

Role of Music in Psychodisorder

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Introduction :-

"Music gives a soul to the universe, wings to mind, flight to imagination and life to everything" - Plato.

Of course music is an amazing and incredible phenomenon which acts as a magic. It provides soothing to the mind and fills the heart with cheer & joy. Everyone is not well acquainted with music but loves it to some extent. Some times it acts as an expression of emotions. sometimes mentally, emotionally we feel stress, pain, anxiety even depressed. Music acts as a medicine for this state of mind. Various studies reveal that music therapy is a good choice to overcome mental state or psychotic disorder.

Psychotic/mental disorder :-

It is a group of illness that affects the state of mind resulting into abnormal behaviour. One loses the state of reality i.e. delusion, hallucination and impariment in personality. Life becomes so difficult to carry on. There may be the different types of mental illness which are as follows.

- (i) Mood disorder-depression
- (ii) Personality disorder
- (iii) Anxiety
- (iv) Schizophrenia
- (v) Eating disorder

Factors :-

Not certain, but number of factors are responsible for detereorating the psychological state of mind, i.e.

- (i) Gene - May transmit to the next generation.

- (ii) Life experiences - Broken family, failure in job, love, phobia.
- (iii) Bio-chemicals - (neurotransmitters) imbalance.

Types and work of Neurotransmitters-

- (i) Serotonin - happy hormone, improves mood, sleep, memory appetite and sense of well being.
- (ii) Dopamine- also known as feel good hormone. It causes, exhilaration, motivation and concentration.
- (iii) Oxytocin- Love hormone, It creates bonding, trust, arousal. It also works as anti stress agent.
- (iv) Endorphins- It is a pleasure neurotransmitter that relieves from pain, stress.

When above mentioned neurotransmitters work in desired manner our mind, body feel good and remain healthy. But sometimes above described factors can make our life miserable leading to abnormal behaviour. Some incidents, bitter experiences divert our happy life towards distraction or away from real life. And one becomes the victim of psychotic disorder. Apart from stress inadequate sleep, low blood sugar, vitamines B1 B2 B6 & D, Omega3 deficiency also reduces serotonin and other neurotransmitters level which are responsible for happiness, pleasure and switching of mood.

Functions and Benefits of Music-

Mc Gill Univ. Canada found when music hits your brain

- (i) it releases 'dopamine' a feel good hormone, also responsible for falling in love.
- (ii) Music causes heart beat faster (more active).
- (iii) It lowers anxiety and improves sleep.
- (iv) It enhances learning skills and memory.
- (v) Performance ability increases by music.

A review by Kendra Cherry, Daniel B. Block (2019) revealed that music sometimes utilized to promote emotional health, A study suggested that persons who used to listen music recovered from stress quickly. One study found that patients of fibromyalgia, who listened music one hour daily experienced significant lowering of pain. Data collected from 7000 patients who tended to listen music required less medication to manage pain.

In another study concerning a college student group suffering from insomnia, a group which listened classical music before bed time felt better sleep than who listened

audiobook. Study also reveals that music releases less cortisol a stress hormone. In 2017 a research disclosed that music with jazz has a positive effect on depression. In 2015 Shanghai university found that music can also reduce fatigue. 2020 research review indicated that working with music improves your mood.

In one meta analysis, neurologists observed 557 patients with chronic sleep disorder had improved quality sleep with music. Study published in 'memory and cognition journal' 2013 stated that music may help memory, recall for those suffering from Alzheimer and dementia.

Study conducted by Korean researchers (2013) on stroke patients, revealed that patients had improved language ability having one month music therapy.

Finally we can conclude it by the following quote "Music is a therapy. It is a communication far more powerful than words"- Yehudi Menuhin.

References

1. very well mind.com
2. Health line.com
3. Harvard men's health watch
4. Medical news.com