relaxing music before bedtime improved sleep patterns and reduced insomnia symptoms.

CONCLUSION:

The literature reviewed suggests that music therapy can have a positive impact on college students by reducing stress, improving emotional by reducing stress, improving emotional regulation, enhancing academic performance, promoting better sleep, fostering social connections, and helping students cope with mental health challenges. It can be a valuable addition to the holistic well-being and mental health support systems on college campuses. However, further research is needed to explore specific techniques, optimal intervention durations, and long-term effects on college student well-being.

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