

MUSIC THERAPY AND PEDAGOGICAL APPROACHES FOR MEDICAL STUDENTS

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Abstract: *This article discusses the history of music therapy and its positive aspects for patients, as well as pedagogical approaches for music therapy and medical students.*

Keywords: *music therapy, "treatment", medical students, Democritus, "Canons of Medicine", Ibn Sino, "Mozart effect", Hippocrates.*

Introduction

It is no exaggeration to say that music is an art that accompanies a person from the moment he is born. If you pay attention, a newborn baby can calm down and fall asleep to the melody of his mother's voice for a certain period of time. Adults, on the other hand, mainly keep music and headphones with them when they are free, doing some physical work, or simply going somewhere. Also, no one is unfamiliar with situations where, depending on the mood, listening to a cheerful or quiet song, you can feel relieved and feel like you have fallen into another world. The beneficial effect of music on the human body has also been known for a long time. Ancient Greek doctors used wind instruments to treat patients. While the philosopher Democritus said that the flute emits melodies that are not only pleasant to listen to, but also beneficial to human health, medieval people believed that the true purpose of music was to "glorify God, cast out demons, heal the sick, and inspire love."

In India, music therapy was widely used based on the theory of Raga (Indian classical music). According to Indian doctors, each raga corresponds to a certain type of mood and can cause a change in a person's state. This change, in turn, has a good effect on the treatment of depression and other mental disorders in patients. According to various experiments, music affects not only a person's mood, but also his breathing, pulse, blood pressure, and internal and external energy. It has an amazing power to remove a person from a state of stress, increase his immunity, positively affect his psyche, and encourage creativity. According to information, sound vibrations cause cells to "echo", which affects physiological processes in the body. Some rhythms and certain frequencies also affect the acceleration or, conversely, the slowdown of metabolism in the body. Behavioral physiologist George Diamond has found that the strength of a listener's muscles also changes depending on the nature of the music.

The term music therapy comes from the Greek-Latin language and means "treatment" with music. There are many definitions of the concept of "music therapy". Most scientists consider music therapy to be an auxiliary tool of psychotherapy, a means of special preparation of patients for the use of complex therapeutic methods. Other authors define music therapy as follows:

- a) Controlled use of music in the treatment, rehabilitation, education and upbringing of children and adults with somatic and mental illnesses.
- b) Systematic use of music to treat the physiological and psychological aspects of illness or mental disorders.
- d) Use as a means of optimizing creative forces and pedagogical and educational work.

One of the first people to confirm the significant influence of music on the mental and physical state of a person was the Greek scientist and philosopher Pythagoras. As can be seen from Iamblichus's work "On the Life of Pythagoras" that if someone "listens to beautiful rhythms and songs, then such a person, using musical education with the help of melodies and rhythms, will be cured of human morality and passions, and the initial harmony of mental forces will be established." The sage of Islamic Eastern medicine, Avicenna (Abu Ali ibn Sina, 983 - 1036), wrote about the effect of music as a therapeutic tool in his "Canons of Medicine" (see: 1983 edition, pp. 25, 256, etc.).)

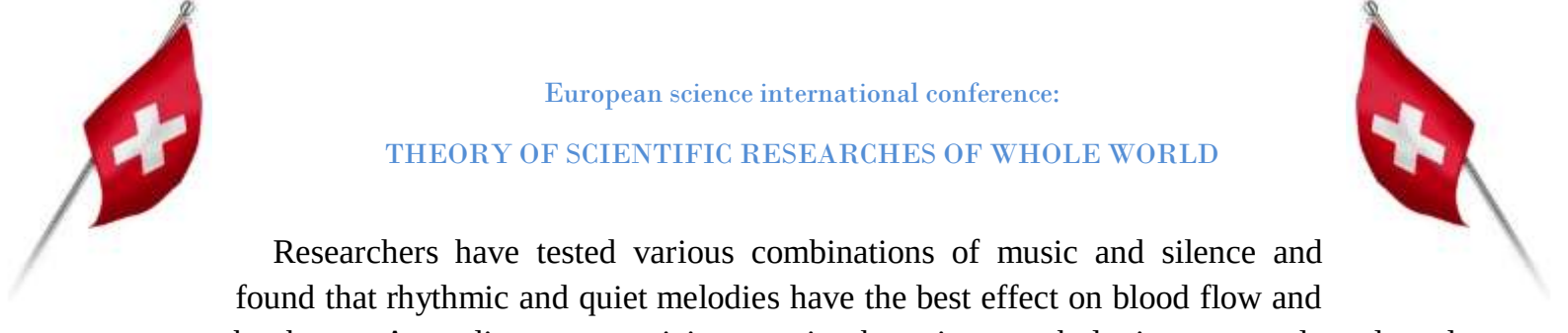
The 12th-century Armenian physician Mkhitar Geratsi also emphasized the important positive role of music therapy.

There are 3 main forms of music therapy: receptive, active, integral.

1) Receptive music therapy (passive) is characterized by the fact that the patient does not actively participate in the process of music therapy sessions, taking the position of a simple listener. He is offered to listen to various musical compositions or listen to various sounds that correspond to his mental health and stage of treatment. 2) Active methods of music therapy are based on active work with musical material: instrumental playing, singing.

Examples of the effects of music therapy

According to several scientific studies, listening to Mozart's D major sonata helps reduce the number of epileptic seizures in patients (the so-called "Mozart effect"). However, the reliability of the results of this study was hampered by its limitations and the inability to repeat the results in subsequent studies. Some doctors advise that music helps relax muscles, especially during fast walking and running, and can be used as an additional rehabilitation therapy to maintain good physical condition in obese people. Additionally, music has a stimulating effect on mood and emotions, which can help maintain athletic spirit and thus have a long-term impact on fitness gains. Listening to certain types of music can slow down the heart rate and lower blood pressure.

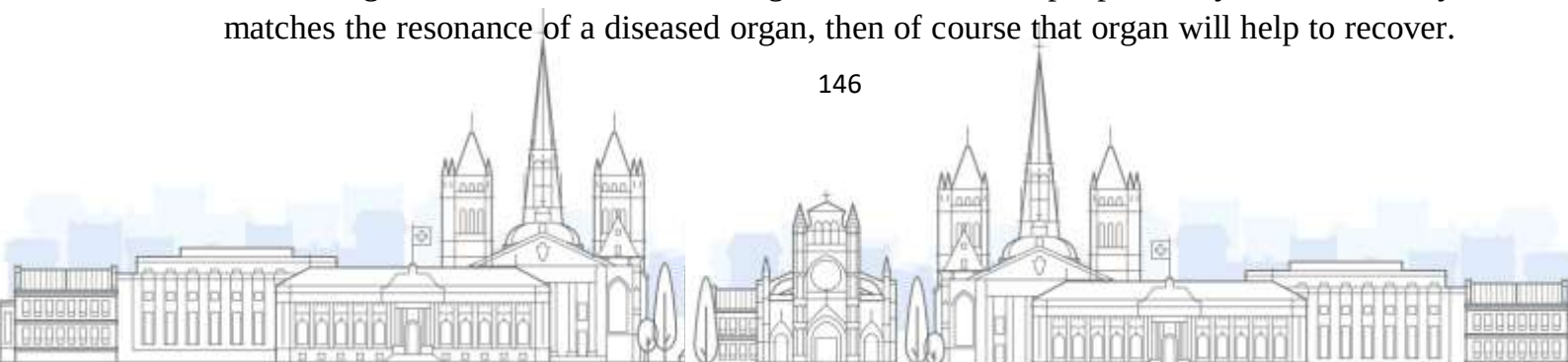


Researchers have tested various combinations of music and silence and found that rhythmic and quiet melodies have the best effect on blood flow and the heart. According to practicing music therapists-psychologists, properly selected melodies, musical compositions, improvisations are a convenient tool for working with memory and the unconscious. Music improves thinking and memory processes. Sounds interact with associative structures, “pull” real memories and experiences to the surface and into consciousness. Pedagogical approaches are important in teaching music therapy to medical students, as these methods provide students with the necessary knowledge and skills to apply in treating patients. Below are some of the main pedagogical approaches:

1. Integrative approach content: Integrating music therapy with other medical disciplines. For example, linking it with psychiatry, neurology, and rehabilitation sciences. Practice: Clinical examples are given to explain to students the effects of music therapy on the human brain and psychology.
2. Practical training content: Practical training of students in music therapy techniques. Practice: Students practice using various forms of music therapy in communication with patients (for example, musical improvisation, relaxation techniques).
3. Interactive approach content: Active communication and exchange of ideas between students and teachers. Practice: Through role-playing games and group discussions, students learn to use music therapy in various situations.
4. Using innovative technologies content: Teaching the use of modern technologies in music therapy, for example, virtual reality or mobile applications. Practice: Students learn to work with special programs for music therapy.
5. Reflective approach content: To develop in students the skills of analyzing their experiences and self-assessment. Practice: After the training, students analyze their activities and discuss what went well and what needs to be improved.
6. Cultural and individual approach content: Taking into account different cultural and individual characteristics. Practical: Students learn to use music therapy methods that are appropriate for representatives of different nationalities and cultures.
7. Research activity content: Teaching students to conduct scientific research on music therapy. Practical: Students participate in research projects to study the effectiveness of music therapy.

These pedagogical approaches will help medical students learn music therapy effectively and will allow them to use innovative approaches in the treatment of patients in the future.

Conclusion: In conclusion, we should mention that music has a positive effect on the human body, as we have already emphasized above. Hippocrates also spoke about the effect of musical sounds on the human body. In ancient times, doctors treated seizures and headaches with the help of special melodies. They say that they even made people blind. In general, music still has a significant effect on people today. If the melody matches the resonance of a diseased organ, then of course that organ will help to recover.



Music reflects and complements the state of mind. It is part of life and only reflects a part of the state of a person.

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