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**МУЗЫКА КАК ИННОВАЦИОННАЯ ТЕХНОЛОГИЯ ВОЗДЕЙСТВИЯ НА
ОРГАНИЗМ ЧЕЛОВЕКА**

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Резюме. В статье приведены результаты анкетирования 237 студентов 1-6 курсов Белорусского государственного медицинского университета о влиянии музыки на организм студента, а также анализ успеваемости учащихся гимназии с эстетическим уклоном и успеваемость учащихся, обучающихся в средней школе.

Ключевые слова: музыкотерапия, студент, организм человека.

Resume. The article presents a sociological survey that shows the influence of music on the human body among the students of Belarusian State Medical University and pupils of Art oriented gymnasium and pupils of a high school.

Keywords: music therapy, student, human body.

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

Objective: To study the influence of music on a human body.

Tasks:

1. To study the influence of music on the students' life.
2. To conduct an experiment with students of the Art oriented gymnasium and students who study at a high school.

Material and methods. A cross-cultural study was carried out among 237 students at all departments of Belarusian State Medical University in 2016 and pupils of Art oriented gymnasium and pupils of a high school. Research works by V. V. Medushevsky, M. N. Lyvanov, I. M. Dogel, I. M. Sechenov, I. R. Tarhanov, L. Demlyg were the methodological basis of this work.

Results and discussion. 237 students of Belarusian State Medical University have been interviewed. They have been asked such questions as:

1. Do you listen to music?
2. What kind of music do you prefer?
3. What time of the day do you listen to music?
4. Do you listen to music before going to bed?
5. Do you listen to music while preparing for classes?
6. Do you use music to cope with stress?
7. Do you imagine your life without music?
8. Do you see changes in your mood while listening to music?
9. Do you know anything about the impact of music on the human body?
10. Would you like to receive further information of the impact of music on the human body?

As a result, the research has shown that 100% of interviewed people like music, 98% of them listen to it daily.

What kind of music do you prefer?

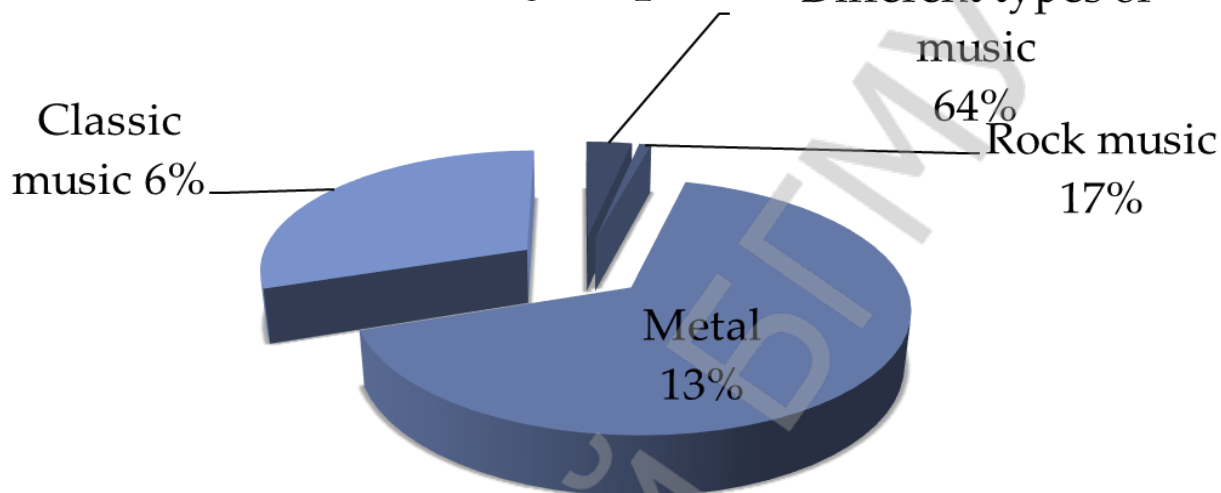


Figure 1 - What kind of music do you prefer?

What time of the day do you listen to music?

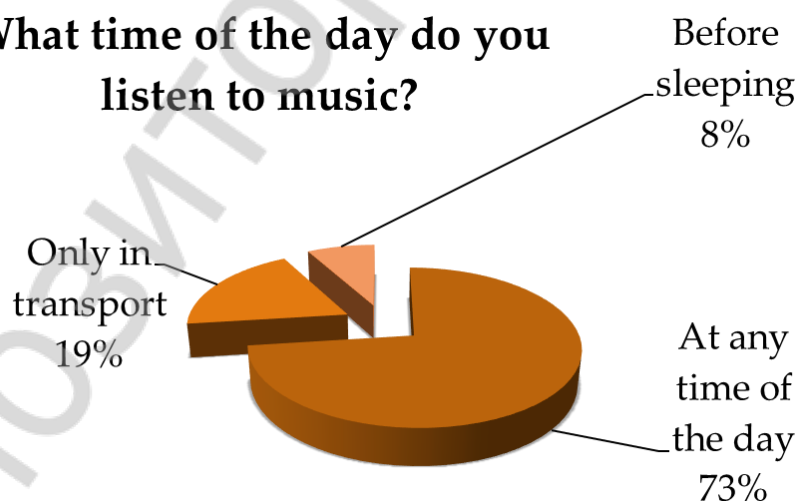


Figure 2 - What time of the day do you listen to music?

We have conducted the experiment with pupils of Art oriented gymnasium and pupils who study at a high school. The experiment was done in 3 stages. The first stage (the control): 10 tasks on logical thinking were done in complete silence. The second stage: problems have been solved while classic music was playing. The third stage: the task has been done while listening to hard rock. The time required to solve problems and the number of corrected answers were considered.

Table 1. Dynamics of the disease incidence among the pupils in 2011-2015: 9m – students in Art oriented class, 9b – in the basic class

The disease	SARS	SARS	Tonsillitis	Tonsillitis	Tracheitis	Tracheitis
Class	9m	9b	9m	9b	9m	9b
2011/2012	35%	44%	9%	10%	26%	29%
2012/2013	34%	44%	9%	9%	26%	28%
2013/2014	32%	44%	8%	8%	24%	27%
2014/2015	25%	32%	5%	12%	15%	20%

Table 2. Comparative analysis of the incidence among the students in the basic class and Art oriented class

The disease	Art oriented class	The basic class
SARS	9%	24%
The flu	2%	6%
Acute bronchitis	3%	8%
Purulent tonsillitis	1%	1%
Pneumonia	-	1%
Tracheitis	1%	1%
Catarrhal otitis	-	2%
Rhinitis	-	2%
Pharyngitis	-	2%
In total:	16% children	48% children

The analysis of the dynamics growth of the morbidity of among students showed that permanent contact of children with music leads to a gradual decline in diseases of the respiratory system. This process is most visible among students involved in playing the wind instruments, and clearly confirms the positive role of breathing exercises during music lessons.

Conclusion:

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

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MUSIC AS INNOVATION TECHNOLOGY OF INFLUENCE ON THE HUMAN BODY

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