

## MUSIC THERAPY FOR HUMAN PHYSICAL AND PSYCHOLOGICAL HEALTH

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**Abstract.** *This article theoretically analyzes the possibility of using music therapy as one of the methods of influencing the human psyche. Modern man lives in a turbulent world. Daily stress, an unhealthy lifestyle cannot but affect the emotional and psychological state, lifestyle and behavior of each individual or group. Music therapy is one of the methods of oriental medicine, which, even if doctors do not have positive forecasts, positively contributes to people's health.*

**Key words:** *health, music therapy, rehabilitation, emotional state, healing genre*

**Аннотация.** *В данной статье теоретически анализируется возможность использования музыкотерапии как одного из методов воздействия на человеческую психику. Современный человек живет в беспокойном мире. Ежедневный стресс, нездоровый образ жизни не могут не влиять на эмоционально-психическое состояние, образ жизни и поведение каждого человека или группы. Музыкотерапия — один из методов восточной медицины, который, даже если врачи не дают положительных прогнозов, положительно влияет на здоровье людей.*

**Ключевые слова:** *здоровье, музыкотерапия, реабилитация, эмоциональное состояние, жанр лечения*

**Annotatsiya.** *Ushbu maqolada musiqa terapiyasining inson ruhiyatiga ta'sir qilish usullaridan biri sifatida foydalanish mumkinligi nazariy tahlil qilingan. Zamonaviy inson notinch dunyoda yashaydi. Kundalik stress, noto'g'ri turmush tarzi, har bir shaxs yoki guruhning hissiy-psixologik holati, turmush tarzi va hatti-harakatlariga ta'sir qilmasdan qolmaydi. Musiqa terapiyasi sharq tabobatining usullaridan biri bo'lib, hatto shifokorlar tomonidan ijobiy prognozlar bo'lmasa ham, odamlarning salomatligiga ijobiy yordam beradi.*

**Kalit so'zlar:** *salomatlik, musiqa terapiyasi, rehabilitatsiya, hissiy holat, shifo janri*

**Kirish.** The modern world is very complex, which affects the basic sense of security, as well as physical and mental health, reducing the overall quality of life of people. Interestingly, music plays an important role in strengthening health, improving mood and well-being. Special music therapy can even help in the treatment of some diseases. It is not for nothing that they say that the right music helps to overcome stress and quickly find a way out of any difficult situation. There is even a whole science - music therapy, which uses music and sounds to improve the physical and mental state of people. It used in various contexts, such as medicine, psychology, education and patient rehabilitation.

Music therapy can include playing an instrument, singing, dancing, listening to songs and melodies or creating musical compositions, that is, any form of creativity related to music. At the same time, the goal of everything is, first, to help overcome stress and anxiety. Music therapy can help to quickly relieve or alleviate symptoms of depression, and to improve the emotional state of other mental illnesses, even physical illnesses and injuries.

Everyone, from different cultures, with different life experiences, and with different mental and physical health needs, has a very personal connection to music. Relationships with music can be beautiful, fragile, and often complex, changing from moment to moment depending on mood, preferences, social situations, and previous experiences.

Music therapy is a well-established approach to psychotherapy that uses evidence-based music interventions to achieve therapeutic health goals. Music therapy delivered by certified music therapists, who use both active interventions (singing, playing musical instruments, writing songs, moving, creating digital music, etc.) and receptive interventions (listening to music, music-guided imagery, creating playlists) and packages to improve health and well-being. Some of these goals may include reducing anxiety and worry, altering mood, reducing pain during illness or after surgery, increasing self-expression, finding motivation, and more. The approach to using music to achieve these goals and improve overall quality of life can vary from moment to moment, and a music therapist can help you find what works best for your specific situation. An important mechanism underlying the therapeutic effects of music is the modulation of emotions through music. The iso principle involves patients listening to music that matches their current emotional state (i.e., negative) and then transitioning to music that represents their desired state (i.e., positive). The musical sequence should help patients integrate internal and external experiences and shift to a more positive perspective and experience. For example, a state of happiness is associated with a fast tempo, large scale, simple and consonant harmony, moderate pitch, high pitch, rising pitch, smooth rhythm, and bright timbre. Sadness is associated with slow tempo, small scale, low pitch, low pitch, falling tone, flat or falling intonation, dull timbre, or reduced performance. Sadness caused by music, if it is not dangerous and aesthetically pleasing, can also lead to a positive state change. Such sad music can correct a negative emotional state through aesthetic pleasure, as well as through empathetic experiences when listening to music, which caused by the reflection of past events.

If the patient can sing, this can be a surprisingly effective intervention, as singing activates the calming parasympathetic nervous system. Singing is also beneficial for improving lung function, improving blood flow to the brain, and of course, for experiencing and responding to repressed or repressed experiences. Finally, singing helps you build and maintain social connections with a supportive community of like-minded people.

While there is no one best musical intervention, a “magic” healing song, or a perfect healing genre that will make all the difficult things in life easier, music can be a powerful

tool for processing emotions, processing psychological trauma, and encouraging and inspiring positive change.

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