



Analysis of National Music and Music Therapy

Dongyang Huang

Jiaying University, Meizhou, Guangdong, China.

How to cite this paper: Dongyang Huang. (2023) Analysis of National Music and Music Therapy. *Journal of Humanities, Arts and Social Science*, 7(2), 475-479. DOI: 10.26855/jhass.2023.02.043

Received: February 8, 2023

Accepted: March 5, 2023

Published: April 3, 2023

* **Corresponding author:** Dongyang Huang, Jiaying University, Meizhou, Guangdong, China.

Abstract

Music therapy is a treatment method to improve the physical and mental health of individual physical and mental health with music activities. Teachers should study the characteristics of music therapy, the characteristics of music education and music therapy from the analysis of music elements. Music therapy integrates music, medicine and psychology. It is the application and development of music in the field of traditional art appreciation and aesthetic fields. It has broad application prospects in modern mental illness and various clinical medicine. Music therapy is a new edge cross-disciplinary discipline that integrates general music, psychology, education, and medicine. It is a new development of music that has passed the integration of traditional art aesthetic fields and life sciences.

Keywords

Music therapy, National music, Application method

1. Introduction

In recent years, "music therapy" has been widely used in various fields, and people's awareness of it has become higher and higher. Judging from the music characteristics of music therapy applications, people in various regions will perform music therapy according to their cultural characteristics. In the long-term historical accumulation, national music contains the interesting characteristics of many our nation. Because of this, the ethnic music will become a more suitable treatment media during music treatment. Because of the veto of the word "treatment", people will also have negative ideas for "education", but its essence is to have the meaning of "subsidy" or "helping others". At present, the proportion and importance of national music in primary and secondary school music textbooks are obviously increasing, but it does not affect the interest of some students. Some students are not interested in national music. In the face of this reality, the author believes that it is also a better attempt to find a better way to apply to ethnic education. Based on the practice of the ancients, after a long historical development, today's music therapy began to use listening, singing, instrumental music, music creation, lyrics creation, sexual performance, dance, art, etc. The form of activity has developed into a complete independent discipline as a treatment method.

2. Music therapy

2.1 Definition of music therapy

Music therapy, also known as music therapy, refers to the goal of using the language of music aesthetic experience and playing music to achieve the psychological adjustment of psychotherapy technology; it is a fusion of gathered music, psychology, medicine, and emerging cross-disciplinary edges. Education; it is a new development of artistic music beyond the combination of traditional aesthetic fields and life sciences (Grady M & Melhuish R. 2022). The definition of music therapy has not yet reached a consensus, and people in different regions have different understanding of music therapy. As a treatment method, music therapy is actually a systematic intervention that says music therapists. The therapist uses the rich and diverse form of music as a means and tools for treatment

to help patients reduce pain and restore health. Milner Lang believes that the definition of Italian music therapy should be: music as a medium for the treatment, according to the diagnosis of the patient, cooperate with musicians, nursing staff, and psychological experts to intervene in patients with various forms of music. It is Claus in the United States. The purpose of health. Regardless of the definition of music therapy, they have many things in common: everyone thinks that music therapy has implemented a process of intervention under the control of music therapists; media tools use music and other music forms. It is to reduce the pain of patients and help patients recover. Therefore, music treatment methods around the world are very different in the specific implementation process, but the principles and goals are relatively consistent. Because under the principle of unified, music therapists around the world boldly innovate and learn from each other according to their own characteristics, so that the treatment of music has a pleasant situation.

2.2 The characteristics of music therapy

Music therapy is a treatment method for the purpose of treatment and the medium of music activities to improve the physical and mental health of individuals. So why can music be a medium of treatment? From the childhood period to the age period, no matter whether you have received formal music education, music will be appreciated by many people. Many elements of music will affect the spirit of human and physical health. The concert trigger a physical reaction. For example, with a certain racing, dancing, and shooting, the reaction of this series is caused by the rhythm factors unique to music. The rhythm is not only the tissue, but also the source of power. Use the rhythm of music during treatment to allow participants to have structured and consistent activities. Music can give people beauty happiness. Pursuing beauty is the instinct of human beings. Therefore, the beautiful-related activities have become the essential demand for life. The use of music in the event can be stimulated and emotional, and the use of music can convey the idea or emotions that usually do not handle well (Schwantes Melody & Hughes Jessica, 2022). Concert stimulate sensory organs. In the treatment, using the characteristics of music to stimulate the vision of the music score, the hearing of the music, the tactile sensation of the instrument sound, etc., can improve the level of sensory development to a certain extent. How to achieve treatment with the skills of the above music elements? Music therapy does not use medical "places" treatment, but considering the personal condition of the treatment objects, treatment will be different. According to the emotional response of the therapist or the degree of development, and the degree of ability, the most important and favorite factor that currently needs and likes to provide participants with the most acceptable amount of activity, so that they can experience the recognition of affirmativeness to the greatest extent experience. Through this activity, you will get self-confidence and affirmative emotions. For participants with inconvenient body or participants who do not respond to any stimulus, they can help improve their walking ability through the rhythm and beats of music, or stimulate the participants through the hearing, touch, and vision of music. This is also another feature of music therapy. If the participants have depression or negative emotions, and cause the attitude of life, by appreciating music or improvisation, the patient's inner negative emotions can explode in vitro. At this time, music can naturally show the inner world that cannot be expressed in words. The therapist also had a proper response to the emotions of the participants, and helped the participants to relieve the negative emotions, so that he had a positive inner world.

2.3 Modern music therapy

Music therapy is constantly developing. As people are gradually known, music therapy has attracted people's attention. The application in the medical field is becoming more and more widely used. They have unique effects.

2.3.1 Release emotions, evoke the inner positive power

Due to the gradual increase in social competitiveness and living pressure, various mental diseases such as disorder, obsessive-compulsive disorder, anxiety, and doubt are began to breed. System music therapy can help people relax, regulate emotions, reduce tension and anxiety. Essence For people in the trough of life and trauma, music therapy can cause them to get rid of pain, get out of trouble, and re-experience their rich inner world (Gaden Tora Söderström et al., 2022). For example, Music therapist Gao Tian once went to an elderly ward in the American Psychiatric Hospital for music treatment, preparing to lead patients to sing some old songs in the 1930s and 1940s. However, when the therapist announced a patriotic song of the United States, a black old lady who had been lowered and never participated in singing suddenly sang loudly, and the nurse and psychotherapist around him were excited to jump up. In addition to the effect of psychiatric patients, music therapy is also applicable to normal people. It can create a comfortable and pleasant environment for people, prompt people to show their true feelings

and release emotions.

2.3.2 Relieve the pain of patients in clinical treatment

At present, in addition to being widely used in the treatment of mental illness, music therapy is also applied in the clinical treatment of surgical surgery, childbirth, and cancer in comprehensive hospitals. When these diseases cannot be treated with surgery and painkillers cannot be relieved for a long time, intervention in pain control with music will receive good results (Kobus Susann, 2022). Based on the patient's hobbies, the therapists choose to make them happy and relaxed music for guidance. For example, slow, rhythmic music helps to breathe uniformly and deeply, and promoting music that develops sports can guide grassland and clouds. Music can actively attract attention. The therapist guides and encourages patients to focus on music and follow the music. Therefore, the therapist has played a more active role in his pain control and achieves the effect of relieving pain.

2.3.3 Create a good medical environment

Patients need to adapt to the limitations of the disease (adapting to the hospital's environment) and reduce some psychological phenomena such as fear and treatment. For patients, the strange medical environment is often disturbing (Rajendran Tara, 2022). During the treatment, there are many factors that cause fear and anxiety of patients with sick patients. For example, the sound of medical devices and the pain of pain in other patients usually make these sounds more irritable and increase the anxiety of patients. By playing music, you can cover these unpleasant sounds, thereby transferring some anxiety caused by these external factors. Moreover, patients can re-establish some sense of control and familiarity with the environment through their favorite music, and music can bring them a new and better mood. In addition, the interpersonal interactive mode in normal life can be brought into the hospital by carried out music activities to promote the virtuous circle of patients' treatment and living environment (Davies Alison & Richards Eleanor, 2022). For example, chorus and improvisation can encourage the society between patients or patients and family members, and use music activities as a platform for emotional expression and emotional expression, encourage appropriate expression of emotions related to disease, and provide comfort and support for patients.

3. Ethnic music education close to music therapy

Although music therapy and music education are coherent in the viewpoints of organizational music activities, there are differences in its purpose and application method. First of all, music therapy focuses on the "process", and music education regards "results" as focus, which is the biggest difference (Hou Juncai, 2022). What music therapy values is the process and reasons and reasons for the action of action or reactions during the process of action reflected in the process of using music.

3.1 Performance of national musical instruments

In order not to cause psychological burden on students, let them learn ethnic musical instruments in a comfortable environment. There are many traditional instruments in various places. For example, Korean students can choose Ganqin, which is easy to play, instructed students to master their five -sound steps, and let them play against the vocals while playing the coordination of the performance and singing. Give affirmative feedback so that they are interested in music and have confidence in the performance of musical instruments (Rodgers Melnick Samuel N., 2022).

Learning process. (1) After explaining the characteristics and performance methods of Gaqin, the teacher personally plays the Qin Qin to make the students feel the sound of the instrument and understand the performance method. (2) Turning the 12 string of Gayinqin, so that it can only make a five-sound tone, or it is improved into a musical instrument with only 5 string. No matter which strings are touched during the play, it can be coordinated ballad. (3) Provide several students with opportunities to play in person. Teachers and other students sing folk songs together, and support the students who play Gaqin in a long drum rhythm. (4) Give more students to try to do the above activities repeatedly. In the process of singing and singing, the students naturally grasped the five -sound level. The students who played felt their performance and the singing of the people around them.

The significance of its music treatment: By grasping the five -sounding steps, singing folk songs, playing with long drums, playing ethnic musical instruments, etc., students have more experience in traditional music, and provide the opportunity to play national musical instruments in person, so that students can deal with them (Kim Hye-jin et al., 2021). Music teaching is interested. Through this teaching, students can perform Gaga piano without too

much technical nature. When your performance can coordinate with the singing of the people around him, students will get positive feedback from their performance (Gassner Lucia & Mayer Ferbas Julia, 2021). Therefore, psychologically, self-confidence can be formed and a positive emotional response. This can not only complete the teaching task, but also affect the psychological changes of students. Teachers allow students to have the opportunity to explore musical instruments and freely play Gagaqin. The focus is not on the right and wrong players played by students, but to explore musical instruments and freely plays instruments, so that students' hearts can feel this experience brings this experience.

3.2 Singing folk songs

From the perspective of music therapy, the implementation of national vocal education not only allows students to sing folk songs with the lyrics simply, but more importantly, to expand the scope of activity, understand students' emotional state, way of thinking, and emotional exchanges between friends Wait, so as to master the personal emotional state of each student. In this regard, the representative examples commonly used in music therapy are -sang folk songs for lyrics.

Learning process: (1) After the teacher listened to a folk song for the students, let the students sing in a small section by section. (2) The teacher took the length of the folk rumor with a long drum and explained the melody characteristics. (3) Students follow the teacher's long drum accompaniment, sing folk songs repeatedly, and be familiar with the melody. (4) In the singing part of the folk song, let the students sing lyrics to sing according to the teacher's prompts. Fill in the lyrics of the advantages, advantages, advantages, disadvantages, etc. of the students around you. (5) After the event, teachers must fully affirm and give more encouragement to the participation of students to cultivate students' self-confidence. (6) Add musical instruments in the event. The first singing part allows a student to knock on the gongs while pushing up. Some teachers who take the song to shoot long drums. Other students clapped or played other instruments to make their emotions rise.

The significance of its music therapy: This activity shows the lyrics of the lyrics by using the familiar melody to show the emotions that are difficult to express in language. Students can naturally express their favor to friends, and they can also express their own hearts to form a better interpersonal relationship. When teachers or friends sing their own benefits, students can feel pride. The affirmative emotion and self-confidence obtained through this teaching will play a role outside the course, and even affect the students' inner world. At the same time, through the emotional exchanges between friends or teachers and students, you can get close to friends or understand each student. This activity can extend to the education of other courses as students' emotional education.

4. Conclusion

From primitive tribes to modern humans, it is always accompanied by a large number of music activities. Human beings can improve their positive awareness through music experience, thereby gaining strong life motivation. Applying various forms of music experience to music therapy in medical activities helps people overcome the disease. Music is an art form of social non-language communication. From a broad perspective, social interaction activities with music as the bond, such as karaoke, impromptu singing in dinner, etc., all have the effect of music therapy. These music activities provide people with a safe and pleasant environment, so that people's emotions can easily communicate, so as to obtain mutual support, understanding and sympathy, thereby improving interpersonal relationships, and promoting physical and mental health. This is a society outside the hospital. The theory and practice of music therapy have broad development space, and they will show greater application value in medical and social life in the future.

Project source

2022 Guangdong Provincial Philosophy and Social Sciences Planning Project "Hakka Ritual Music Research in the Perspective of Intangible Cultural Heritage" (Project No. GD22XYS29).

References

- Davies Alison, Richards Eleanor. Making Links Between Group Analysis and Group Music Therapy [J]. *Group*, 2022, 34(1).
- Gaden Tora Söderström, Ghetti Claire, Kvestad Ingrid, Bieleninik Łucja, Stordal Andreas Størksen, Assmus Jörg, Arnon

- Shmuel, Elefant Cochavit, Epstein Shulamit, Ettenberger Mark, Lichtensztein Marcela, Lindvall Merethe Wolf, Mangersnes Julie, Røed Catharina Janner, Vederhus Bente Johanne, Gold Christian. Short-Term Music Therapy for Families with Preterm Infants: a Randomized trial [J]. *Pediatrics*, 2022, 149(2).
- Gassner Lucia, MayerFerbas Julia. PP90 Effectiveness of Music Therapy for Autism Spectrum Disorder, Dementia, Depression, Insomnia, And Schizophrenia [J]. *International Journal of Technology Assessment in Health Care*, 2021, 37(S1).
- Grady M, Melhuish R. Mindsong-Music therapy for dementia: Music therapy during the covid-19 Pandemic.
- Hou Juncai. Effective Ways for College Students' Mental Health Education Based on Music Therapy [J]. *Journal of Healthcare Engineering*, 2022.
- Kim Hyejin, Engström Gabriella, Theorell T öres, Emami Azita. In-home Online Music Therapy for Psychological Health among Caregivers of Persons with Dementia: A Pilot Study [J]. *Innovation in Aging*, 2021, 5(Supplement1).
- Kobus Susann, Bologna Franziska, Maucher Ines, Gruenen Daniel, Brandt Ramona, Dercks Martin, Debus Otfried, Jouni Eva. Music Therapy Supports Children with Neurological Diseases during Physical Therapy Interventions [J]. *International Journal of Environmental Research and Public Health*, 2022, 19(3).
- Rajendran Tara. Addressing the Need for Personalizing Music Therapy in Integrative Oncology [J]. *Journal of Integrate Medicine*, 2022.
- Rodgers Melnick Samuel N, Lin Lucas, Gam Kristina, Souza de Santana Carvalho Evanilda, Jenerette Coretta, Rowland Douglas Y, Little Jane A, Dusek Jeffery A, Bakshi Nitya, Krishnamurti Lakshmanan. Effects of Music Therapy on Quality of Life in Adults With siteingle Cell Disease (Musiqols): A Mixed Methods Feasibility Study [J]. *Journal of Pain Research*, 2022, 15.
- Schwantes Melody, Hughes Jessica. Experiencing Empathy in Music Therapy Practice: A heuristics Study [J]. *The arts in psychotherapy*, 2022.