MUSIC THERAPY TECHNIQUE

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Teaching researchers tend to focus on the needs and improvements of the students, the main customers. In pursuit of extracting possible interventions for the convenient catering of knowledge and abilities, they observe, collect, and hypothesize. These scientific methodologies have revealed several exciting innovations, theories, and approaches linked to students' natural and efficient delivery of education. But the whole process of teaching and learning requires all stakeholders to understand it. A study conducted by Emilie (2014) suggests that each teaching stakeholder plays a vital role in achieving the ideal outcomes at each learning level.

Aloisio et al. (2015) said that when feeling down or blue, music can still be a way to self-medicate oneself, as it has proven to have up-lifting influences. Music individually affects everyone, but for some, it can function as a valuable instrument that assists through the most challenging periods in life. Besides, it is a harmless method of treatment. It can be assumed that music in the future will be used even more than it is now.

It was motivated to learn about the possibility in education that both techniques and stress levels could be observed. The researcher had the utmost interest in digging deeper into the issue and possible instrumentation. Sterling (2015) argued that music was associated with decreased stress rather than listening to nothing. Anxiety and race, gender, how much they enjoyed listening to music, and how often the music was heard were also essential correlations. Significant correlations were also found between stress and the reasons participants reported listening to music. In particular, anxiety was associated with participants listening to music to deal with difficult times, enjoying it to express feelings, reducing loneliness, altering the mood, changing the attitude of others
in the company, relieving stress, relieving anxiety/depression, setting the mood, and serving as a distraction.

Da Costa (2014) also noted that we are subject to multiple situations that affect our work rate over a working day. These situations can generate stress, which affects the level of performance of our work. Some users respond well to pressure, raising their level of performance at work, while others react adversely to stress, which is detrimental to their health.

In the U.S. and the rest of the world, music therapy has become a new discipline. Research into music therapy continues to grow and increase in quality and scope. Aigen (2015) stressed that music therapy's philosophy was compatible with the incredible views of psychology, including psychoanalysis, behaviorism, humanism, and transpersonal psychology. Later, Neurologic Music Therapy was established with its theoretical foundation in neuroscience.

References:


Sterling, R. (2015) Effects of music and mediation on mood and tress across personality traits. Psychology at Scholarship@Western.