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**A STUDY ON MUSIC THERAPY- UNDERSTANDING FROM  
PSYCHOLOGY PERSPECTIVE.**

**Submitted by**

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## ABSTRACT

*I tried to travel in a circle and make sure I got every perspective of this dilemma by highlighting some of the main topics in this paper. I made sure that I got most the information related to this paper. Music therapy is a branch of mental health care to help physical health and emotional through the use of listening music, or other music-related activities. Music therapy is an evolving field that has more to do with health benefits and manages your stress and helps a person heal and helps them cure from deadly diseases like cancer and many more health benefits.*

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## CHAPTER 1:

### INTRODUCTION TO THE PAPER

**INTRODUCTION :** The earliest known reference to music therapy started in 1789. It was an article in Columbian Magazine titled Music Physically Considered. The first music therapy invention & systematic experiments in music therapy were conducted in the 1800s. The writings on the therapeutic value of music appeared in two medical dissertations, the first published by Edwin Atlee (1804) and the second by Samuel Mathews (1806). Atlee and Mathews were both students of Dr. Benjamin Rush, a physician and psychiatrist who was a strong proponent of using music to treat medical diseases. The 1800s also saw the first recorded music therapy intervention in an institutional setting (Blackwell's Island in New York) as well as the first recorded systematic experiment in music therapy. (Corning's use of music to alter dream states during psychotherapy). Then later on the American Music Therapy Association was formed in 1998 as a merger between the National Association for Music Therapy. The mission or goal of the American Music Therapy Association was to publish advance knowledge about the benefits of music therapy and to increase access to quality music therapy services. And to help people cure or recover from their diseases. Music therapy involves a connection to music to encourage positive changes in mood and overall behavior. Music therapy can include creating music with instruments, singing, or just listening to it. Music has powerful effects on the mind. Different styles of music can have a different effect on a person's mind very quickly, and it can help them experience and process a wide range of emotions, from happiness to excitement, as well as sadness, calmness, and thoughtfulness. This paper we understand what music therapy is about and its psychological aspects, how it can help and improve mental health, and its effects on different mental health conditions are mentioned in below lines. Music therapy may involve: hand-hammered therapeutic singing bowls are placed directly on the body for a gentle sound massage. The vibration of the bowls on the body, coupled with the focusing of attention on the tones, allows the person to immerse themselves into a meditative state and deep relaxation.

### OBJECTIVES OF THE STUDY.

- To understand and recognize psychological perspectives on music therapy and its benefits on mental health.
- To study and understand about the different frequency and Hertz.
- To know the important factors about healing and that healing is a must.

### SCOPE OF THE STUDY

The scope of the study music therapy is to know self and get connected with self and mainly help people who are suffering from serious mental health issues like stress, anxiety, depression, substance abuse and many more mental health issues. The scope of the term paper talks about the people who are suffering from many mental disorders and how can we help them heal through sound healing.

## **RESEARCH DESIGN**

My research study titled 'A study on music therapy and its psychological perspectives on human mental health and its positive impact and its benefits on mental health. Understanding from psychological perspective. I have followed the process as listed above in carrying out the research study.

## **RESEARCH METHODOLOGY**

My research study titled music therapy and its benefits on human mind, is prepared from both primary and secondary sources of information or data by surveys article journals and books published works to understand the problems and benefits in depth.

## **LIMITATIONS OF THE STUDY.**

- The study was conducted in a short period of time.
- Respondents many not have provided honest responses since they are humans and are subjected to change.
- Personal bias can found.

## **CHAPTER: 2**

### **MUSIC THERAPY & EMOTIONS**

Music therapy can help decrease stress, anxiety, depression, child hood trauma, Alzheimer and schizophrenia. Music therapy may help us from are addiction and substance abuse if a person is facing substance addiction disorder music therapy would help that person to get out of there addiction. Research has shown that it can increase motivation and increase self-esteem, decrease anxiety, improve self-awareness and connections with self and high frequency music causes our brains to produce chemicals like dopamine and serotonin, which evokes feelings of joy, whereas calming relaxes the mind and the body and instant adrenaline rush is produced. Research as shown the benefits of music therapy on various health conditions even deadly diseases like cancers can be healed to extant using high frequency music. It helps us to get connected with the mind and control are emotions resulting in physiological changes, includes: improved respiration lowers blood pressure improves cardiac output. Music stimulates oxytocin a hormone related to positive feeling, or a happy feelings. It would be great to hear from some one who has been observed a negative wellbeing and as changed from a negative to positive wellbeing. The chapter focuses on the relationship between music and emotion the therapy generates and receive patients emotional responses to music in music therapy. The first session begins with some general background music therapy and how connection with emotions are observed in clinical practice. This study shows that investigation on how music therapists are able to judge the intended presentation of series of basic emotions by listening to short improvisation frequency. This sheds the light on the complex range of emotions within the more natural interplay or the patients and therapist improvised music. In the final section, the therapist explores this world of co-created music with patients in this music therapy the early infant development and elaborating on the connections between musical and on are emotions increases on within self. Music could change are emotions, could have an influence on our mood and affect on our mind and health. Music therapy is one of the oldest methods to treat deadly diseases. Since music therapy is proved to be the helpful approach. The music is proposed to combine the process with the real human based emotion are been recognised. By this we can identify the users current emotional state and based on their neuro feedback the music is adjusted to the patients needs. The proposed emotion have been recognised the real time emotions like fear, frustrated, sad, happy, pleasant and satisfied depending on the individual. Arousal-valence emotion, it has the potential to recognize all emotion that could be called has the second dimensional model. In this paper we proposed general enabled music therapy algorithm it allows the person to adapt the therapy to predefined time of the treatment and adjust the music session to the current emotional state of the person. The first concepts and theories developed by music theories and music psychologist in order to explore the meaning in music as artform, in contrast to music as therapy, concluding with exploration of the similarities and distinctions between music improvisation. The second part explores the relationship between music and human emotions, and the third part draws concepts from psychodynamic theory into music therapy sphere in order to explore meaning, scope and verbal meaning in music therapy. By extensively from current literature on music and development psychology, music therapy, psychotherapy and music therapy. The therapist enables the person to hear and

experience themselves through sound. Music and emotion in form is useful for clarifying the fusion or interface between music and emotion. In the therapy the person organises and experiences the elements of pitch, rhythm, melody, harmony, dynamics and timbre as a statement of themselves in the world. The ultimate goal is to facilitate the process of connection to which psychologically and spiritually significant for the patient, thereby transforming experiences of suffering into those of a meaning.

### **CHAPTER: 3 MUSIC THERAPY & IT'S DIFFERENT HEALING FREQUENCIES**

174 Hz- This frequency releases relieves pain and heals sick auras. It can reduce back, lower back, foot & leg pain it also helps in take care of migraines and stress, It soothes the brain tissues and evokes feeling of courage, love, empathy the Hz targets the chakras and heal the body parts

285 Hz- Heals tissues and organs.

396 Hz- This sound helps is said to remove one from fear and guilt while also helping in balance the root chakra to help you feel more grounded. It also known to turn grief into joy.

417 Hz- Listening to this sound facilitates change on physical body. It's also know to dissolve feelings of childhood trauma.

528 Hz- Transformation and DNA repair.

639 Hz- Reconnects the person and produces positive feelings and harmony with self and builds a better connection with self.

741 Hz- Listening to this level of frequencies allow a person to identify the true self in new ways. It also improves emotional stability.

852 Hz- This helps a person connect to intuition and other spiritual realms. It might prevent from over-thinking and delving into negative taught helps the person to move into a new level of spiritual awareness, Helps to replace negative taught into positive ones and a lot of inner strength.

963 Hz- This frequency helps look inside within and helps connect with inner self and attain highest vibrational state. And helps awakening the intuition and activating pineal gland and also called pure miracle.

1000 Hz- In this high gamma range has a healing effect on the body, The frequency used here should be listened in high watts speaker.

HIFC is a cancer that is treated by high frequency sound waves . The sound wave is produced by a machine which delivers a strong beam to a specific part of the cancer cells. This heats and destroys the cancer cells.

### **CHAPTER: 4 MUSIC THERAPY & IT'S HEALING POWERS**

Healing is process to attain liberation, It's so important in life because a person who doesn't heal from their past events will be carrying the unhealed part of them through out their life and effecting other parts of their life. Once a person starts healing their mind becomes sharper, and their spirits are uplifted. When a person undergoes healing their equipped to help others heal in the process. A person speaks about love and light in the places of trauma and despair. Music has a powerful effects on the mind, different styles of music can have significant effect on a human mind very quickly, and it can help them experience and process a wide range of emotions, happiness to excitement, as well as sadness, calmness, and thoughtfulness. Sound healing uses the aspects of music to improve physical and emotional health. Music therapy may involve: hand-hammered therapeutic singing bowls are placed directly on the body for a gentle sound massage, the vibration of the bowls on the body, coupled with the focusing of attention on the tones, allow the person to immerse themselves into meditative state and deep relaxation. In depth we talk about the mental illness a person is facing and help them heal through sound healing. The four types interventions in healing are.

- Promoting stimulation or relaxation
- Facilitating memory or reminiscence.



- Developing auditory skills
- Enhancing mood and reducing stress related disorders.

Healing helps a person to create awareness towards human emotions and helps express ones feelings in a proper way. There's a awareness created to think and act according to stressful situation and provides the knowledge to manage stress. Healing is a unpredictable process which contains new self or better awareness than before and hole new level of transformation and interpretation of life.

## CHAPTER: 5

### MUSIC THERAPY AND IT'S IMPACTS ON METAL HEALTH

Music therapy and its psychological impact on human mind. The healing power of music has acknowledged in all forms of music, Music therapy can be described as the use of music in therapeutic manner in order help and improve mental health. music therapist uses music and help the patients improve their physical, emotional, mental, social, aesthetic, and spiritual well-being and their mental health. The main impacts on metal health are music changes the brain setting. It engages and activates cognitive, motor, and speech in the brain, it facilitates neuroplasticity, It has a positive influencing quality of life and its overall functioning. It has a outstanding effects on human brain development as well as cognitive and memory development. Music therapy can reduce a patient's anxiety level, improving the mind and reducing depression, It can be great mood booster by helping the person its positive effects on emotional well-being, improve in the mood and able to manage stress, improve confidence, communication skills, awareness and improved attention. Our brains are developed in such a way at an early age to respond or process to melodies better. That is the reason it acts has a powerful medium to confuse are brain and distracts our mind, body and the brain alters are mind and also influences are action when used it proper manner it can make are life better by removing the negative aspects of are life it can help us concentrate better sleep well and also can solve cognitive knots or deficiencies in brain. It may also help us heal and re-develop. The muscles in the body react quickly to beat in an automated manner without thinking. Listening or singing playing instrument can also use the same neural connection which are used while speaking. Hence, music therapy can be effective to help a child in their developing age communication better or stroke patients to talk again. It is used to also treat anxiety, depression, trauma, self correction, PTSD, insomnia, autism, Asperger syndrome, Alzheimer's disease it can help with memory, lower blood pressure, improve coping reduce in stress and anger management, improve self esteem and treat cancer. Music has powerful effects on the mind, different styles of music can have a significant effect on a person's mind very quickly, and it can help them experience and process a wide range of emotions.

## CHAPTER : 6 FINDINGS FROM THE INFORMATION

So, to collect data I had used the method of survey that is a person to person survey to know if music therapy as an impact on human mind.

Total of 10 respondents was taken into the survey and interviewed to get answers and other data are obtained mainly from journals articles etc.

### Questions asked

- 1) Have you ever had mental health issues like anxiety or depression?
  - Yes
  - No

Out of 10 respondents all the respondents had one or the other similar issues like this.
- 2) Is it ok to have such mental health issues ?
  - Yes
  - No

Out of 10 respondents all the respondents told no to have such issues.
- 3) If no what is the first thing we got to do?
  - Heal
  - Or ignore

Out of 10 respondents all the respondents choose to heal.

- 4) How do we heal?
- By taking medicine.
  - Or attending a music therapy

8 out of 10 respondents choose to take medicine and heal and rest choose to attend music therapy

- 5) What is a music therapy?
- Is it a therapy which we need to go under a medication.
  - Or is it a therapy which needs no medication.

7 out of 10 respondents taught music therapy is a therapy which we under go medication.

- 6) What will you do from now if you have bad mental health?
- Go doctor and not heal
  - Or go to a music therapist and heal.

All the respondents choose to go to a music therapist and heal.

As the finding here clearly suggest that according to the respondents most of them want to heal and have a healthy mind set but most of them are not aware that they have a issues and even if some are aware they don't how to heal and they need to be educated about identify their issue and try to heal from it as soon as possible.

## CONCLUSION

As the data obtained from the research mainly shows that most of them ignore their mental health and some of them don't know what's that and some of them think it's normal to have these issues and some them who can rectify their issues don't know what's healing and some of them who knows don't know how to heal and maintain a healthy mindset. This is the reason why people lack of having healthy mind set. And most of them are unaware that healing is must.

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