



**FEATURES OF MUSIC THERAPY AS A TYPE OF SOCIAL
REHABILITATION AND ITS INFLUENCE ON THE
PSYCHOLOGICAL STATE OF A HUMAN**

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ABSTRACT

the article examines the features of music therapy as a type of social rehabilitation and its influence on the psychological state of a person, explains the features of the reaction of the human body to certain sound stimuli, or rather, from listening to music. And also the application of this method in various situations in which help is needed. The work will outline and develop practical recommendations for the application of this method of rehabilitation in the process of organizing the recovery of elderly citizens and disabled people in social welfare institutions that use music therapy methods.

KEYWORDS

music therapy, music, social rehabilitation, social assistance, psychology.

Introduction

In modern society, there are many social problems that require new solutions. One such method that has a positive effect on people is music therapy. This is a new direction in social rehabilitation. Due to the fact that music is able to evoke positive emotions, helps to survive some difficult moments and sometimes removes their stressful conditions, this direction has become more often used in various social assistance institutions.

Sound waves are a physical phenomenon that occurs in various aggregate states of matter. From the very beginning of the origin of life on earth, man was surrounded by sounds of various kinds. As such, there was no music yet, but there was the singing of birds, the murmur of water or the rustling of leaves. Thanks to this experience, a person began to perceive sounds in different ways. For example, a cry is a signal for help or alarm. And the sounds of water are soothing.

It can be assumed that sounds of different frequencies affect the human condition in different ways. This is directly related to the rhythms of the brain. Receiving audio information through the hearing organs, the brain analyzes it, comparing it with its own rhythms. Each person has a different rhythm. Because of this, each person has their own preferences in music. With age, the functioning of processes in the brain slows down, and a person ceases to perceive fast rhythmic music, preferring more calm and measured compositions. And all because the brain does not keep up with the processing of rapidly changing information.

Music therapy is a method of healing effect of music on the human psyche. It suits absolutely everyone. Turning to history, we can say that this direction of rehabilitation with the help of various sounds was formed not so long ago. Even in the distant past, it was noticed that the sounds of musical instruments can affect a person in different ways. Usually, this type of therapy was chosen for relieving tension and stress, for meditation and relaxation. But for the first time, treatment with the help of music began to take shape only in the 1950s in the United States to soothe the mental and physical wounds of war veterans. In Russia, for the first time on the periphery of the 19th and 20th centuries, in the publications of V.M. Bekhtereva, I.M. Dogel, I.R. Tarkhanov, conclusions were drawn about the beneficial effect of music on the central nervous system, respiration and even blood circulation. Later, the American (1971) and Australian (1975) music therapy associations were created.

There is a separate specialty for those who deal with this matter - music therapists. They provide assistance to people of all ages and with any characteristics, and also help maintain the well-being and normal functioning of the nervous system. Such specialists work in various organizations. These can be boarding schools, PNIs, nursing homes and even hospitals.

During the healing session itself, music therapists talk to the patient and play various musical instruments. Listening to music or singing is also used. The recipients of social services do not necessarily need to know how to play instruments or know how to read music.

The most common methods used for therapy are:

- writing songs for patients or with patients;
- singing and vocal lessons;
- improvisation;
- playing musical instruments or creating electromusic.

Music therapy can be divided into several types:

- 1) Clinical: includes the treatment of psychosomatic disorders, pathological syndromes.
- 2) Wellness: most often used to relieve stress and fatigue, to increase efficiency and activate a person's reserve capabilities, restore general health. And also to increase mental activity and social adaptation.
- 3) Experimental: based on the search for new music therapies, testing them and identifying the most effective

There is also a division according to the form of therapy: active and passive.

Active - self-inclusion of the patient in the process.

Passive - a person is immersed with the help of special music in a certain emotional state, which helps to survive the difficult moments of his life, to get relaxation at the time of playing music. This can have an impact on the psychological sphere, on the patient's attitudes and thereby make adjustments to his worldview.

The division also occurs according to the goal pursued.

Physical goal: this includes playing musical instruments, adjusting breathing, singing voices. All this requires the expenditure of physical strength, albeit minimal.

Cognitive Goal: Achieved through concentration and memory, which are essential for musical activities such as playing instruments, singing, and listening.

Emotional goal: music also affects our inner state, helps to calm down, penetrate into the soul and heart.

For example, a girl who was undergoing rehabilitation after an accident chose playing musical instruments as a method of music therapy, or rather, learning the guitar. He helped her significantly

restore her physical abilities, improve fine motor skills. It must also be taken into account that this was her only instrument of physiotherapy treatment.

Music therapy with the disabled or the elderly is the most effective method of rehabilitation, the main purpose of which is to reproduce the state of muscle relaxation and mental calm. This activity allows you to relieve emotional stress, delve into your own emotions, and also have a positive attitude towards your inner world. For this category of persons, such a method may have all the criteria for the best “medicine” in social rehabilitation:

- 1) non-invasive method (no penetration into the body);
- 2) no adverse reactions, painless;
- 3) has no contraindications;
- 4) does not require a special doctor's prescription;
- 5) does not require supervolitional efforts from the patient.

Psychologists, psychotherapists, teachers, social workers, social work specialists can conduct music therapy sessions.

A special connection develops between the patient and the music therapist, which helps them to feel each other. Trust appears, the inner world and psychological characteristics of clients are revealed. Thanks to this, clients themselves are amazed at their ability to cope with complex tasks that require a certain sequence of actions and concentration.

The patient himself tells about his condition after passing the course of music therapy. The forms of feedback can be different: a conversation, filling out questionnaires, solving a test, or filling out questionnaires related to the completed rehabilitation course. Such diagnostics should be carried out twice - before and after the course.

In the modern world, there are quite a lot of different kinds of stressful situations, difficulties - music therapy can serve as a good means of prevention, helping the elderly and people with disabilities to live more calmly and measuredly. Music also helps the younger generation to relax, for them it is an important part of life. The sounds of the metropolis are very tiring, which also causes depressive states and depression. An important point is that this method of music therapy is suitable for everyone, regardless of gender, age and diseases.

But you can not neglect the treatment from a medical point of view. Music therapy is combined with traditional methods.

The complex interaction of medicine and social rehabilitation gives good results, largely due to the musical component.

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