

## MUSIC: ITS EFFECTS ON THE BODY AND MIND

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**Introduction:** Throughout the ages there has been an association between music and the various ways in which it can affect one's mood. More recently there have been scientific revelations on how music can affect the body, on a physiological level. There are correlations between physiological changes (neurotransmitters and hormones) and psychological states of being (fear, positivity). We present here some considerations on the relevance of this for mental health therapies.

**Objectives:** To gather and evaluate research which has already been carried out regarding the effects of music on the body and mind.

**Aims:** To present an in-depth discussion on the ability of music to affect our physiology and correspondingly altering the psychological state. To then highlight some areas where this information may be relevant for potential psychiatric interventions.

**Methods:** Knowledge will be acquired in this area through literature review and prominent books on the subject.

**Results:** Different types of sound vibration have been distinctly linked to certain psychological states such as focus, peacefulness, aggression, confusion etc, which have corresponding physiological changes brought about by neurotransmitters and hormones. This information coupled with an understanding of the study of psycho-neuro-immunology, indicates that music is a very powerful mover of psychology and emotions.

**Conclusions:** Music and sound vibration are potentially very powerful tools if understood appropriately. There is a deeply scientific basis for how music can affect the physical, psychological and emotional aspects of a person. Exposing service user to certain types of music could potentially provide an adjunct to conventional psychiatric intervention.