

MUSIC THERAPY AND ITS IMPACT ON HUMAN HEALTH

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Abstract:	Keywords
The article is based on the history of musical therapy, its approaches, and its use today, and the study of the human body of music therapy and some of its diseases.	Music, therapy, ancient countries, Oriental scholars, music treatment, types, importance, use, characteristics of autism, depression, acoustics.

Introduction

Beginning in the 2022-2023 academic year, U.S. President AbduRahman Miromonovich will teach students the ability to play at least one of the national music events, which is noted in their testimony. There are 10130 maltab 323 children's music and art schools, and 826 cultural centers are provided in three volumes with 7 types of national entities.

It is obligatory to have the ability of music students to play at least one of the national entities and at least three starting in the 2023-2024 academic year. Music is a type of art that reflects human emotional nightmares, thoughts, and imagination in a musical instrument, which consists of a particular musical and artistic image that represents spiritual situations in a changing way. Music uses music in a variety of situations throughout a person's life because of his or her sense of well-being and his or her abilities. But this is another part of the music industry that we don't know

is the treatment of many diseases found in the human body through music, or music therapy. (Matthew 24:14; 28:19, 20) Jehovah's Witnesses would be pleased to discuss these answers with you. The idea of music therapy is that these activities can help a person to deal with all kinds of problems and acquire new skills, and then they can be transferred to other areas of their lives. Music also helps the client to express his feelings and thoughts more easily. Despite the relatively new field, there is a lot of evidence to confirm the effectiveness of music therapy. So today we know that this is very useful in treating problems such as autism, depression, anxiety, stress or schizophrenia, and can serve as an assistance in achieving subclinical goals, such as teaching social skills.

The idea that music can have a significant impact on people's personality and behavior has emerged since the beginning of Western civilization. Authors such as Aflotun and Aristotle

have already talked about the effect of various compatibility and tone on those listening to them and their beneficial characteristics. Later, during the 18th and 19th centuries, some independent associations were formed to study the positive effects of music on people's spirituality. However, these works could not have a major impact on society, and at that time it was not given much attention. Today, the music that we understand did not originate until the mid-20th century. After World War II, many musicians, both professional and professional, were in hospitals in various countries and played to ease the suffering of the philanthropists, many of whom suffered from their experiences. Soon, doctors and nurses said that patients exposed to the work of these musicians had improved faster and that their feelings

they realized that it would be more positive. At the same time, the artists discovered that they needed official training to maximize their skills. Currently, there are maltabs of music therapy, such as America, Sweden, Switzerland, Germany, and Russia, and almost all schools have the origins of the concept of music treatment. However, the term music therapy originated between the 19th and 20th centuries. Ask, "What is music therapy?"

Music therapy is a type of treatment used to facilitate the elimination of certain diseases in patients using musical works. (Matthew 24:14; 28:19, 20) Today, in many developed countries, music therapy has become a iniversal tool for improving, maintaining, and treating human psychology, spirituality. Musical therapy is being used to treat and rehabilitate children and adults in mental illness, infirm and nervous, heart-to-heart diseases. Music causes certain distortions in humans, which leads to a spiritual reaction. The basis of music is sound. Sound, on the other hand, is an acoustic signal with a wavelength. A known acoustic signal from special literature affects the cells of living organisms and is also able to change their activity. Music therapy experts divide music therapy into passive and active forms. In passive musical therapy, a patient hears a musical masterpiece or parts of it, through which he can also prevent or treat the disease. In active musical therapy, the patient took part in musical performances. Musical instruments can be used to produce musical instruments, sing songs, or sing a piece of musical instruments. Music therapy is an ideal treatment for treating depressed patients, but it is possible to manage serious depression and use drug vpsytas to calm the patient down. Currently, there are the following forms of music therapy:

Experimental is a study of the various musical effects of resurrection on patients.

Clinical trials are used for prevention and therapeutic purposes.

Integrative is carried out in conjunction with other types of therapy related to art (dance, painting, etc.)

Thematic is based on a system and a lecture on a particular topic.

The background is used as a musical background in the field of psychotherapy activities.

The active patient rhythms music, performs musical performances, and sings.

The recipient passively listens to the patient's work of music or its individual phrases.

Music therapy has proven very useful in other conditions associated with mental health, but it does not directly include the treatment of witch psychological disorders. For example, listening to certain navo simply helps to relieve and reduce stress. It is very diverse - it has been used in different conditions. For example, tastes showed that changing music to perform pleasant songs in a dentist's waiting hose has a calming effect on patients. People who have been exposed to usjbi consolation music feel more lamp-shaped, and even during their visit, the oral cavity appears. Studies have been published in other conditions with very similar results, such as caring for the elderly, handling seriously ill or sick people, or managing very young children when they need to join the education center. Music therapy is a very diverse discipline, and what is done within it is almost endless. However, they can be tasted quite simply based on several criteria. In any case, patients may act, such as playing a tool, singing, dancing, or even being a composer, and in others, they may be limited to just listening.

One of the advantages of music therapy is that it can also be used in children. It is only natural for music therapy to become a good solution to addressing problems for many families. Vibration and rhythm affect physical and emotional levels, causing compatibility with many processes in the body. A child's sensitivity allows organs to function incorrently and to monitor the emotional state. Music therapy, especially oxygen is useful for children suffering from deficiency. Specific features of their brain structure are enzymes that provide the necessary development, but musiwa therapy helps to improve their working activity. This condition has been confirmed by many researchers. The resulting embryo was allowed to develop in nutrents and then inserted into her womb, where it implanted. The resulting embryo was allowed to develop in nutrients and then inserted into her wowobe, where it implanted.

In a nutshell, music therapy plays an important role in the treatment of the nervous system, heart blood system disease, and many other lip diseases in other developed countries today. Because music is significant in human life, both psychological and psychological effects, patients treated with the help of music therapists are able to eliminate not only diseases but also spiritual sickness.

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