



## **MUSIC AND MENTAL HEALTH**

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**Abstract-** Everyday hundreds of millions people listen music. Music serves as a powerful, accessible tool for enhancing mental well being aiding in emotional regulation, stress reduction and cognitive function .It is purely based on emotions. Music has been with humans since our earliest existence. The power of music is undeniable. It can evoke emotions & take us to different places & times. Music can be powerful tool for self-expression & emotional regulation. Listening to music can shift how we feel almost instantly. It can boost energy & happiness while slower tracks can help us to process sadness & calm down. It helps in releasing the emotions such as by crying or dancing. Music helps to express the feeling which is not possible in words.

**Keyword:** Music, Mental Health, Emotions.

### **Introduction**

Music serves as a powerful tool to enhance mental well being. Music is a crucial element of everyday life & plays very important role in all human cultures. It is omnipresent and is listened to & played by persons of all ages, races & ethnic background. Music is not simply entertainment. It helps to influences physiological processes that increase mental being. It has adaptive abilities. It helps to resolves mental disorders. It can show improvement in mental health by using music. Mental health & music are correlated. Music maintains heart rate, motor skills, brain stimulation & immune system enhancement. Music can give free of cost treatment. Music therapy with the help of professional & non therapeutic setting provides a positive atmosphere. Learning techniques helps to treat symptoms & modulate the immune system. Music therapy is a part of creative art therapies which is held by trained professional. These therapies help to provide a supportive safe environment which helps patients to express themselves to express their expressions.

Music has always a special place in our life which forms integral part of human culture. Music helps in our socio economic development & even improves overall well being. It helps to improve our mood also. It helps to get mixed with people of different cultures.

### **To heal with trauma**

We have many excluded groups in society such as sexual minorities & people with disability; they feel very much different from society. Music helps them to cope up with their mental health. It helps to get rid of trauma of anxiety & depression. These days music therapy is used for school going children & even hospitals also to maintain a balanced well being. Music activities such as drumming circles groups singing can help in reducing mental stress and create a balance of life.

### **Effect on Mental health of different ages**

Music is core function of our brains. According to American Association (2020) music therapy is treatment of individuals to enhance their psychological, physiological cognitive & social functioning. Music therapy increases the strength & capacities of clients in Mental health. These days we have different types of music forms such as rock music, which provides to share & express the feeling of anger & grief. So they can use it as defense mechanism. Music has its impact on a small baby also. Lullabies help to maintain a bond between mother and baby. Stress symptoms in baby can be reduced by Music. Even old age people also feel calmness in music such as Bhajans. It helps to reduce post-partum depression. Mental health is very much connected to music. Passive music therapy is one of the most crucial way to reduce stress. Music helps to get relief from pain. It is safe, free of cost. Music helps in reducing psychiatric symptoms.

Music helps in reducing psychiatric symptoms. Music like yoga gives us the possibility of a change of consciousness by enhancing a sense of peace inner security and confidence if we listen music; one experience is that we feel pleasure and even the feelings of encountering and exploring some truth.

### **Reduces anxiety, depression and stress**

The activities of mental illness such as drumming in group can reduce mental stress , depression anxiety creative and activities can help in reducing social isolation to engage with music can help to relax . In many studies it has been found that music listening is associated with low tension and anxiety stress and depression is a cause of loss of social function which reduces the quality of life group music results are better than individual it makes the personality of person expressive . It is best method to get rid of grief singing and listening music led to higher reduction of cortisol.

Music is a part of our lives today. 80% of all ages people listens to music today at home, while traveling Music is our friend as well as connects to others also. It helps to get rid of isolation.

### **Conclusion**

Music is very important for happy and healthy life. It affects our feelings, thought and behavior and also plays very imp role for decision making power. Music helps in social interaction self concept and self control. Music therapy has become trending form of treatment for mental health issues .Music is very helpful in retaining information instead of memory loss. By singing, dancing, playing drums or any other instruments can help to improve the pain tolerance. Music therapist helps to accomplish physical, emotional and cognitive in short overall mental Health. Music should be introduced as a proper course in universities of every country so that the people do understand what the music therapy is all about.

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