

Music therapy as innovative technology of the effect on a human body

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Introduction

Music therapy is widespread. It is used in many countries for treatment and prophylaxis of wide spectrum of disorders: abnormalities in development, emotional instability, behavioral disorders, sensory deficits, spinal injuries, psychosomatic diseases, internal diseases, mental disorders, aphasia and autism.

Aim

To study the influence of music on human body.

Materials and methods

We analyzed the academic performance of children from school with an aesthetic bias and academic performance of children, studying at high school, as well as we held a survey among students of BSMU. As a result we have interviewed 237 respondents. Research works by V.V. Medushevsky, M.N. Livanova, I.M. Dogel, I.M. Sechenov, I.R. Tarchanov, L. Demlinga were the methodological basis of this work.

Results

The research has shown that 100% of interviewed people like music, 98% of them listen to it daily. All respondents marked the influence of music on their mood and health. The analysis of data of scientific literature and own research allowed us to form a new scientific concept: «Music therapy is a system of psychosomatic regulation of functions of the human body ». Acoustic waves (which are organized in musical structure) influence on psycho-emotional, spiritual sphere of the human and directly on the surface of the body and internal organs. We came to the conclusion that this harmonizing effect of music therapy is a very prospective method in the system of health and preventive medicine.

Conclusion

Music has a positive impact on the psycho-emotional condition of the students, helps them to cope with stress, and a constant contact with music leads to a gradual decline in diseases of the respiratory system.