

THE ROLE OF MUSIC THERAPY IN STRESS REDUCTION AMONG YOUNG ADULTS

¹Ashutosh upadhyay, ²Dr.Soni Kewalramani

¹Student B.A(H) Applied Psychology, ²Assistaant Professor,

¹Amity Institute of Behavioral and Allied Sciences,

¹Amity University, Lucknow, India

Abstract : The present study is an attempt to study the role of music therapy in reducing stress among young adults. Stress is a feeling of strain and pressure or any unpleasant emotion and feeling. Music Therapy is the clinical and proof predicated utilization of music intercessions to consummate individualized objectives inside a remedial relationship by a credentialed proficient who has culminated an affirmed music treatment program. Music treatment mediations can be intended to promote wellness, manage stress, alleviate pain, express feelings, enhance recollection, amend communication, promote physical rehabilitation. Review of literature shows that music have a very prominent effect on psychological state of an individual and reduces stress and psychological anxiety

IndexTerms – Music therapy, Stress

1. INTRODUCTION

Stress is a prevalent concern in healthcare personnel such as medicos and psychologists because it affects both noetic and physical state of an individual.

The effect of music on stress has been kenneed to philosophers and ruminators such as Aristotle from antediluvian times; however, its psychological effects on modern day medicine were first proposed by Sigmund Freud. Music therapy avails to treat stress in a variety of ways; namely it can ameliorate mood, vitality, self-esteem and personality. Adscitiously, studies have shown that when people are deeply involved in activities that are frolicsome, physiological factors such as heart rate (HR), blood pressure (BP) and respiration rate are decremented. Factors such as the type of musical activity, time allocated to it and ancillary activities such as exercise are all factors shown to be efficacious in lowering the caliber of stress .

Attention to music may adscitiously provide placidity of mind and this may play a role in clinical practice. While music has long been apperceived as an efficacious form of therapy to provide an outlet for emotions, the notion of utilizing musical composition, sound frequencies and rhythm to treat physical ailments is a relatively incipient domain. Heedfully aurally perceiving music was withal found to be more efficacious than prescription drugs in reducing solicitousness afore surgery.

2. STRESS

In psychology, stress is a feeling of strain and pressure or any unpleasant emotion and feeling. Small amounts of stress may be desired, salutary, and even salubrious. Positive stress avails amend athletic performance. It adscitiously plays a factor in motivation, adaptation, and reaction to the environment. Extortionate amounts of stress, however, may lead to bodily harm. Stress can increment the jeopardy of strokes, heart attacks, ulcers, dwarfism, and phrenic illnesses such as despondence.

The stress replication is the body's way of bulwarking you. When working opportunely, it avails you stay focused, energetic, and alert. Through the relinquishment of hormones such as adrenaline, cortisol and norepinephrine, the caveman gained a rush of energy, which prepared him to either fight the tiger or absquatulate. That heart pounding, expeditious breathing sensation is the adrenaline; as well as a boost of energy, it enables us to focus our attention so we can expeditiously respond to the situation.

Over the last few decades, a elevating tide of studies has demonstrated the value of customarily engaging in activities that blunt the stress replication, from rumination to yoga to strenuous physical activity. Since the stress replication commences in the encephalon with the perception of stress, researchers are now looking into what may be a most fundamental, and efficacious, way to defuse stress by transmuting perception of certain types of situations so that they are not visually perceived as stressful in the first place. Studies show that availing people optically discern certain experiences such as final exams as inductively authorizing rather than dire, forefends them from the negative effects of stress while distributing its positive effects, especially focused attention and more expeditious information processing. Transmuting the stress mind set not only minimizes the effects of stress, studies show, it enhances performance and productivity. Signs And Symptoms

Cognitive symptoms- Inability to concentrate, Poor judgment, Seeing only the negative, Anxious or racing thoughts, Constant worrying.

Emotional symptoms-Depression or general unhappiness, Anxiety and agitation, Moodiness, irritability, or anger, Feeling overwhelmed, Loneliness and isolation, Other mental or emotional health problems.

Physical Symptoms-Aches and pains, Diarrhea or constipation, Nausea, dizziness, Chest pain, rapid heart rate, Loss of sex drive, Frequent colds or flu.

Behavioral Symptoms:-Victualing more or less, Slumbering an extravagant amount of or too minute, Withdrawing from others, Procrastinating or neglecting responsibilities, Utilizing alcohol, cigarettes, or drugs to relax, Nervous habits (e.g. nail biting, pacing)

3. Causes of Stress

Prevalent external causes are major life changes, work of school, relationship difficulties, financial quandaries, being too diligent, children and family and mundane internal causes includes pessimism, inability to accept skeptically, rigid cerebrating, lack of flexibility, negative self-verbalize, fictitious prospects / perfectionism, all-or-nothing posture.

4. Ways To Manage Stress –

Customary exercise is one of the best ways to manage stress. Ambulating is a great way to get commenced. even everyday activities such as housecleaning or yard work can reduce stress. Stretching can additionally assuage muscle tension. for more information about becoming more active, visually perceive the topic fitness. Breathing exercises, muscle relaxation, and yoga can avail assuage stress. These include roll breathing, a type of deep breathing. Progressive muscle relaxation. This technique reduces muscle tension. You do it by relaxing separate groups of muscles piecemeal.

Yoga, Tai chi and Qi gong. These techniques coalesce exercise and cogitation. It may need some training at first to learn them. Books and videos are withal subsidiary. One can do all of these techniques at home. In additament to practicing these skills, we might additionally endeavor some and other techniques to reduce stress, such as message or music therapy.

5. Music Therapy

Music Therapy is the clinical and proof predicated utilization of music intercessions to consummate individualized objectives inside a remedial relationship by a credentialed proficient who has culminated an affirmed music treatment program. Music treatment mediations can be intended to Promote Wellness, Manage Stress, Alleviate Pain, Express Feelings, Enhance Recollection, Amend Communication, Promote Physical Rehabilitation. Research in music treatment underpins its viability in a wide assortment of human accommodations and instructive settings. Music treatment may likewise be utilized with sound kids and grown-ups to keep up health all through life. It expands on the energy of music, utilizing music in an engaged and thought path for recuperating and for change. It is a non-intrusive therapeutic treatment intended to counteract sickness and malady, mitigate torment and stress, enable individuals to express sentiments, advance physical recuperation, decidedly influence mind-sets and zealous states, amend recollection review, and give one of a kind chances to gregarious cooperation and exuberant proximity. Optically discerned genuinely, music as treatment is both old and youthful; its underlying substrata profound and its branches customarily developing. The advancement of music treatment as a calling has been in process since the energy of music as a method of articulation was first experienced. This puissance lies in its inalienable nature and its consistency with human sentiments, feelings, and conditions of being. The conception of the energy of music is found in inditing running from that of the Egyptians and Greeks to that of the present day. An immensely colossal number of years afore the appearance of the calling of music treatment, the shaman or pharmaceutical man of many societies kened about the corrective energy of music and utilized it categorically in mending. This puissance was likewise kened to the mending religion of Asklepios, a genuine or legendary cleric medico who was doted as a demigod in Greece and later as Aesculapius, the divine force of pharmaceutical, in Rome. In established Greece, Pythagoras endorsed concrete musical interims and modes to advance wellbeing, and Plato connected music to the ethical welfare of the country in Laws, a work that contains a lovely description of music and development as a methods for re-establishing the being to wellbeing and amicability.

6. Music Therapy And Stress

The impacts of kindness and complement on human deportment have been generally apperceived. In spite of kindness at its optimal level may change beyond any doubt activity, wealth apprehensiveness contributes of the correction from asserting physical sicknesses for instance, hypertension, ulcers, skin issue, cerebral pains, arteriosclerossi ,another life-undermining diseases.

The calming energy of music is entrenched. It has an exceptional connect to the feelings, so can be a cosmically strong anxiety administration actualize. Mindfully auricularly recognizing music can have an immensely unwinding impact on our psyches and bodies, particularly moderate, calm traditional music. This sort of music can salutarly affect the physiological capacities, moderating the beat and heart rate, bringing down circulatory strain, and decrementing the gauges of hormones. As music can ingest our consideration, it goes about as a preoccupation in the meantime it benefits to investigate feelings. This assigns it can be an extraordinary profit to rumination, benefiting to hinder the mind meandering. Melodic preference shifts broadly between people, so individuals can choose what they like and what is lucky for every state of mind. Be that as it may, regardless of whether they don't ordinarily mindfully auricularly perceive traditional music it might be worth giving it an undertaking while winnowing the most quieting music. At the point when individuals are exceptionally worried, there is an inclination to sidestep effectively mindfully auricularly observing music. Maybe it feels like an exercise in futility, not profiting to accomplish anything. In any case, therioies and looks into have set up that efficiency increments when push is lessened, so this is another region where individuals can increase galactic prizes. It just requires an infinitesimal push to begin with. To join music into a determined life, try playing CDs in the auto, or put the radio on when in the shower or shower. Bring compact music with you while ambulating the canine, or put the stereo on in lieu of the TV. Singing (or yelling) along can withal be an awesome surrender of pressure, and karaoke is exceptionally tasty for a few outgoing individuals! Quietening music in advance of sleep time advances peacefulness and unwinding and profits to incite sleep.

7. Review Of Literature

The effect of apprehensiveness and accentuate on human demeanor have been widely apperceived. Albeit stree at its optimum level can engender positive action and excess stress contributes to the development of physical ailments such as hypertension, ulcer, headache and other lif ethreatening disorders additionally.the role of music therpepy and instruments mode of coping avails to reduce stress and provide a better option to deal with these threats.

Robert L. Newton (2013) conducted a study on effect of music on human stress replications and found that music heedfully auricularly discerning impacted the psychobiological stress system. Heedfully auricularly discerning music prior to a standardized stressor predominantly affected the autonomic nervous system (in terms of a more resilient recuperation), and to a lesser degree the endocrine and psychological stress replication.

Amy Novotney (2013) conducted a study on music as medicine on premature babies of 32 weeks of gestation and she concluded that music slowed baby's heart rate, incremented the duration babies stayed alert and music therapy withal reduced parent's stress

John S, Verma, SK and Khanna, GL(2012) conducted a study on music therapy on salivary cortisol in reducing precompetition stress and its effect in shooting performance and the result concluded that four weeks of music therapy has an effect on hypothalamic pituitary adrenal- axis by decreasing the level of salivary cortisol as a reliable physiological marker of precompetition stress.

Sharma, M and Jagdev, T (2012) conducted a study on use of music therapy in enhancing self-esteem among academically stressed adolescents. Results revealed that music therapy enhanced the self-esteem of adolescents.

J. Rapp and M. Lanovaz (2011) found in their study on effects of music on vocal stereotypy in children with autism that non contingent access to music immediate engagement in vocal stereotypy for children with autism.

M. Thaut (Ph.D) and G. McIntosh (M.D.) (2010) conducted a study in which they concluded that music therapy can retrain auditory perception, attention, recollection, and executive control (including reasoning, quandary-solving, and decision-making).

Dr. S. Tameem Sharief and M. Kotteswari(2010) conducted a research on job stress and its impact on employees performance and the result of the study reveals that both the male and female employees are experiencing stress in their work place. irrespective of the age majority of the employees concur that the job stress is affecting their job performance.

Dr. cheng Kai Wen (2004) conducted a study on stress source among the college student in Taiwan and he found that male students feel more vigorous stress from family factors than females ones.

Suzzane B. Hanser(1985) conducted a study on music therapy and stress reduction and she concluded music acts a sedative in reducing the effects of ANS during stressful situations and withal relaxation of body and encephalon.

8. Rationale Of The Study

The research have been done on the role of music therapy in stress reduction among young adults. Indian has its own tradition of different style of music i.e- classical music, folk music, instrumental, contemporary etc. and many researches have been done to explore the effect of different raags, tones and vibration on mental health. As stress is the main cause of many psychological health problems hence in this study role of this music therapy is considered as a medicinal tool to cure these mental issue. Especially classical music is considered to be healing therapy in the form of Naad Yog to reduce their mental stress. As in psychology it is believed that stress causes anxiety and hence leads to depression and it is known that music therapy can reduce stress therefore this topic is taken. This study explores that how music and music therapy is used as a healing tool and help people to understand the importance of music in maintaining their psychological health. This study would also be beneficial for further researches on this topic.

9. Conclusion

From this study and the various researches explored in this study it is concluded that music have a very strong connection with the mental state of a person and harms like stress and other psychological disorders can be cured using music therapy as a healing tool. Furthermore studies will be planned for the next semester of mine in which the researcher will be planning to collect the data and establish the relation between the role of music therapy in stress reduction..

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