

Music Intervention Therapy to Improve Healthy Mind

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Abstract

In this paper, the focus is on the potential benefits of Music Intervention Therapy for improving mental health. The text begins by highlighting the prevalence of depression and its impact on individuals and society. It then moves on to discuss the potential of Music Intervention Therapy in treating depression and anxiety. Music therapy is cited as a subfield of contemporary science intervention that has demonstrated notable advantages. Listening to music has been shown to enhance the brain's capacity for maintaining focus on the subject matter, and it is employed to handle psychological issues. Meditation is another intervention that has been shown to increase bodily awareness and effectively treat people with severe depression.

Overall, the text emphasizes the importance of promoting mental well-being and the potential impact of Music Intervention Therapy in helping individuals manage their mental health and lead happier, more fulfilling lives.

Keywords: Modern Science; Healthy Mind; Stress; Music Therapy; Music Therapy Expert

Introduction

According to the World Health Organization's (2015) estimates, 322 million individuals, or 4.4 percent of the global population, experience depression every year. The Lancet study shows depression is a complex and far-reaching concept that goes beyond sadness, constituting a prevalent health condition causing significant suffering for individuals and families. This suffering affects social interactions and economic productivity and is linked to premature mortality due to suicide and physical illnesses. The diversity of depression is evident in its various manifestations, not conforming to a single pattern but spanning a range of signs, symptoms, and trajectories. Terms like "major depression" categorize its variations, including distressing and socially impairing symptoms, although depression within bipolar disorder is excluded. Historical and cultural perspectives highlight its enduring presence throughout time and diverse societies, debunking ideas of recent emergence or cultural confinement. In essence, understanding depression necessitates recognizing its multifaceted nature, encompassing its broad effects, varied expressions, and historical ubiquity (Helen et al., 2022).

The paper will explore into the music intervention therapy benefit for Mental Health Improvement. Firstly, the paper explores the music therapy from the research conducted by Arnaud.Cabanac et, al. (2013) that has found that the process of listening to music subconsciously enhances the brain's ability to focus, sustain concentration on the contents and more devoted to understanding complicated tasks. Additionally, music is reported to help with stress caused by cognitive dissonance and assist in knowledge accumulation for meditation wisdom. High levels of conscientiousness were shown to be associated with an 89% decreased risk of Alzheimer's disease, according to the research (Mercer et al., 2011). Being able to sustain concentration is the key component in practicing mindfulness (*Vipassana*) meditation. Thus, Music Therapy can have a high potential in assisting meditation practitioners for a better

mental health (Phra Somdet Buddhakosajarn, 2016). Desbordes (2012) a Harvard researcher, has undertaken the study shows that meditation may increase bodily awareness and effectively treat people with severe depression.

Therefore, the benefits and practices of Music Therapy Intervention will be the main focus of this research paper which will study the concept of a healthy mind and modern scientific knowledge that could improve a healthy mind.

Music Intervention Therapy to Improve Healthy Mind

Firstly, the concept of Healthy Mind based on modern scientific theory to provide the framework for the conceptual mindfulness meditation. Secondly, the Music Therapy will be studied based on modern scientific theory. And ultimately, the discussion will be implemented to consolidate the knowledge which will provide summary for information.

The Definition of Healthy Mind

Based on the American Music Therapy Association (2015) In the field of music therapy, a healthy mind is described as the mind that has the ability to express the physical emotional, cognitive and social needs of the individuals. This includes ability to manage stress, reduce discomfort, allow for the expression of emotions, increase memory and communication, and aid in physical recovery. The study has shown that an 89% lower risk of Alzheimer's disease was linked to high levels of conscientiousness (Maercker et al., 2011).

Whereas the unhealthy mind is the mind that are experiencing the mental disorders and depression. Depression can cause an unhealthy mind. According to International Classification of Diseases and Related Health Problems, 11th revision (ICD-11) (Helen et al 2022) ten criteria for depression are:

1. Depressed mood as stated by the person (such as being down or sad) or as seen by others for example tearful, defeated appearance. Irritability can be a sign of depression in kids and teenagers.
2. Much decreased interest or enjoyment in activities, especially ones that the person would typically find pleasurable, a reduction in sexual desire for instance
3. Reduced capacity for sustained attention to tasks or pronounced indecision.
4. Beliefs that may be clearly erroneous, such as low self-worth or excessive or inappropriate guilt.
5. Persistent death thoughts (not only a dread of death), suicidal ideas (whether or not there is a definite plan), or signs of suicide attempts.
6. Very interrupted sleep (late sleep start, more frequent nighttime awakenings, or early morning awakenings) or prolonged sleep.
7. Substantial weight change, or a significant change in appetite (increased or decreased) (gain or loss).
8. Psychomotor hyperactivity or slowness which others observe and tell, not merely subjective feelings of restlessness or being slowed down).
9. Reduced energy, fatigue, or severe exhaustion after expending little to no effort.
10. Future desperation

Thorsen et al., has studied into the comparison of the Major Depression Inventory (MDI) and the Mental Health Inventory which are two regularly used mental health evaluation instruments. (MHI-5). The purpose of Thorsen's (2013) study was to look at the predictive efficacy of these instruments in identifying persons who are at risk of mental health difficulties. According to the findings, the MDI and MHI-5 can be valuable tools for identifying persons at risk of mental health disorders. Furthermore, combining the MDI and MHI-5 scores may produce a more accurate outlook than either measure alone. Figure 2.2 represents the the

Mental Health Inventory (MHI-5) and Major Depression Inventory (MDI) as presented in the paper.

MHI-5		Response categories
	How much of the time during the last 4 weeks, have you....	
(1)	Been a very nervous person?	(a) All of the time
(2)	Felt so down in the dumps that nothing could cheer you up?	(b) Most of the time
(3)	Felt calm and peaceful?	(c) A good bit of the time
(4)	Felt downhearted and blue?	(d) Some of the time
(5)	Been a happy person?	(e) A little of the time
		(f) At no time
MDI		Response categories
	How much of the time in the last 2 weeks...	
(1)	Have you felt low in spirit or sad?	
(2)	Have you lost interest in your daily activities?	
(3)	Have you felt lacking in energy and strength?	
(4)	Have you felt less self-confident?	(a) All of the time
(5)	Have you had a bad conscience or feelings of guilt?	(b) Most of the time
(6)	Have you felt that life wasn't worth living?	(c) Slightly more than half of the time
(7)	Have you had difficulty in concentrating, e.g., when reading the newspaper or watching television?	(d) Slightly less than half of the time
(8a)*	Have you felt very restless?	(e) A little of the time
(8b)*	Have you felt subdued?	(f) At no time
(9)	have you had trouble sleeping at night?	
(10a)*	Have you suffered from reduced appetite?	
(10b)*	Have you suffered from increased appetite?	

Figure 2.2 shows the Mental Health Inventory (MHI-5) and Major Depression Inventory (MDI) (Thorsen et, al., 2013)

Mindfulness Meditation Benefit

A Harvard researcher, Desbordes (2012) has conducted a research, showing the beneficial effects of mindfulness meditation and mind management, especially when having to cope with dramatic and emotional events. The study's MRI scan shows there is less amygdala activation when the brain reacts to emotional contents. The research also reveals that meditation can boost body awareness and provide an effective improvement for clinically depressed patients.

Furthermore, Desbordes' research indicates that meditation can enhance body awareness and potentially offer improvements for individuals suffering from clinical depression. This suggests that mindfulness meditation may have potential as a complementary approach in the treatment of depression.

Moving on to music therapy, you mentioned that it will be studied based on modern science theories, exploring its history, application, practices, and benefits. Music therapy has been used since primitive times in curative rituals and has involved various elements such as percussion, vocalization, and musical instruments. It has been reported to have positive effects in treating chronic and psychosomatic diseases, as well as psychiatric disorders like psychogenic sterility, headaches, and bipolar disorder (Dobrzyńska et al., 2006).

Additionally, the Stanford neuroscience team discovered that even untrained individuals' brains are capable of appreciating complex symphonies. This ability to engage with intricate musical compositions can contribute to maintaining attention and updating working memory.

Overall, both mindfulness meditation and music therapy have shown potential benefits in various aspects of mental well-being and health. However, it's important to note that further research is ongoing in these fields to fully understand their mechanisms and potential applications.

Music Therapy in Modern Science

Music has been a major part in the history of humanity. Music has shown significant impacts on improving health as well as brain functioning in academics. Contemporary music therapy is used in the fields of medicine and mental therapy. In combination with pharmacotherapy, music can be a part of complex treatment with other forms of art-therapy, physiotherapy, and psychotherapy. This process requires physicians, psychologists, and therapists to effectively develop the treatment procedure (Maercker et al., 2011).

Music therapy will be studied based on the modern science theory for its history, application, practices and benefits. Music Therapy usage has been recorded since primitive times in curative rituals. Percussion, vocal and musical instruments have reported to be involved in treating chronic and psychosomatic diseases as well as psychiatric disorders such as psychogenic sterility, headaches and bipolar (Dobrzyńska et al., 2006). The Stanford neuroscience team found that even the untrained individual's brain can appreciate complex symphonies. This provides the ability to maintain attention and update working memory.

Arnaud.Cabanac et, al. (2013) study has shown that by listening to pleasant music students perform better with higher grades for the academic test. The average grades of students that had a music course in their curriculum were higher than students that had not chosen music as an optional course. The study shows high statistical significance. The results give confirmation that music has a link to cognition, but they do not assume causality i.e. the students may choose music because they are inherently better at school, or they have better grades because they practice music. This study's findings are consistent with prior findings, indicating that music can assist students keep conflicting knowledge despite the stress produced by cognitive dissonance generated by this contradictory information.

The study also shows that long term musical training musicians improves the working memory. Musically trained individuals has excelled in visual, phonological and executive memory comparing to those untrained individuals.

Hence, music for therapy has shown many potential scientific benefits in grasping knowledge including Buddhist meditation techniques. For the Conceptual model, Music Therapy could be assisting mindfulness and will have high potential in assisting meditation practices for better mental health.

History, Development and Theories of Music Therapy

Since the earliest time, music has been used for treatment purposes. In addition, music is deeply involved in primitive human beings. It is used in curative rituals in the treatment of chronic and psychosomatic diseases (e.g. headaches and psychogenic sterility) and psychiatric disorders (Dobrzyńska et al., 2006). (e.g. bipolar affective disorder).

In the bible (Samuel 116, KJV), King Sual recovered from depression by harp playing. In Ancient Greek literatures, music implements law and orders (Pythagoras) and influence body and soul, form personality (Plato), and help to release accumulated emotions (Aristoteles). Music was used to help cure depression (via listening to noisy and dulcimer sounds) which help to divert them from unpleasant and destructive thoughts. Calm songs were used to treat manic states. In the Renaissance, Zarlino stated many therapeutic effects from listening to music, including hearing restoration, madness and plague treatment, and pain relief. Depression was also treated using music during this era (Dobrzyńska et al., 2006).

In the 17th and 18th centuries, there was an increasing study in the vibration of music. Originally, music was thought to transmit vibrations through skin and trigger muscles and other anatomical structures. It is found that nerve fibers or fluids transfer vibrations through resonance passages. The quality and quantity of acoustic vibrations create changes in liquid circulation and nerve fiber tension. This is how music can help cure pathogenic factors e.g. tissue tension or circulation blockages (Dobrzyńska et al., 2006).

In 1780, J. Brown introduced the classification of stenic and astenic diseases, which is caused by underdosing or overdosing of stimuli. Soothing and calming music was used to treat stenic states. Energizing music was used to help cure astenic states. Back in that era, music was used as a sensory stimulus that helped to influence and regulate human affective states (Dobrzyńska et al., 2006).

In the 19th and 20th century (Dobrzyńska et al., 2006) the research studies were focused on music influence on the functions of physiological organisms. This includes blood pressure, breath rate, and pulse changes. The study showed that unusual acoustic stimuli e.g. discord lead to an increase in vegetative activity and tension. Pleasant acoustic stimulus leads to calming vegetative state. More research was carried out and showed that vegetative parameters only tell us about the intensity of the music experience, but not the quality. As a result, during a therapy, a person's reaction to music cannot be predicted. Similar to the perception of time, the perception of music is very difficult due to the complex nature of the experience.

It was only after World War that a scientific basis for music therapy emerged. Music was used in a broader application of psychotherapeutic methods in medical care, mainly for the increased number of war veterans. It was used especially in psychiatry. The standards of practical utilization and the procedures for setting therapeutic goals were developed (Blair, 1983).

In the 20th century (Dobrzyńska et al., 2006) two independent directions were developed i.e. the "American school" and the "Swedish school." The American School focused on empirical and clinical profile, especially in behavioral orientation and psycho-analytic. The Swedish school came ten years later and focused on theoretical direction.

Music therapy was conducted in 31 states in the United States during the 1940s. The National Association for Music Therapy (NAMT) was founded in the 1950s. NAMT specialized on music therapy organization, staff education, congress organization, and the publication of the "Journal of Music Therapy." The American School focuses primarily on the use of various music forms as a complement to psychotherapy.

The Swedish School was founded in 1945 by a psychiatrist A. Pontvik. Music was viewed as an intellectual and ordering influence thorough "psycho-resonance" phenomenon. This phenomenon helps the restoration of personal balance of a human being. The Swedish School used music in a more holistic way and used music as a central treatment tool (Dobrzyńska et al., 2006).

In summary, music therapy was described as "the method of using the multidisciplinary influence of music on psychosomatic human conditions in many ways," according to Poland T. Natanson. With time, the meanings changed. Incorporated in 1985, the WFMT stands for the World Federation of Music Therapy.

The latest American Music Therapy Association defines music therapy as "Music therapy is a recognized medical specialty that employs music to meet the needs of people of all ages in terms of their physical, emotional, cognitive, and social well-being. Music therapy meets the needs of children and adults with disabilities and illnesses while also enhancing the quality of life for those who are healthy. A music therapy intervention can be created to support mental and physical health, reduce stress, ease pain, express emotions, improve memory and communication, and support physical recovery" (AMTA, 2005).

The Benefits of Music Therapy

With changing relevance and purposes in several sectors, music therapy's use, application, and definition evolved over time. Included here are psychiatry, education, rehabilitation, and psychology. The dementias are further noted for treatment. There are additional reports that music therapy aids in the recovery of kids with physical and mental problems. There are also instances of autistic youngsters receiving rehabilitation. (Whipple, 2004) Music Therapy are commonly used in the field of medical science including the pediatrics, geriatrics, obstetrics and cardiology (Cevasco & Grant, 2005).

Cabanac et al. (2013) 's study indicates that listening to music might subconsciously enhance concentration, cognitive performance, and stress coping abilities. The study suggests a potential link between music and improved academic performance, highlighting that students with music courses tend to achieve higher grades, though causality is not established. The research also underlines music's role in aiding individuals in managing cognitive dissonance and contradictory information, aligning with the broader idea that music can positively impact cognitive processes and academic pursuits.

The potential benefits of music therapy for various health conditions. While these statements mention positive outcomes and findings from research studies, it's important to note that individual experiences may vary, and further research is needed to fully understand the effectiveness of music therapy in each specific context. Here's a summary of the potential benefits mentioned:

1. Reducing Blood Pressure: Research suggests that listening to relaxing music, such as classical, Celtic, or raga music, for 30 minutes a day may significantly reduce high blood pressure. However, additional studies are needed to confirm these findings and determine the specific mechanisms behind this effect.

2. Stroke Recovery: Melodic Intonation Therapy, a form of music therapy, has shown positive changes in stroke patients who have difficulty with speech. By utilizing the intact areas of the brain involved in music processing, these patients can learn to sing sentences, which may later help them in speaking those sentences. Music therapy can tap into the right side of the brain to compensate for damage to the left side responsible for speech.

3. Pain Management: Music therapy has demonstrated positive effects on pain management by reducing both the sensation and distress associated with pain. Research suggests that music therapy can be beneficial in managing pain for various conditions, including in dementia patients.

4. Autism: Music therapy has shown promise in helping autistic children improve communication skills and engage with others. Singing songs and participating in rhythm exercises can enhance focus, memory, and emotional expression in these children.

5. Mood Improvement and Decreased Depression: Music can serve as a stress reliever and has the potential to uplift mood. In specific cases, music therapy has been found to improve the mood of elderly individuals suffering from depression. Listening to inspiring and exhilarating music may be more beneficial in improving mood compared to sad songs.

6. Speeding Post-Stroke Recovery: Some research suggests that listening to one's favorite music genres, such as pop, classical, or jazz, may contribute to a speedier recovery from strokes. Music has been associated with decreased levels of the stress hormone cortisol, which, when elevated, can potentially hinder immune response.

While music therapy has shown promising results in these areas, it is important to consult with healthcare professionals or certified music therapists to determine the most appropriate approach for individual cases and to ensure the therapy is used as a complementary treatment alongside standard medical care.

Music and Stress Reduction

The stress system in human beings and the effects of music on stress reduction. Stress is defined as a general activation reaction to a stimulus that can be perceived as both a challenge and a threat. It involves physiological arousal and emotional responses, which interact with each other during stressful experiences. Physiologically, stress triggers the activation of the hypothalamic-pituitary adrenal (HPA) axis, leading to the release of cortisol and increased activity of the sympathetic nervous system. This results in heightened physiological arousal, including increased heart rate, blood pressure, and cardiac output. Emotionally, stress is characterized by subjective feelings of worry, restlessness, and nervousness. State anxiety, which refers to the emotional response to a perceived stressful experience, is often used as a measure of stress-related outcomes. Music has been found to have potential effects on stress reduction and well-being. Neuroscientific studies suggest that music interventions can decrease physiological arousal associated with stress. Music listening and music making/singing have been associated with reduced cortisol levels, as well as decreases in heart rate and blood pressure. Furthermore, music can modulate activity in brain structures involved in emotional processes, such as the amygdala.

The amygdala plays a crucial role in the regulation of emotional processes and the release of endorphins, which contribute to a sense of well-being. Music has been shown to influence the amygdala, potentially decreasing the intensity of stress-related emotional states and psychophysiological arousal. This can evoke feelings of pleasure and happiness. In addition to its effects on physiological and emotional responses, music can also serve as a distractor, diverting attention from stressful events and reducing stress levels. By focusing on something more pleasant, music can contribute to stress reduction. It's important to note that the terms "stress" and "state anxiety" are sometimes used interchangeably in the psychology literature, although different self-reporting questionnaires are used to measure them. Therefore, it's necessary to examine whether music has similar effects on stress and state anxiety.

Overall, the studies mentioned in the passage suggest that music interventions have the potential to decrease physiological arousal, modulate emotional states, and reduce stress-related outcomes such as state anxiety.

Music Therapy Experts and Non-Music Therapy Experts

The World Federation of Music Therapy (WFMT) is an international organization that was incorporated in 1985. Its primary goal is to promote the worldwide adoption of music therapy. WFMT provides a definition of music therapy as follows: "Music therapy is the use of music and/or musical elements (sound, rhythm, melody, and harmony) by a qualified music therapist, with a client or group, in a process designed to facilitate and promote communication, relationships, learning, mobilization, expression, organization, and other relevant therapeutic objectives in order to meet physical, emotional, mental, social, and cognitive needs. Music therapy aims to develop potentials and/or restore functions of an individual, so that he or she can achieve better intra and/or interpersonal integration and, consequently, a better quality of life through prevention, rehabilitation, or treatment."

According to this definition, music therapy is a therapeutic approach that utilizes music and its elements to address a wide range of needs and goals. It is carried out by trained music therapists who work with individuals or groups to enhance communication, relationships, learning, and overall well-being. The ultimate aim of music therapy is to improve the quality of life and promote better integration at both intra and interpersonal levels. It can be applied in various contexts, including prevention, rehabilitation, and treatment.

An accurate description of the American Music Therapy Association's definition of music therapy. Music therapy is indeed an established healthcare profession that utilizes music

to address various needs of individuals across different age groups. It can be applied to promote wellness, manage stress, alleviate pain, express emotions, enhance memory, improve communication, and facilitate physical rehabilitation. The field of music therapy recognizes the power of music and its therapeutic effects on individuals. Music therapists are trained professionals who assess the specific needs of their clients and design interventions using music as the primary tool. These interventions can involve listening to music, playing musical instruments, singing, songwriting, movement to music, and other music-based activities. Music therapy can be beneficial for individuals with disabilities or illnesses, as well as those who are in good health. It is a holistic approach that considers the physical, emotional, cognitive, and social aspects of a person's well-being. Through the use of music, therapists aim to enhance the quality of life and promote positive changes in individuals. It's important to note that the information I provided is based on my knowledge cutoff in September 2021. If there have been any updates or revisions to the definition of music therapy by the American Music Therapy Association since then, I may not be aware of them.

It's fascinating to hear that the Stanford neuroscience team has found that even untrained individuals' brains can appreciate complex symphonies. This suggests that the brain has inherent capabilities to process and derive enjoyment from intricate musical compositions. Additionally, the ability to appreciate such music may have positive effects on attention and working memory. If untrained individuals are provided with proper training, they can potentially adapt music therapy techniques into their daily lives. Music therapy involves using music and musical activities to promote healing, relaxation, and overall well-being. By incorporating music therapy into their routines, untrained individuals may be able to experience the benefits associated with it. Furthermore, the concept of meditation can be adopted by both trained and untrained individuals as part of health improvement programs and for those seeking Buddhist Liberation. Meditation is a practice that involves focusing one's attention and achieving a state of mental clarity and emotional calm. It has been shown to have numerous health benefits, including stress reduction, improved concentration, and increased self-awareness. By incorporating meditation into their lives, both trained and untrained individuals can potentially experience the positive effects it offers. It can be a valuable tool for promoting overall well-being and personal growth, whether as part of a health improvement program or for individuals seeking spiritual enlightenment in line with Buddhist principles. It's important to note that the specific details and methodologies of the Stanford neuroscience team's findings would need to be examined to gain a more comprehensive understanding of their research and its implications.

Discussion

The potential benefits of music therapy interventions in promoting a healthy mind and treating depression. The paper distilled into five key points:

1. Mental Health Concerns and Need for Solutions: Introduction establishes the global prevalence of depression and the pressing need for effective interventions to address mental health issues. Context is given for the exploration of music therapy as a potential solution for improving mental well-being.

2. Healthy Mind Definition and Components: A healthy mind, as per the American Music Therapy Association, encompasses emotional, cognitive, and social well-being. Key components include stress management, emotional expression, memory enhancement, and aiding physical recovery.

3. Depression's Complexity and Diagnostic Criteria: ICD-11 criteria for diagnosing depression outline its diverse manifestations, spanning mood changes to cognitive

impairments and physical symptoms. The multi-dimensional nature of depression is emphasized, highlighting its complexity and widespread impact.

4. Music Therapy's Versatility and Cognitive Benefits: Music therapy's historical evolution across cultures and its application in medical fields underscore its versatility. Study by Cabanac et al. (2013) suggests music's potential to enhance cognitive performance, including concentration and stress coping.

5. Integration of Music Therapy and Mindfulness: The paper introduces the concept of integrating music therapy with mindfulness meditation, potentially amplifying their combined benefits. Implications for the enhancement of mental well-being through this synergistic approach are discussed, inviting further research.

In summary, the paper delves into the landscape of mental health concerns, offering a comprehensive definition of a healthy mind and addressing the intricacies of depression. Through a historical perspective on music therapy and its contemporary applications, its versatility and potential cognitive benefits. The innovative idea of combining music therapy intervention with mindfulness meditation adds depth to the discussion, suggesting a holistic approach to mental health improvement.

Conclusion

Several advantages of supporting a healthy mind and the potential benefits of music therapy interventions in treating depression and promoting mental well-being:

1. Decreased risk of Alzheimer's disease: Scientific research has shown that maintaining a healthy mind through activities such as meditation and mindfulness can contribute to a decreased risk of developing Alzheimer's disease. These practices help to improve cognitive function and preserve brain health.

2. Assistance with severe depression: Meditation has been found to be helpful in managing severe depression. By practicing meditation, individuals can learn to cultivate a state of present-moment awareness, reduce stress, and develop better emotional regulation skills, which can aid in coping with depression.

3. Promotion of bodily awareness: Meditation practices, such as mindfulness meditation, can enhance bodily awareness. This means individuals become more attuned to their physical sensations, emotions, and thoughts, leading to a greater understanding of their overall well-being and potential early recognition of mental health issues.

4. Music therapy: Music therapy is a recognized subfield of contemporary science intervention that utilizes music to address psychological issues. It has been found to have several advantages, such as reducing anxiety, improving mood, enhancing self-expression, and providing a means of emotional release and connection.

5. Improved focus and learning: Listening to music can enhance the brain's ability to maintain focus and improve engagement with challenging tasks. This can be particularly beneficial in learning environments, where music has been shown to improve memory and cognitive performance. Additionally, music students tend to have superior visual, phonological, and executive memory abilities compared to those without music training.

In summary, modern scientific interventions, including meditation, mindfulness, and music therapy, offer potential benefits for mental health and cognitive functioning. These practices can support a healthy mind, aid in the treatment of depression, enhance bodily awareness, and improve learning abilities, especially in the context of music therapy.

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