

Role of Music in Reducing Stress and Anxiety in Medical Patients

Dr. Sakshi Sharma

Assistant professor, Department of Music Vocal, Govt. college for girls, Patiala

Music is one of the best remedy to heal and transform lives. It can evoke emotions, memories, and create a sense of connection with others. Music therapy is a form of therapy that uses music to address emotional, cognitive, and social needs, has been found to be effective in reducing symptoms of stress and anxiety. Music therapy can also help to improve safe and judgmental space for individuals to express themselves and connect with others. These days music therapy is one of the techniques which are showing significant effect on health issues.

Keywords: music, reducing stress, anxiety, medical patients

1. Introduction

As we are living in 21st Century, mental health problems are increasing day by day and have become matter of concern for people of all age groups. Mental health has affected millions of people all over the world. Anxiety and stress are two mental health problem worlds wide. Music has played an important role to solve many health problems. Music acts as a therapeutic tool which can play significant role to improve mental well being of patients.

Most of us feel mood change with certain songs instantly after listening Music. Sometimes if a person has stress or anxiety it helps in calming out stressful day. Music interacts with brain's different parts which fulfills emotional and memory needs of a person. When music relaxes the mind our brain releases certain chemicals called dopamine commonly called "happy hormone". Music is a medicine of anxiety or stress to reduce boredom in life. Music decreases the production of cortisol – the hormone produced when any person feels stress.

Music has different kind of effect on everyone and different type of Music has different calming properties. Many times we see that Gym, Yoga classes' spa saloons plays very smooth and soft music because it increase meditative state and helps to decrease breathing and heart rate which reduces anxiety & stress. There is fast music also which also decrease the stress & anxiety level by gearing up the mood. Sometimes upbeat music also reduces the stress & anxiety of patient. Music increases the production of endorphins, which is a natural pain reliever in our body, beneficial of our emotional state.

Choice of music depends person to person so music therapy also varies from individual to individual. Some likes soft music & some likes fast music. It is really a stress buster for all the patients.

Music Therapy

For Music therapy there is no need of nay specialized music trainer. Some Simple music tips in our life can heal the level of anxiety & stress.

- 1) Sleep time Music:- Very beneficial for the better sleep specially for them who are not able to have sound sleep or have any other mental problem.
- 2) Favorite music Melodies:- Music can change the mood of the patient & releases in built tension.
- 3) Meditation:- Music helps to guide us into a more relatable state of mind which is very helpful to decrease the level of anxiety & stress.

usic therapy is significant as an intervention for decreasing stress & anxiety in medical & mental heath care settings. All over the world music provides calmness & relaxation. Music therapy consists of special qualities of music in a therapeutic relationship with a music therapist. Many studies show that the activities which are performed in group leads to positive feeling of a great bond. Music therapies are given by trained music therapist also which are licensed & qualified; they give music therapy to patients according to the level of stress & anxiety. Music activates the brain for relaxation & happiness. It reduces the negative thoughts & feelings such as worry, anxiety, restlessness or Nervousness. Singing along music can also be part of music therapy. Guided imagery with music can be part of music therapy. Music can improve the quality of life of a patient. Music helps to reduce both sensation & distress of both chronic pain & post operative pain.

Objectives of the Study:-

To study the role of music in reducing stress & anxiety of medical patients.

2. Methodology:

The present paper discusses the role of music in reducing stress & anxiety among medical patients. The findings of this paper are based on the results of the previous studies.

Music therapy is one of the most emerging therapeutic tools in managing diverse diseases. It extends the well being of patients by improving their over all health. Music therapy provides a holistic method for the treatment of patient. It enhances the physical, mental & emotional aspects of an individual. With the help of music, patients become cooperative with others also. It reduces stress & improves resilience ability at the time of sickness.

Music therapy in patients of Anxiety & Stress:-

Music therapy is an integrated process which decreases the physical & emotional burdens of patients. It is non-pharmaceutical method to decrease the stress level in patients of cancer; anxiety & stress. Patients feel relaxation & comfort during the treatment of patient. These days because of so many tensions in life, family problem, financial problems leads to anxiety & stress. Even the children are facing these problems. Technology is also one of the reasons in this time. Music therapy helps to bear the pain in life. Music therapy can extend beyond physical ailments to encompass cognitive & emotional well being. Rhythmic elements &

melodic elements of music enhance the neurodegenerative changes in body. As a result patient feel good & better recognize the past events & personal memories.

Music therapy is a great tool to access the avenue for addressing the reasons for stress & anxiety. It may require verbal approach of emotions. It provides non-invasive & relaxed mode of emotional explored moments. Patients with music are able to express themselves in a better way which may be they are not able to speak. They found inner self by listening to music patients can adapt methods of emotional resilience, do not feel lonely & helps in their recovery.

According to American Music Therapy Association Music therapy is the clinical & relevance based use of music interventions to accomplish individualized goals with a therapeutic relationship by credentialed professionals who has completed an approved music therapy program.

Music therapy is considered as healing approach as it helps to reduce the anxiety and improves the mental state of patient suffering from a long time. Realization of music as contemporary psychotherapeutic approach in medical practice started after the Second World War in 20 century which provided the different training sections & establishment of different 2 bodies all over the world. Anxiety & stress leads to imbalanced emotional state because of fear of uncertainty, lack of attentiveness, insomnia & restlessness. Globally 154 million people are affected by this anxiety & stress. Stress & anxiety disorders are common psychotic conditions that are normally disregarded.

3. Discussion

Music therapy is active approach that helps the patients to solve a problem, extend the depth & breadth of inner experience, understand inner self & strengthen the ability to observe personal roles while increasing flexibility between roles.

The result is an active, experiential process that drawn on the person's capacity to solve the problem utilizing its central means of accessing & expressing feelings, gaining insight, practicing successful approaches to difficult situations. It has its roots in mental health therapy.

Music therapy applies techniques for Psychotherapeutic healing. It emerged as a field in late 90s from hospitals & community program where it was used for the patients & later integrated with improvisation & process music method. While much music therapy aims at helping people who are in therapy, therapist has extended their applications beyond clinical contexts to enrich the lives of at risks individuals, to prevent problems, to enhance the wellness of healthy people. Many of the skills for such extensions require a measure of training psychological training as well as strong basis in counseling centre & hospitals.

Just as psychotherapy treats people who have difficulties with their thoughts emotions & behavior, music therapy uses different kinds of music to help patients to understand their thought & emotions better to improve their behaviour. Music therapy can be conducted individually or on group also or even as in family also. It can be found in a wide variety of setting with different kind of patients.

Music therapy is modality emerged from the interacting of art, creativity and psychotherapy. It uses different modes of media to express internal images, feelings, thoughts & sensations to

concrete form. It provides opportunity for non-verbal expression & communication, which can assist in improving the patients' functional abilities & resolving emotional issues. The use of music therapy implies that the creative process can be means both of reconciling emotional conflicts & of fostering self awareness & personal growth.

Now a day's music therapy has continued to evolve & became a recognised profession. It is based on idea that creative process of healing & life enhancing & is form of non-verbal communication of thought & feelings. It is therapeutic use of professional relationship, by people who experience illness, trauma or challenges in living, and by people who seek personal development. It is used to encourage personal growth, increase self understanding & to assist in emotional reparation & has been employed in a variety of settings with children, adult, families & groups. It is a modality that can help individuals of all ages create meaning & achieve insight find relief from over whelming emotions, resolve conflict & problems enrich daily life & achieved an increases sense of well being.

Steps in Music Therapy

- 1) **Assessment:-** Assessment often comes at the beginning of music therapy which is done by therapist with patient to find out what the patient is going through & to gain information that he or she way wish to find out about patient.
- 2) **Treatment in the beginning:-** During the first session therapist establish a good support with patient because it allows the development of relationship. Then therapist make patient comfortable & began development goals as well as to reflect initial reactions that can be altered.
- 3) **Mid phase treatment:-** It is difficult to know that treatment has moved from beginning portion to mid phase because each individual have different level of stress & anxiety & time taken by each individual is also different.
- 4) **Termination:-** Termination is generally decided upon when the therapist or patient realizes that the therapy is finite. It is very important part of therapy process.

Music therapy is mental health profession that uses creative process to reduce the anxiety & stress of patient & enhance their mental, physical, emotional were being. It develops interpersonal skills, reduces stress & increase self-esteem & achieves insight.

4. Conclusion:

Music therapy has benefited all areas of health care system. Music therapist should be very careful of over or under reliance on verbal amplification by the patient. Music therapy fosters use of both sides of brain. It is an experiential approach which helps to reduce anxiety & stress. It increases flexibility. Although music therapy is not cure for any mental health conditions it can be effective & enjoyable tool for reducing symptoms of anxiety & stress.

Music therapy offers people a creative & accessing way of expressing their feelings & processing their experiences. Music therapy also has numerous other benefits, expanding knowledge & cultural awareness & improving cognitive skills such as memory.

References

1. Benefits of Music therapy in Physical & Mental Health, HDFC ERGo Team. July 2, 2024.
2. Hanser SB. Music Therapy and Stress Reduction Research. *Journal of Music Therapy*. 1985;22(4):193–206. doi: 10.1093/jmt/22.4.19
3. Official definition of American Music Therapy Association [AMTA] <http://www.musictherapy.org/about/quotes/>.
4. Umbrello M, Sorrenti T, Mistralletti G, Formenti P, Chiumello D, Terzoni S. Music therapy reduces Stress and anxiety in critically ill patients: a systematic review of randomized clinical trails: *Minerva Anestesiol* ; 2019, 85: 886-898. doi: 10.23736/ 50375-9393.