

ENCROACHMENT OF MUSIC ON LONELINESS IN WIDOWED AND BACHELOR PEOPLE

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ABSTRACT

This paper discusses about the integration of healing system into the modern music therapy as a non medical modifier and protector of the impacts of diseases (loneliness) and its treatment in clinical settings and the modified approaches and procedures that one can practice. There are many kinds of therapies existing in medical field treating patients with medicines as direct and indirect ways with alternative therapies. Music has emerged as a very strong alternative therapy. In Western countries experiment and implementation through research and professional music therapist is working in different hospitals and at patients, home as well. Along with the description of how music travels through the human physiology like mind, brain, nerves and more.

KEYWORDS: Bachelor, Encroachment, Healing, Loneliness, Music, Therapy, Treatment, Widowed

INTRODUCTION

Music is known as the universal language which is defined as being “*the art or science of combining vocal and instrumental (or both), to produce beauty of form, harmony and expression of emotion*”; to the people there have been many languages which they don't understand but when music is played that which at its heart, no matter what the composer's nationality is understood.

“*When words fail, music speaks*”, (*Hans Christian Anderson*). Music is the expression of emotion that is universally understood. This is true because music is intimately interconnected and basic to our existence like, the beat of the music, our bodies are made up of rhythmic systems (*Continuum Hospice Care, 2005*). This universal language has become a mainstream therapy in the health care profession. Therapy is defined as “*treatment intended to relieve or heal disorder*”. Music has been an effective tool used to address social, emotional, cognitive, physical and spiritual needs of a patient. It is the clinical and evidence based use of music interventions to accomplish individualized goal such as promoting wellness, managing reducing stress, promoting relaxation, alleviating pain, expressing feelings, enhancing memory, improving communication, counteracting depression, anger, pain, insomnia, boredom and loneliness, reducing pain and treatment related symptoms, such as nausea, vomiting, and confusion and promoting physical rehabilitation (*Music therapy, 2005*).

The idea of music for healing is not a new one. The use of music can be traced to three thousand years ago in biblical history, when king Saul, the anxiety ridden monarch that suffered from the episodes of melancholia, was soothed into rest by the harmonious playing of the shepherd boy David's harp (*I Samuel, 16:14:23*) (*Kerr, 2004*). The 20th century discipline of music therapy as a health care profession began after World War I, when community musicians voluntarily

spend time playing at Veteran hospitals around the country for the thousands of veterans suffering from war inflicted traumas, both physically and emotionally. The encroachment or the impact that the music had on the patients led the doctors and nurses to request to hire the musicians in hospitals. Michigan State University established the first music therapy degree program in the world in 1944 and then in 1998, in America.

Music therapy association (AMTA) was founded as the union of the National Association of Music Therapy and American Association of Music Therapy, Canadian Association for Music therapy, 2005. Practitioners of music therapy are trained to meet high clinical standards (*the official Stanley Jordan page, 2005*). Music therapy has become so important in clinical settings of professional music therapists are now required to hold a bachelors degree or higher in music therapy from an approved college and university program.

Music through Human Physiology

History is the evidence that from the ancient times, music has been used for different purposes besides entertainment. The role of music in physical development and further in the cure of many disease have been recognized centuries back. Whether a person is involved in music actively or passively, it helps in the development of sound, mind, body and soul.

Brain is the main governing part of the body. Studies show that music helps in the formation of billions of brain cells more quickly in infants. D.Shelter has found that infants who have received systematic prenatal music stimulation are more advanced not only in the development of musical aptitude but also in the other sphere such as problem solving risk taking and creativity. The significance of the music on the development of brain cells is such that Florida government is undergoing a policy formation for providing compact disc or audio cassettes to young mothers. Various brain centers viz. hypothalamus, thalamus, cerebellum, in addition to the cerebral hemispheres, the master brain, takes part not only in metamorphosing tone and rhythm into music but give it an emotional and mental content. Music according to Dr. Altshuler, is first perceived by thalamus which is one of the elder portion of the brain and is the seat of all sensations, emotions and aesthetic feelings. Thalamus automatically incites the cortex of the brain, seat of higher elements which are involved in thinking and reasoning.

Music includes singing, playing of instruments and dancing and consists of melody, harmony and rhythm. A person who is actively involved in any one of them enjoys a healthy mind and body. Singing and playing wind instrument assist respiratory development by emphasizing the correct posture, lung capacity and diaphragmatic control which strengthens lungs and throat. Deep breathing expands chest and brings about oxidation of the body tissues. This way singing strengthens are respiratory system. Dancing makes the whole body to exercise. It strengthens almost every part of the body such as muscles, respiratory system, heart, blood circulation and so on. Dr. Herbert Libie in his book '*The Therapeutics of Music*' mentions, that there is a close association of musical rhythm with the body circulatory and respiratory systems, melody with the nervous system, and harmony with the metabolic system. Musical vibrations received by the auditory nerve, produce reflex action upon the sympathetic system, stimulating or depressing the nerves and thus influencing the tone and the well being of the body.

A person who is not involved actively in the musical experiences also benefits from it a great deal. Music affects the digestive system, endocrine system and even the immune system of the person. Music by arousing pleasurable emotions promotes the flow of digestive juices resulting in the increase of aptitude. By stimulating nerves mildly it

regulates the flow of blood and spread agreeable sensations all over the body. Canon, the eminent Harvard psychologist believes music arouse emotions and act on the endocrine system of the body by releasing adrenaline, thyroxin and other energy producing and pain fighting secretions. Thyroid glands regulate body temperature. Music also affects the immune system of the body. The cells of the immune system contain receptors that respond to neuro-peptide messengers used by the nervous system. Thus the happy people produce the chemicals that influence their immune system in a positive way resulting in increased resistance to the diseases and better overall health.

Healing power of music was recognized dating back to ancient Greece. Pythagoras, Plato, Aristotle talk about prophylactic and cathartic power of music as mentioned by Richard Brown in '*Medicine Musica*' (1729).

Music created a mirthful spirit and acts as a good tonic. Anxiety, depression, schizophrenia, mental retardation, autism, psychosomatic disorders of many types, insomnia, behavioral disorders pertaining to aggression, phobia, sexual deviations, drugs abuse and the like are amenable to supplementary therapy with music. It has the capacity to produce changes in metabolism, respiration, blood pressure, endocrine system and muscular energy. It has power to distract from morbid state, and replace with whole some feelings and ideas. It acts upon nervous system by producing either stimulating or calming effect. Lively music was found to cause an increase of blood in the brain as well as a lively pulse. An excitement of the brain by musical sound increases the flow of blood in other parts of the body. On the other hand clam and slow music has an effect of the slowing down the blood circulation in the brain and decreasing its volume. Thus Dr. Patriot mentions that cerebral anemia is more necessary for controlling maniacal activity. This slow and sad music having depressing effect ad clam action on the blood circulation is useful as a sedative in maniacal condition and in overcoming over excitement of the nervous system. Since, through the effect of music, nervous system of the body enters into a state of uniform vibrations throughout, it can be used in curing many nervous disorders like lunacy. Music can ally pain as pain is due to inconvenient vibration of the nervous cells caused by some external influence.

Rhythm is fundamental to life and rhythm disorders resulting in spastic defects, either vocal or physical can be assisted greatly by the rhythm of music for instance, rhythm of song can assist stammering and rhythmic exercises associated with the playing of instruments can assist those with coordination problem of the fingers and arms. It is logical to assume that if the therapeutic power of rhythm is so great with the handicapped, then it must have corresponding values in the development of good body rhythm in children. It has been found that music is peculiarly adapted to the reestablishment of muscular coordination where this power has been diminished either as a result of mental shock or physical disability. Music has been called the language of emotions capable of stimulating various forms of activities, producing relaxation from tension caused by worry and fear. Studies show that anger, tension, stress and other mental problems cause many disorders in the body.

Tension alone causes around hundred types of chemical and physical changes in the body. It leads to secretion of a hormone called cortical which reduces the brain power. Under such case music and meditation act as tranquilizers by bringing brain to a thought free position. For those where mental retardation is due to emotional problems, music serves a channel for emotional release. Music and movement can benefit physically handicapped child by relaxing muscular tension, developing coordination of mind and body and providing an outlet for emotional tension. Music provides energy. Studies show that music either delays or diminishes fatigues. Dr Edward, in his book, '*Music for your Health*', writes that music was presented for 8:30am to 9:30 am in the morning, two hours during the lunch period beginning from

11:30 and from 3-4 in the afternoon to the employees and it was found that employees went through their daily work with less fatigue. It increases muscular reflexes and influences the electrical conductivity of the human body.

It is a great cure for insomnia. Mr. Omkar Nath Thakur had observed a number of beneficial effects of music in case of insomnia. Studies further show that music has been used in restoring memory of amnesia victims and improving vision by 25 percent. After a series of exhaustive experiments, Russian psychologist, Dr. Kravkov stated that while music was being played the listeners could actually see farther and better than when there was silence.

Music thus creates a mirthful spirit and acts as a good tonic. In sickness it acts as a medicine and even better in nervous ailments. While medicines act from outside, music acts from inside. Medicines can go wrong and produce evil effect but music does not harm even if it cannot succeed. American physician Dr. S.J. Lodan is correct when he mentions that people who are fond of music are less probable to fall ill than those uninterested in music. Music is therefore is the ultimate mantra for good health and long life.

Music for Loneliness in Widowed and Bachelor People

Music is the holistic science that promotes the happy healthy lifestyle. Music therapists assess emotional well being, physical health, social functioning, cognitive skills, and spiritual status in order to design their treatment plan. They accomplish this by assessing emotional well being by noting, depression, anxiety, anger and fear, physical health by taking into account pain, shortness of breather, and nausea; social functioning by observing isolation, loneliness and boredom, cognitive skills by examining neurological impairments, disorientation and confusion and spiritual status by taking into consideration lack of spiritual conviction and need for spiritually based rituals all through musical responses. Music therapists design specific treatment goals and music sessions based on client need. Singing in itself is a technique used to help people with speech impairments improves their articulation, rhythm and their breath control. People with asthma or breathing difficulties to improve oxygen saturation rates, people with dementia to encourage reminiscence and the discussion of the past while reducing anxiety and fear and people lacking social skills to improve them and to foster a greater awareness of others. Playing instruments aids in improving gross and fine motor skills as well as developing increased well being and self esteem. Rhythmic based activities can be used to smooth the progress of and improve the person's range of motion, and joint mobility, agility, and strength balance, coordination. Improvising is a means of creative, nonverbal expression of thoughts and feelings which is neutral and easily approachable "*where words fail or emotions are too hard to express, music can fill the void (anonymous)*". Composing allows patients to share their feelings, ideas and experiences in a supporting and non threatening environment that provides opportunities to address fears and to identify and perhaps resolve personal issues.

LONELINESS

Clinical Significance of Loneliness

Feeling connected and having good social relationships is important for mental and physical health. Health outcomes are strongly related to a feeling of belonging which can significantly affect health positively. People who are lonelier may have a worse outcome from heart related problems. Contemporary behaviors such as using frequent email and cell phones can be helpful in alleviating loneliness. Often, people experience a conflict between a wish for peace and a desire for love which are at odds with each other. Loneliness may result from being unable to resolve this conflict or emphasizing the wish for peace over the struggle of finding love.

Social Significance

Feeling lonely may lead to greater social avoidance as well. Approach, motives and goals were reliably associated with less loneliness and more satisfaction with social bonds, whereas avoidance motives and goals were reliably associated with more loneliness, negative social attitudes and relationship insecurity.

DISCUSSIONS

In today's world it is not uncommon, to hear of someone having the feeling of loneliness. No matter what age, race and social status is, loneliness can affect all types of people. Many individuals who suffer from severe loneliness have virtually no desire to relate to other human beings. On the other hand, many others are so fearful of feeling lonely, that they behave in destructive ways in order to camouflage their condition. Some of these methods of camouflage are neurotic or in other words, distorted. It is important to note that these symptoms can also exist in other conditions where loneliness may not be the prime problem.

These symptoms of loneliness include the following

- Depression and Anxiety
- Severe and compulsive overeating, leading to gross and dangerous overweight.
- Oversleeping/or insomnia. There may be intermitted period of each.
- The use of drugs, including barbiturates, amphetamines or alcohol, as well as any combination of destructive possibilities.
- Serious tendency to be a hypochondriac with enormous concentration on self and fear of any number of illnesses.
- Forming all kinds of superficial, in appropriate and often destructive relationships. Some of the most popular people you know may be the loneliest. Often they know many people but don't really know anyone.
- Chronic, compulsive promiscuity, in which sex is used as payment for fleeting contacts and in frustrated attempts to feel liked.
- Hyperactivity, in which the person embarks on a constant merry go round of energy wasting, superficial action without sustained emotional investment or involvement.

Widowed

Grieving the death of a loved one has an ancient history: from time immemorial, cultures have provided the bereaved with advice and rituals to address – and express – the experience of grief. Over the past several decades, efforts to aid the bereaved have increasingly focused on the physical and psychological morbidity, and the spiritual suffering and social isolation associated with bereavement. Numerous studies measuring the impact of bereavement interventions have been published in diverse journals, yet no consensus has emerged in medical, mental health or social work communities regarding whether one form of treatment is preferable to another. We therefore have conducted a systematic review of bereavement care interventions. Our goal is to present a comprehensive yet coherent synthesis of the current literature that will promote the advancement in the quality of care and research on behalf of bereaved individuals.

Bachelor People

There is some evidence that, despite the fact that cities are getting more crowded and Internet socializing easier, isolation is more common than it was a generation ago. When Americans were asked in a 1985 survey how many confidant they 'had', the most common answer was three. The same survey in 2004 revealed the most common response (from the quarter of the respondents) was zero. In his book 'Cacioppo' cites a 2000 Universities of Michigan study that indicates that any given time 20% of the population feels unhappily isolated. Cacioppo offers a few reasons. One is that we have become more mobile. Another is that we are living longer, resulting in more people in assisted living facilities (a 60% jump in the past decade, according to the Assisted Living Federation of America).

In his 1995 essay *Bowling Alone*, Robert Putnam, a political scientist at Harvard's John F. Kennedy School of Government, detailed how social isolation damages civic and political institutions. Cacioppo finds a societal cost to loneliness in its effect on health. Thirty years of research – including a study of 5000 students of Ohio State University, studies if the elderly and collaborations with researcher in the Netherlands and China – tell Cacioppo that the physiological and psychological costs of chronic loneliness can be devastating.

RESEARCH RESULTS

Loneliness and Single Strain

One study looked at the single strain in different races and genders for widowed and never married people. Widowed person reported higher single strain than bachelor persons, although the magnitude of these effects varied considerably by race and gender. Bachelor white women reported high levels of single strain than their male counterparts. White widows and widowers exhibited higher single strain than widowed black adults. Black women uniformly fared better than white women, whereas never married black men were not different from there white peers in term of single strain.

Nostalgia

Nostalgia is a bittersweet longing for things, persons or situations in the past. One study examined several dimensions of nostalgia (12) and found that nostalgia contained more expressions of positive than negative affect and often depicted the redemption of negative life scenes by subsequent triumphs. In addition, study revealed that nostalgia occur in response to negative mood and the discrete affective state of loneliness. It's also found that nostalgia bolsters social bonds, increases positive self regard and generates positive affect.

Table 1: Level of Risk Factors of Loneliness

High	Gender, Depression, shyness, Self-esteem
Medium	Social support, Social anxiety, Maternal Expressiveness, Paternal Expressiveness
Low	Stress, Self-disclosure
Very Low	Age

CONCLUSIONS

Music therapy is an integration of ancient healing practices and musical traditions coupled with the recent modifications derived based on the modern day practice and the knowledge gained by current clinical studies undertaken.

Music therapy is based on the long empirical traditions, is unique, is cultural and throws open great scope for further prove and studies on the subject taken of widowed and never married people.

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