



MUSIC THERAPY AND ITS IMPORTANCE TODAY

Abduvahobov Abdushukur

Master Student, Uzbek State Arts and Culture Institute
Folk Art: (Instrumental Performance) 1st Stage

S. Turatov

Scientific Adviser, Docent

Annotation

The article describes the origins of music therapy used in developed countries and how it is used today, as well as the benefits of music therapy in Uzbekistan for some diseases of the human body.

Keywords: music, therapy, ideas, development, individual, group, treatment, seminar, music collections, diseases, pediatrics, conclusion.

Introduction

Music is an aesthetic phenomenon. Aesthetic events and artistic images are wounded by the emotions a person experiences. Aesthetic units in music, such as melody, timbre, melody and rhythmic pulsation, give music an attractive power that influences the world of human consciousness and emotions. As members of modern society, we often encounter situations in our lives that can be comforted only by music. As we listen to music, depending on our mood and current situation, we feel a sense of confidence in life in depressed situations, support in sad situations, concentration of thoughts during reading or research and a kind of encouragement in some way through tones. Music influences our mood and in a sense, educates us. Recognizing the impact of music on the human mind, it can be said that music has the power to affect not only the human senses but also the body.

The use of music rhythms and tones to treat certain diseases in human health is still used effectively as music therapy in most developed countries.

Thoughts about music therapy began to develop thousands of centuries ago. According to music therapist Rolando Benenzo, "the use of music to influence the human body was first recorded in Egyptian medical papyri dating back to 1500 BC." Greek philosophers Pythagoras, Aristotle and Plato all noted the healing power of music. The Greek scientist and philosopher Pythagoras was one of the first to mention in his works that music has a significant effect on human mental and physical condition. According to him, "if one listens to beautiful rhythms and songs, such a person begins his music





education with melodies and rhythms, his morals and passions are healed and the first harmony emerges, his spirit is strengthened." After Pythagoras, Plato and Aristotle identified four forces of music.

1. Arousing emotions
2. Giving joy
3. Propensity for moral qualities
4. Intellectual development.

In addition, the 12th century Armenian physician Mkhitar Geratsi noted that music therapy is an effective tool and can have a positive effect on human health. However, Abu Ali ibn Sina was one of the Eastern thinkers who found a cure for psychological, heart and many other diseases in humans through music. There are opinions about. Given the views of Pythagoras and medieval scientists and physicians who lived and worked in the 580s BC, the hypotheses of music therapy have been shaped over the centuries.

According to sources, the first serious notes on the use of modern music therapy date back to the XVIII-XIX centuries, when the French physician Eskirol began to introduce listening to music in psychiatric hospitals. The doctor relied only on his intuition, but later the therapy had a solid scientific basis. In 1891, the St. Cecilia Guild began using music to treat a large number of patients in London hospitals. Led by musician Frederick Harford, the guild choir, consisting of three singers, two violinists and a harp, continued to research patients by performing music throughout the hospital. Musician Harford began reporting the changes in patients through various magazines. However, for unknown reasons, these studies will be suspended. During World War I and World War II, listening to music for wounded and active British soldiers began to serve to stabilize the mental health of the military and at the same time music therapy developed as a profession. "The goal of the first music therapists was to maintain the mental health of the military and war veterans."

To date, not everyone in our country knows how to treat people, such as music therapy. However, this field has long been used in almost all developed countries. Music therapy is a wide-ranging field that offers great ways to get rid of not only emotional stress, but also many physical ailments. So how does music therapy help patients?

Music therapy can be done individually or in groups. There are other ways to increase the effectiveness of the background music. These techniques are used to deal with various emotional disturbances and to overcome some fears. Music therapy is also widely used to treat some serious illnesses, such as neurasthenia, neurosis, insomnia, psychosis and schizophrenia, heart disease, ulcers, bronchitis, genitourinary and



nervous system problems and gastritis. This is especially helpful for patients with drug allergies. Unlike other therapies, music therapy treats patients directly by affecting their nervous system, mental activity and psyche. In some diseases, music therapy does not guarantee the desired result, but it helps to reduce the amount of medication taken and to achieve an analgesic effect.

The tone used in music therapy depends on a person's character and way of life. Depending on the type and severity of the illness, the music therapist will determine what music has an impact on the patient and perform routine treatments. "Each treatment lasts from 15 to 30 minutes, and the number of treatments per day is determined based on the patient's condition and the results obtained. In general, a course of correction using such therapy may include:

1. Emotional freedom.
2. Regulate the emotional state.
3. Fighting personal problems.
4. Reduce stress levels.

Also, some music compositions can help fight some physical ailments. Music has a direct effect on various systems of the human body: the respiratory tract, the activity of the nerves, the contraction of the heart, relaxation or muscle tension. Emotional changes occur as a result of therapy. Example: An anxious person begins to calm down. It turns out that high heart rate and high blood pressure are reduced by listening to music.

Music therapy is a good type of treatment for neuroses, the regulation of psycho-vegetative reactions. Calm musical works lead to the normalization of the emotional background, help to form new communication skills, socialization, new strategies and ways of life. Music therapy corrects a wide range of moods, but in severe disorders it becomes an auxiliary function. Sometimes music therapy is not recommended at all in patients with severe and acute psychotic conditions. The reason is that music forces them to immerse themselves in their images and fantasies, which worsens the condition of a critically ill patient. Work on the emotional components should be started only after the patient has stabilized.

Music therapy is an ideal treatment for patients with depression, but medications can be used to manage severe depression. The following types of music therapy are currently available:

Experimental - deals with the study of different musical effects on patients.

Used for clinical, prophylactic and therapeutic purposes.



Integrative - in combination with other forms of therapy related to art (dance, painting, etc.).

Thematic - based on the plot and a lecture on a specific topic

Background - music is used as a background during psychotherapeutic activities.

Active - the patient gives rhythm to the music, plays musical instruments, sings.

Recipient - the patient passively listens to a piece of music or its individual phrases.

Treatments during music therapy usually do not last long. Sometimes a piece of music is enough. Basically, the treatment lasts 5-30 minutes, after which the specialist offers to discuss the impressions. The total number of treatments depends on the patient's condition. Ensembles or solo live music without hearing aids make the treatment fun and effective for the patient. It takes more time to treat with group therapy than with individual therapy. That is, it takes a long time to choose music, to get acquainted with the general problems of patients, how the disease progresses and to establish a relationship between the patient and the therapist.

One of the benefits of music therapy is that it can be used in children. Harmless, inexpensive and easy to use, music therapy is a great solution to many families' problems. The structure of the child's brain is sensitive to any stimulus. Vibration and rhythm affect the physical and emotional levels, harmonizing many processes in the body. Sensitivity of the child allows you to monitor the functioning of the organs, the emotional state. Music therapy is especially helpful for children suffering from oxygen deprivation. The peculiarities of their brain structure do not provide the necessary production of enzymes, but music therapy helps to increase their production activity. This fact has been confirmed by many researchers. Due to the strength of the sensory organs in children and the demand for any information, it is possible to positively develop changes in the child's mind and health through music. This requires the music therapist to choose the right music collections and to master the profession.

In short, music therapy today plays an important role in the treatment of many diseases of the nervous system, cardiovascular system and many other countries. Everything is simple! the vibrations of music resonate with the vibrations emanating from the human body, as well as from its individual systems and cells. This allows the body to heal itself. In order to prevent various drugs and their side effects, to treat patients with disabilities and mental illness, many developed countries have established music therapy clinics, which specialize in several universities. Will study in specialties. In addition to psychologists, neurologists and therapists, music therapy clinics employ music performers, as well as other artists, dancers, actors, artists and other professionals. Because music is so important in human life, both mentally and



physiologically, patients treated with music therapists are able to alleviate not only their illness but also their mental pain.

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