

The effect of music on human behavioral characteristics and music therapy

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Abstract: The aim of this study was investigated the effect of music on human behavioral characteristics. History of using music as a method of treatment returns to the time of Aristotle and Plato. Music is the art of expressing emotions by sound, and music therapy is a string that uses of music to treatment and rehabilitation of physical and mental disorders. Application of music is inevitable for understand the health and beauty of life. Musician can be very influential if understand the mood of the listener. Type of music therapy programs and activities are depends on the types of discomfort, defects, and disease problems. Another definition, the therapist has planned according to referred discomfort. A rhythmic program that helps to control movement is considered for children with motion problems. Dynamic rhythms are considered for motion problems and muscle contraction, and rhythm and gentle music is considered for involuntary movements. Overall, activities of music therapy are established based on multi-core generally which are: Listening, playing, making music, reading, talk about the music, musical movement, musical view and making style with music. As a result, training of School children is better with music; moreover music increases immune cells and their balance. Music is effective on individuals' emotional contexts such as happiness, sadness, love, hate. Application of music therapy is for those who are health impaired.

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1. Introduction

Psychology is the science of study the behavior of living organisms, especially in thought, emotion, and human behavior. Fine sentiments, sympathy and understanding will be possible by understanding the music. Music associated with soul. Musician can be very influential if understand the mood of the listener. Art of music in our current society are built as well as most communities. Music is the art of expressing emotions by sound. Music therapy is a string that uses of music to treatment and rehabilitation of physical and mental disorders. Use music is inevitable to understand the health and beauty of life. Music is the language of dreams, expectations and human emotions. And the nation in terms of emotional and cultural characteristics has a special music. Music songs by combining and rhythm intervals have a specific vibration. The vibrations stimulate nerve cells sense and motivations to strengthen, weaken, or transferred. Although the benefits of music therapy has been around, but before the century is well recognized as a specialty has not been introduced. Music and language should be able to strengthen the national spirit. Music personal life and the lives of early infancy and childhood lullabies mother starts rocking with prosody and continues its course in various stages age. Iranian music has a long history with music song, and the song was accompanied by Prophet Zoroaster. The first clear signs of development and prosperity of the ethnic music of Mesopotamia and the Sumerian, Assyrian

and Babylonian, and dates back more than three thousand years before Christ comes to China and Egypt, which was then about a thousand years before Christ, had the music. Unlike Japan, the center of Korean traditional music and ethnic nearly five thousand years BC, the first emperor of China's music was compiled, and Greece in the West was more folk music from around 800 BC, there was widespread. Music in Italy dating back to 300 BC and it appears that the white people in West Asia, North Africa, and Eastern Europe have created the ancient civilization, and in a society of hunters and farmers, there is no show without music. In this society, unlike our music rhythm are the most important, this rhythm or weight markedly more complex and meaningful than that of symphonies Vilest economy with production of music based on melody and rhythm are made. Greek scientist Democritus believed that the man is asked to imitate the birds singing, and is because to music only partly true human hair is the oldest music instrument. The oldest of the early songs are always single voice, sings opera, the supervisor and the few others can replicate it (Zaim, 1996).

1.1. Music and treatment

History of using music as a method of treatment returns to the time of Aristotle and Plato. But in the twentieth century officially thought of using music to treat veterans of World War I began. Several associations were formed and gradually

developed this therapeutic category. So that in 1944 the world's first music therapy program at the University of Michigan began. Music association therapy began in 1950. In 1971 the American association music therapy (AAMT) began its work. In 1985, the world federation of music therapy was registered at the international level. Music Therapy Association began its activities with goals of raising awareness of the process and the benefits of music therapy and enhances professional opportunities for the use of this method. Since the creation of man, diverse needs (both physical and psychological) associated with the tools needed to meet these needs have to adapt to its environment (Mohammadi, 1995). Art as one of the primary means of adaptation human seeking perfection and aesthetic needs of the movement and his life was calming discomfort and stiffness. Music is an art form that feeling, emotion, perception, and understanding human speech and language, without the need to pass. Art has been as a primary means of human adaptation to serve the needs of savings and aesthetic perfection and seeking the relaxation of discomfort and stiffness in her life. Music is an art form that feeling, emotion, perception, and understanding human speech and language, without the need to pass. Human uses of music in human nature, and the other artists and the rhythmic movements need not speak. The most primitive tribe of the musical rituals as a means of collective solidarity and eliminate fears and sorrows and create peace and happiness and will be held among the tribes. Music wishes and expectations of human emotions and emotional and cultural characteristics of a nation based on their special music. With music perception, emotion, beauty, compassion and understanding will be possible more heart. From the beginning of history, mankind has used music to cure; For example, the rhythm of drums in healing ceremonies witches and expensive treatment is important. Aristotle says that music can be used in many aspects of life, education, entertainment, health, leisure, and can be used to modulate emotions. Farabi discussed making music with three properties: Feels amazing, fun, and fancy; or under circumstances has three characteristics. Today, the impact and benefits of music in different stages of human life (the period of gestation to old age) is the type of plants and animals, and the changes on systems, sensory, motor, emotional glands, consciousness and awareness and individual recognition is discussed. So maybe something in the newspapers, magazines, and your workplace or among the people about the "music therapy" have read or heard. Music therapy is a new discipline and just for fifty years as a classic and professional expertise has been developed. In summary, music

therapy uses music as a creative art media, people have different problems, in order to contribute to their physical and mental health. Music therapy in the treatment of people with disabilities, including mental retardation, developmental delay proceeds; physical disability, mental illness, etc. have been successfully answered. Music therapist, goals and objectives based on the specific needs of the client will follow. Various techniques are used to advance goals. For example, singing can help people with Alzheimer's disease in long-term memory would work, playing a musical instrument with peers or therapist can enhance interpersonal skills and improve social functioning (Zaim, 1996). According to the definition of the National Association for Music Therapy (NAMT) has provided music therapy is the Application of music provide, maintain and improve physical and mental health in fact systematic Application of music therapy, music, music therapist so directly in a treatment desired changes in emotions and behavior therapy provides (Omrani, 2003). There are two basic methods in music therapy: active and passive methods, passive methods include listening to music and listening to music listening is a disease that is currently being played, it is treated. In this method most effective way is to motivate and influence emotional reactions and mental performance. While in active music therapy playing, singing and rhythmic movement is the basis. Different reactions in emotional, mental, physical and motor stimulation are elicited. Applications and methods appropriate with needs of a diverse set of music therapy are provided. The main focus of the music therapy program including fit and relaxed listening to music and playing regular music groups or solo singing songs, and songs are and personal or group; anything done in compliance with those standards, the document will be judged and evaluated. Music therapy for any age and any level of mental health problems in the community and can be used in certain centers. There are standards that have been raised in ten different and applying it to the people who are treated with music therapy, recommended that these are valid issues, disability rehabilitation, hospitals, medical centers, medical centers, psychiatric, psychological, physical and motor disabilities, counseling centers, aged care centers and private treatment works upgrade appendix a person's health-related quality of standards of ethical conduct music therapy. Music therapists often with other professionals such as physicians, psychiatrists, social workers and educators are working in a medical team or training; they work as a team, consultation with each other to decide the best services are coordinated to achieve therapeutic goals (Moshrefi, 2006). Music therapy

services and other specialized services such as medical profession as part of the treatment plan prescribed. Music therapy, medical prescriptions or medical procedures such as music therapy may be prescribed by the consensus team is specialized in client care plan. In non-medical fields of music therapy services may be used behalf of worker, psychologist, teacher or parent, or agreed to be given to all qualified individuals. An important point that should be kept in mind is that the device is not fun and games, it shows the correction factor is needed which helps to improve mood and behavior maladjustment. More than any other music therapy treatment techniques combined with everyday life and people need to feel they are synonymous. Sleep and food as a way of reading in every place and every once be seen and heard. But due to the music attitude and interest in the nature of man that is attracted to music. Nature of rhythmic drive and music unity with the nature loving human bond is not breaking down Binding in all periods and phases of human civilization can be seen in all ethnic groups, and it is impossible to break. Limited periods of time due to a decline in some cultures, and have tried to avoid confusion or may be inference. But they have not succeeded in doing so and instead need to enable optimal use of conventional psychological nature of human beings, and have been submitted. What is the biological basis of human nature (biological) and psychological structure, evolution and direction of the musical revolve and rhythm and harmony rooted in its construction. So in order to attract and external are coordination and rhythmic actions. The neural structure of the human innate tendency to valve and of rhythmic sounds and music is an important trend in the world of "listening", "reading" and "moving." These valves need rhythm and coordination than other senses are satisfied. Music therapy and the body's natural are means, which are accounted for in our everyday use. Music therapy is the most common form of hearing and reading all the various conditions of life, then simply seek profits and are subject to their circumstances and live in peace and lightness or liveliness and the energy and excitement to the improvement of internal balance. Listening and reading are two valuable tools is "self therapy". When the desire to hear and hum melodies, we are engaged in music therapy. The nature of their work for their relief, we'll always have to read the language of the heart murmur. It is sufficient to find the heart need to express sympathy, then breaking even with the an internal and subjective and not only murmuring softly chanting vocal sense to run, and draw down its concentration and agitation of the flesh and body wave, the temperature and the current build, not so that the heart is relaxed and we feel that

is enough. But how and to what extent the far extremes to deal with their feelings, to some extent, feel and taste much needed psychological and moderate guess it does. Obviously whatever information we choose to listen and his mood is more, the perception inside looking trim and balance a successful save. Although both singing and playing are the styles of music therapy major, but not all of its methods (Arji, 2006). Music is an integral part of music history and literature of the ancient Iranian religion. Essentially of the four great civilizations of Egypt, Rome, Greece and Iran is seeking to build its main contribution is essential. Monuments, inscriptions, paintings, poems and lyrics Iranians showed interest in music is relaxing. What a beautiful Persian musician and performer in our culture, "bard" is called. A person who gives peace of mind and the therapeutic value of poets' officials and intellectuals were particularly popular. The most important factor for the development of music therapy in our country, reinforcing the scientific spirit and the desire for experimentation And this first step in to university, community and scientific concerns. It is obvious that without the discipline of music therapy at the University of Mobility Opportunities for researchers to study, students will not be possible, and thought to be important (Zaim, 1996).

1.2. Types of treatment programs

Type of music therapy programs and activities are depends on the types of discomfort, defects, and disease problems. Another definition, the therapist has planned according to referred discomfort. A rhythmic program that helps to control movement is considered for children with motion problems. Dynamic rhythms are considered for motion problems and muscle contraction, and rhythm and gentle music is considered for involuntary movements. Music therapists can use to achieve the desired therapeutic experience and innovative spirit has designed various programs. Usually the music therapy sessions will consist of small group coordinator. The participants of shared objectives and plans will be more consistent; this issue is further strengthening the coordination and help group. However, children with the disabilities can be placed in the loop of music therapy. But it is important that the IQ gap does not have much to do with each other is more coordination training programs. Period and duration of treatment sessions required is depends on individuals and the problem. The number of treatment sessions, sometimes every day, sometimes several times a week and each session is due to the atmosphere every client is different. Overall, activities of music therapy are established based on multi-core generally which are: "Listening",

"playing", "making music", "reading", "Talk about the Music", "musical movement", Musical View and Making style with music. As mentioned tools, music therapy, music, and activities associated with it. The music can be used independently or in combination with the other methods. Listening to music is one music therapy program. Mind listens to the sounds and melodies are in the world and have become a matter of focus. Listening with the music can be easily creating various feelings such extensive experience playing musical instruments (the restriction) is not achieved (Moshrefi, 2006). Listening to a group of individuals makes sharing a common experience. Note that listening occurs in a group is not alone. Listen to music outside of the feel of children and their imagination is very effective bomber. Be the playing pieces, and playing pieces encourage children to be exciting thoughts and impressions about the different things that they like to express themselves, to listen, to talk, and activities that stimulate children to become. Encourage children to listen carefully to hear the auditory stimuli increases. The ear in detecting auditory stimuli is stronger, focus will also increase. Foster care in music therapy, hearing impaired, blind, and other exceptional children is very important and why music therapists of various programs for different games to get a child support hearing and the hearing of their attention. Children can be children's songs rhythm playing simple rhythmic instruments such as triangles and tambourines, etc. are maintained. Also reading helps children improve breathing and vocal control, and vibration of the throat, lungs filling with air operations and movements of the lips and tongue touch the chest open, the changes they feel. A wide

range of motor activities, music therapy musical movement makes up much of the treatment programs are designed based on. Harmonic and rhythmic music is a means to stimulate the hand "rhythmic movement" is some kind music. Because of its extraordinary importance and influence, we treat it more carefully. Emotions are translated into actions. Forces and internal feelings are claimed. Feelings that cannot be described with the words; moves immediately to the spirit and feel we are connected in ways of thinking and the thinking that counts (Arji, 2006).

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