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MUSIC THERAPY

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Introduction: music therapy is the use of music to gain physical and emotional healing and wellness. Music therapists may use active or passive methods with patients, depending on the individual patient's needs and abilities.

General part: Music has been used in medicine for thousands of years. Ancient Greek philosophers believed that music could heal both the body and the soul. Native Americans and many other indigenous peoples have used singing as part of their healing rituals for millennia. Music therapy is defined broadly as the use of music to advance health-related goals and improve the quality of life. Clinical applications range across the entire life span as music therapists work with a wide range of people including individuals with and without disabilities. Can a person make themselves smarter? The Mozart Effect claims that by listening to Mozart, Beethoven, Bach, and other classical artists, a person becomes smarter. You can use music therapy to help your mental and physical health. Scientific studies have shown the value of music therapy on the body, mind, and spirit of children and adults.

1 Depending on the type and style of sound, music can either sharpen mental acuity or assist in relaxation. Music therapy can help reduce your heart rate and blood pressure and increase your ability to think, learn, reason, and remember.

2 Some studies have suggested that music may help decrease the overall intensity of the patient's experience of pain when used with pain-relieving drugs.

3 Music-making is a healthy way of expressing yourself.

Conclusion: music can be beneficial for anyone. Although it can be used therapeutically for people who have physical, emotional, social, or cognitive deficits, even those who are healthy can use music to relax, reduce stress, improve mood, or to accompany exercise. Always tell your doctor if you are using an alternative therapy or if you are thinking about combining an alternative therapy with your conventional medical treatment. It may not be safe to refuse your conventional medical treatment and follow only an alternative therapy.