Music Therapy Can Improve the Quality of Life by Annphilip

Article published on March 9th 2012 | Entertainment

We all love to hear music. For some people music is the food of soul, while for others itâ€™s just a medium of time pass. Since music is an integral part of our culture, everyone has an emotional attachment towards it. People enjoy music when they are happy, gloomy or disappointed. Now it is used as a therapy to promote mental and physical health.

What is Music therapy?

Music therapy uses music in different ways to promote the quality of life. It can involve writing songs, tuning it, playing musical instruments, listening to music or talking about the lyrics. This therapy can alter the moods of a patient. Music therapy soothes disturbed minds. The Canadian Association for Music Therapy defines music therapy as the effective use of music to promote, maintain and restore mental, physical and spiritual health. Recent researches show that music therapy can benefit anyone who doesnâ€™t have passion for music.

What are the benefits of Music therapy?

Music therapy can calm down stress or anxiety, improves mood and thereby enhance the quality of life. When singing helps to improve social skills and self-esteem, listening to music can improve memory power and increase decision making skills. Listening also improves behavior and mood states. Playing instruments enable patients to increase self-expression. It can calm down anger and tension. And motivate people to participate in group activities. Meanwhile, composition and improvisation can increase their creative skills and self-esteem. This also makes them to improve their communication and behavioral skills.

If we have to point out specific benefits, then we can say:

Music therapy reduces stress and anxiety â€“Music is always considered to be a good stress buster. Patients who have depression and stress can get emotional healing from the Music therapy. It loosens the muscles and gives a calm and comfort feeling. Some researches show that theory based therapeutic techniques such as painting to music and improvised singing benefited patients.

Lessens pain- Those who have mental and physical pain can listen to music or play instruments to forget their pain. Through music therapy, the therapist is trying to shift the patience attention to music. The therapy involves listening to a soothing music twice daily for nearly two weeks. Studies show that cancer patients were benefited with music therapy. Music therapy was able to reduce the anxiety in patients who were undergoing radiation therapy. Those who were suffering from nausea and vomiting from high dose chemotherapy were also get benefited from music therapy.

Control emotions â€“ The therapy help patients to fight against depression. In a study to check the effectiveness of music, the researchers found that 116 study member who received music therapy showed significance improvement in their mental and physical health against the control group.

Enhance memory â€“ The composition and the improvisation treatment in the music therapy can improve the memory power of the patients.

Improve communication- Singing is one form of treatment in the music therapy. This treatment helps to improve the communication skill of the patients. For Alzheimerâ€™s patients music therapy assisted in improving memory and language skills.

Give people better sleep- For disturbed minds, a soothing and slow music can relax their mind. It will loosen the muscles and nerves, and give patients a good sleep.

Improves physical health â€“ Music therapy can improve the quality of life by addressing the physical, emotional, social and mental challenges.

Music therapy is widely practiced in hospitals, schools and organizations. This can be practices anywhere to improve the quality of life or work. Listening to music on radio or television with connection from providers like Xfinity Deals can help in reducing the stress and strain. Listen to music and improve the quality of life

Article Source:
http://www.articleside.com/entertainment-articles/music-therapy-can-improve-the-quality-of-life.htm - Article Side

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Ann is a freelancer. She loves to hear music. She watches music reality shows on her home television with connection from a Xfinity Deals to calm her mind.

Article Keywords:
Xfinity Deals, Xfinity TV, Music Therapy

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