

Music as a therapy

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Plan

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Introduction

- Health is the most important thing in every person's life.
- schoolchildren have a decrease in emotional and physical health
- Music can be a therapy
- How to improve your health by means of music?
- What conditions do you need?

Purpose of research

- **purpose of research**: to determine conditions when a person gets healing effect from music;

The purpose of my research: to determine conditions when a person gets healing effect from music.

Research tasks and subject

- **Research Tasks:**

1. To study the theoretical sources on this topic.
2. To compare the functional state of students before and after listening to pieces of music of different genres.
3. To offer recommendations for improving the bodily condition by means of musical art.

The subject of research: the emotional state of students in 9th grade.

Hypothesis and practical significance

- **Hypothesis:** the healing effect on the body occurs when people listen to classical music.
- **Practical significance:** The materials of this study can be used to improve human's health by means of classical music.

How music influence people

- Influence of music is the question which is studied a lot;
- Alexander the Great , Pythagoras, Gerard Depardieu and many other famous people got only positive influence;
- Singing is an effective means of preventing disease;
- Inharmonious music can harm your health.

Mechanism of perception of music

- Man lives in a world of objects and perceives information not by means of individual sensations, but with the whole images;
- A musical sound is a periodic sound;
- sounds are specially organized into sound structures that have their own figurative meaning
- Sound vibrations are converted into nerve impulses
- Nerve impulse is transmitted to the auditory zone of the cerebral cortex. There is a recognition of sounds and the formation of images.

Mechanism of perception of music

- In the Wernicke zone disparate sounds coming from the external environment are combined into sound images;
- From the Wernicke zone, the signal goes to the Brock zone, where sound structures are formed;
- Here sound images are associated with other sensations (visual and tactile);

Mechanism of perception of music

- If there is no understanding of sound images, the child does not learn to experience. It means that the central element of the whole process is the experience of music.
- The rhythm affects the emotional sphere of a person; the tempo adjusts a person to the perception of the entire work; the alternation of different tempos supports attention. The holistic creation of an image in the process of music perception is also influenced by a person's life experience.

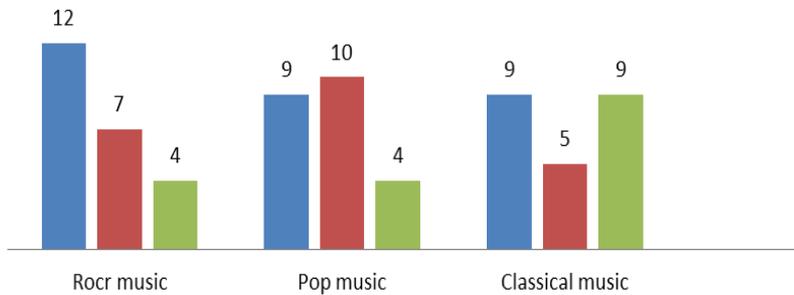
Practical part (research)

- 70 % of students listen to pop music, 5% - rock. Students listen to classical music only in music lessons.
- method "Thermometer" was used.
- Students were asked to record their associations, noted their well-being, activity and mood before listening to music.
- Then they included musical excerpts of different styles: rock music, pop music and classical music. The results are presented in diagrams.

Practical part (research)

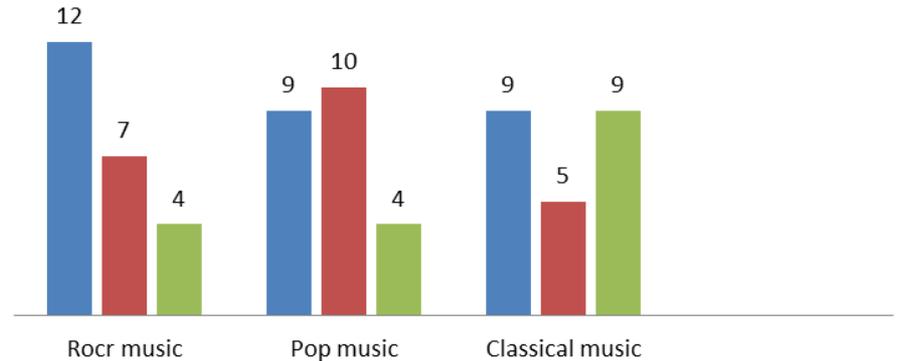
well-being

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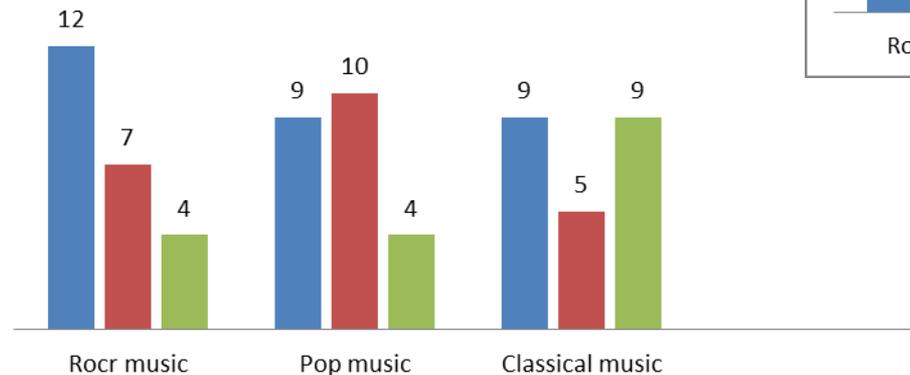
mood

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activity

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Conclusion

- Musical perception is a physiological process that every person has.
- Music can generate a special energy effect on the body and on the life of a particular person.

The main results of the research work proved:

- 1. Music influences the well-being and therefore the health of a person.
- 2. The condition for recovery is emotional experience - an ability to listen to music.
- 3. Classical music is a means of healing if you understand and are able to listen to this genre.

References

- Ссылки на источники!!!