

"HEALING HARMONIES: THE POWER OF MUSIC THERAPY"

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Music has a great effect on our health and well-being. Research has shown that listening to or making music can affect the brain in ways that promote health and manage disease symptoms. It activates various brain structures involved in thinking, sensation, movement, and emotion, leading to physical and psychological benefits. Thus, Music therapy is a health relive that uses music to address physical, emotional, cognitive, and social needs. Music therapists work in various settings, including hospitals, clinics, and schools, to provide personalized interventions.

There are several benefits that we can gain in listening and applying music to our lives. First, music reduces stress and anxiety. Music-based interventions have been shown to reduce stress and anxiety in individuals with chronic illnesses, including cancer, fibromyalgia, and Parkinson's disease. It can increase the production of the hormone called dopamine in our brain. This boosted production of the said hormone manages relieve depression and anxiousness. Another, Music has direct effect to the part of our brain which in control to our emotions and mood called the amygdala. Sometimes, listening to music can be a form of exercise. For Instance, when you are feeling down ,listening or singing you favorite song will boost your energy and sometimes might lead you to move your body. With that, you might forget you current situation and lighten your moods.

Music relieves pain. It has been found to reduce pain intensity and emotional distress in patients with various health conditions. By deviating in catecholamine levels or the release of endorphins or, as patients are distracted by memories away from their

pain thus, pain relief may occur. One way music healing can be used to reduce pain is through the use of rhythmical breathing techniques.

Music supports cognitive function. Music has been shown to improve cognitive function in individuals with dementia and Alzheimer's disease . Some studies on the effect of background music on performance in cognitive tasks have shown improvements in visual and verbal organization (Angel et al., 2010), reading (Oliver, 1997), skill in numbers (Hallam and Price, 1998) skill in other languages (Kang and Williamson, 2013). Intelligent quotient scores (Cockerton et al., 1997), episodic memory (Ferreri et al., 2013) and arithmetic skill (Hallam and Price, 1998). Indeed, Music offers a means for people to communicate and express their emotions in a creative and safe ways.

As research continues to uncover the benefits of music on health, we can expect to see more music-based interventions integrated into healthcare practices. From reducing stress and anxiety to improving mood and cognitive function, music has the power to transform our health and well-being.

The Official Website of DepED Division of Bataan

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