



Influence Of Music Therapy On A Child's Condition

Khurshida Mirzafarovna Mirsalikhova

Head of the Department of “Folk Instruments” Republican College of Music and Art of Uzbekistan

ABSTRACT

The article describes the concept of “music therapy”. About the fact that music therapy is actively used in pedagogical and educational programs, on the need to pay great attention to the selection of the necessary melodies and sounds, with the help of which you can have a positive effect on the child's body and improve well-being, cheer up, and improve performance.

KEYWORDS

music therapy, music healing.

INTRODUCTION

Music therapy is music healing. The term "music therapy" has a Greek-Latin origin - it means "music therapy". Music, due to its aesthetic impact, can really raise or lower mood, distract from dark thoughts, excite, inspire. Music therapy is actively used in pedagogical and educational programs. Music relieves stress, stimulates creativity, and even improves physical fitness.

How can music affect a person's condition?

A person is listening to music, as if adjusting to it. Melodies that bring joy to a person have a good effect on the body: they stimulate digestion, improve appetite, improve

metabolism, increase attention, and normalize blood pressure. Music can change the physical state of a person.

How can music affect a child's condition?

Music therapy is music healing. Listening to correctly selected music increases the immunity of children, relieves tension and irritability, headache and muscle pain, restores calm breathing. Great attention is paid to the selection of the necessary melodies and sounds, with the help of which you can have a positive effect on the child's body and improve well-being, cheer up, and improve performance. In the morning it is

recommended to include good songs with good lyrics. To relax and relieve physical stress, for a pleasant immersion in a daytime sleep, you can use classical and modern relaxing music filled with the sounds of nature (the sound of sea waves and the cry of dolphins, the murmur of a brook). Quiet, gentle, light, joyful music will help children wake up after a nap. In ancient times, doctors believed that music was able to cure a person when he was sick. It was believed that even the sound of different musical instruments affects human health in different ways:

- Violin sounds can cure bad mood;
- flute helps when a person has a cough;
- viola sounds - neuroses disappear;
- the harp contributes to the return to a good and cheerful mood.

THE MAIN FINDINGS AND RESULTS

Russian scientists I.M. Sechenov, S.P. Botkin and I.P. Pavlov proved that with the help of music you can regulate the mental state of patients, and if you choose the right musical rhythm, you can alleviate the state in which a person is after stress. It has been proven that the healing properties of music are not associated with musical trends. Folklore, modern melodies, jazz and classics can heal. The main condition is that the music should be liked and evoke positive emotions. D.D. Shostakovich said: "People need all kinds of music - from simple flute tune to the sound of a huge symphony orchestra, from an unpretentious popular song to Beethoven's sonatas."

The sound of music, influencing the physiological processes of the child's body, increases the efficiency of the muscular and respiratory systems. If the child performs exercises with musical accompaniment, pulmonary ventilation improves, the amplitude of respiratory movements increases. When performing movements to

music, children develop musicality, its main components are hearing, emotionality, responsiveness. An emotional outburst charges the child with vital energy, so you need to dance with children every day, but not for long. Remember to pay attention to the child's physical and mental health. I would like to draw the attention of teachers and parents to the fact that the main task is to teach children to listen to the sounds of life, which we call the living music of nature: birdsong, the murmur of streams, the rustle of leaves, etc. Super heavy rhythms or super-fast, strong volume, very high or, on the contrary, very low sounds cannot have a beneficial effect on the health of the child.

A silent environment can negatively affect the child, it affects the psyche, since it is not a familiar surrounding background.

Children, as we know, with different temperaments, therefore, the music must be selected in accordance with the character of the child. Melodies with a calm rhythm - restless children should listen to. According to doctors, Viennese or German music from the works of Mozart, Haydn, Schubert is suitable for such children.

Children who have poor appetite, breathing problems are advised to listen to music by Tchaikovsky (valse), Vivaldi. The following things have a calming effect on the nervous system: singing of birds, Beethoven's Moonlight Sonata, Tchaikovsky's Seasons.

The most important for preschoolers are the training of observation, the development of a sense of pace, rhythm and time, mental abilities and fantasy, verbal and non-verbal communication skills, the development of volitional qualities, endurance and the ability to restrain affects, the development of general fine motor skills and articulatory motor skills.

The direct therapeutic effect of music on the neuropsychic sphere of children occurs with its passive or active perception. In preschool age, the activating effect of music is achieved by the musical accompaniment of various games, and by the special correctional orientation of traditional activities with children.

CONCLUSION

Summing up the above, it should be noted that music therapy is an important component of the development of every child, since it brings positive things both to the life of children and to the inner world of everyone. The main thing to remember is that doctors treat, and music heals the souls of people!

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