

## **AN OVERVIEW OF MUSIC AND MUSIC THERAPY WITH SPECIAL FOCUS TO MUSIC BENEFITS FOR BRAIN**

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### **Abstract:**

In music therapy, various mental health conditions, physical symptoms linked to psychological well-being, and the emotional, cognitive, and social needs of people or groups are addressed via the use of music. This modern, non-medical, non-surgical approach is used to treat a variety of health-related conditions. It indicates that different activities are carried out using various tools and methods. This evidence-based therapy is beneficial for a range of conditions, such as ASD, dementia caused by Alzheimer's disease, depression, anxiety, stress following surgery, sleep difficulties, and even cancer. In this article, an overview of music and music therapy with special focus to music benefits for brain has been discussed.

**Keywords:** Music, Therapy, Brain

### **INTRODUCTION:**

One may argue that music is life itself. Music is fundamentally sound, and vibration is the source of sound. We experience physical and psychological changes as a result of these vibrations. "Organised sounds and silences in a flow of time" is how described music. The impact of vibrations from external sounds on our auditory system and brain varies depending on the type of sound. These unique qualities of music help set it apart from other forms of therapy and treatment. When it is manipulated in different ways, music can have a variety of effects on our mood and general well-being. Some of these characteristics include rhythm, melody, harmony, tempo, loudness, softness, and other aspects. These are the main components that are used in various forms of music therapy. [1]

## **MUSIC AND MUSIC THERAPY:**

In 1985, Boxill provided an explanation of music therapy to special education students. Music therapy involves using music as a therapeutic tool to improve, maintain, and restore psychological, mental, and physical health, as well as to maintain, rehabilitate, and enhance behavioural, developmental, physical, and social skills. This process takes place within the framework of a client-therapist relationship. People with a wide range of characteristics, including those with mental illnesses, special needs, and neurological ailments, have been treated with music therapy in hospitals, schools, and other settings up to this point. Music therapy is a methodical intervention process in which the therapist uses the client's musical experiences and the relationships that arise from them as dynamic agents of change to assist the client in achieving health.

Music has existed since the beginning of human history. It can be claimed that music and emotions are related because both are produced by the right hemisphere. Previous research bolsters the idea that music shapes emotionally adaptive responses because hearing is one of the body's most essential capabilities for survival. Although it has an association, its development might be connected to evolution. [2] According to a study, the ability of the right hemisphere to dominate in the area of music may result from its ability to perceive and identify the acoustics of the surrounding environment, as well as from its capacity to mimic these and other nonverbal and emotional cues. He also considered the fact that even those with left hemisphere impairments may still sing and retain concepts. Music can be used as a kind of therapy through playing melodic instruments, listening to music, and singing or vocalizing songs. Therefore, it can be inferred from previous studies that rhythms and music have an impact on a number of psychological processes as well as how people feel and behave.

### **Types of music therapy:**

- Singing and writing songs.
- Improvising the songs and musical pieces.
- Playing different musical instrument.
- Uses different technology and musical devices.
- Listening music.
- Exchanging the information through music.

### **MUSIC BENEFITS FOR BRAIN:**

Music therapy aims to improve a range of behaviours as well as human characteristics such as motivation, impulse control, social functioning, self-expression, awareness, receptivity, and self-worth. Thus, systematic interferences in music therapy may cause aberrations in a client's musical behavior, which may result in psychological and physiological alterations.

The study examined the effects that learning to play an instrument has on a child's brain; the results are displayed in the picture below. Enlarged cortex, increased intellect, brain activation, improved memory that raises scores, increased IQ in spatial reasoning, and stress relief are the key advantages of music for the brain. Playing an instrument like the piano involves the hands, fingers, eyes, and ears of the human, which activates the brain's two hemispheres and enhances the neuroplasticity and general intelligence of the child. [3]

### **CONCLUSION:**

Exhaustive study examine how the brain functions when people play and listen to music. The results showed that when people play an instrument, their brains are active in a variety of ways. The advantages of music for the human brain are depicted in the figure below. Both the left and right hemispheres of the brain are activated when we play or listen to music. The left half of the brain handles precision in language and mathematics, whereas the right side of the brain handles matters connected to the creative process.

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