

Music Therapy in the World and Turkey

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Abstract

Music has been an indispensable element in ancient civilizations. Music therapy has come through various stages to the present day. Today, the use of music therapy in clinical settings, and models and techniques Turkey is an emerging branch of science in music applied in the field of music therapy. Music therapy has shown that it must develop as a science. Music therapy was used in ancient times to ward off evil spirits. Today, it is used in the treatment of many diseases, especially mental health. Music has been an indispensable element in many Turkish Civilizations established in Anatolia. Many researches and works have been done on music therapy.

Keywords: Music therapy applications, music therapy, music

Introduction

The word music, which is expressed as 'the food of the soul' every time its name is mentioned, is a word whose origin is Greek. In Turkish, the word "music" is one of the important concepts used in this sense. Music is expressed as the only common language in the world because it has a universal dimension that has the ability to influence all living things in the world. Music therapy is a specialty that uses music to meet the physical, emotional, cognitive and social needs of individuals of all ages (1).

It is a situation that cannot be reflected at all to see music integrated with our lives with its intrinsic language, structure and expression style. The most striking factor in making music such an important tool is undoubtedly the power of music to affect people psychologically (2).

In this context, to say that individuals have an important share in expressing their physical, spiritual and mental needs, It brings the necessity of looking at music from a scientific perspective. The explanation of Plato as a perfect education art that enters the soul of human beings virtually through sounds shows that he refers to the effect of sound on human metabolism. On the other hand, J.J.Russeau put an important emphasis on music with his approach of "music is the art of arranging sounds in a way that is pleasing to the ear" (3).

After the use of music for therapeutic purposes since ancient civilizations, it has affected the emergence of the concept of "Music Therapy". Music therapy is the use of music in clinical, educational and social settings to treat patients with medical, educational, social or psychological needs (4).

However, the most valid definition among these definitions was made by AMTA (American music therapy association). In the definition, "music therapy" is defined as the clinical and evidence-based use of music interventions to achieve non-individualized goals in a therapeutic relationship by an expert who has completed an approved music therapy program. People and people who listen to and listen to music become happy and harmonious as they express their feelings. Music is also used as a communication tool because it is used as an important tool to express their feelings. Music therapy is performed in two ways in the whole world;

1: By listening 2: By playing the musical instrument (4).

All kinds of music can be used in music therapy. The therapist decides on the music to be used without ignoring the characteristics such as ethnicity, past experiences, age and gender in line with what he learned from the counselor. In addition, the practices should be based on clinical evidence, establish a therapeutic relationship, move towards the goals set for the person. Music therapy models should also be used in sessions. The National Association of Music Therapy (NAMT) has defined the objectives of music therapy as the improvement of mental and physical health, and the maintenance and improvement of mental and physical health. (5).

He also explained the common interaction of music on human and animal. accordingly, blood pressure in human and animal has changed according to the height and strength(6)

The use of music therapy as a scientific method to cure diseases dates back to the early 1900s. One of the people who tried to introduce music therapy into the clinic was the well-known neurologist Philippe Pinele. In 1792, when Pinele was still young in France, the revolutionary committee was allowed to bring fifty mentally ill patients in the two large church hospitals to the sun and to break their foot chains. Especially in terms of Turkish-Islamic Civilization, it is stated in historical sources that the therapeutic applications of music are widely used in hospitals. In this context, first of all, when the history of IBNI SINA is related to music; "Music is a mathematical science that investigates sounds in terms of whether they are compatible with each other and the time processes between these sounds in order to know how a melody is composed." (7).

Turkish Islamic scholars and physicians Zekeriya Errazi (854-932), Farabi (870-950), İbni Sina (980-1037) made scientific determinations on how to use music therapy, especially music, in

the treatment of psychic diseases. Considering the positive effects of music in Turkish-Islamic history, music was used to treat mental illnesses in hospitals established during the Seljuk and Ottoman periods.

Schmidts (1994) stated that most of the Music Therapists focused only on mental and emotional problems and stated that music therapy should be used in conjunction with other treatment methods.

Dr. Willer Van Wall was one of the first steps in the treatment of music in the United States. In 1920, he researched the effects of music on human health in hospitals and prisons in Pennsylvania and New York States (8).

History of Music Treatment

Although it is emphasized in the literature that music was mentioned in lyric words in Pindar's voice in 476 BC, it was found that the use of music for therapeutic purposes by shamans dates back to 20 thousand years ago (9).

In fact, the findings of Pythagoras' works of 2,500 years ago regarding the effects of musical notes on human consciousness show that there are serious efforts about the therapeutic applications of music. The songs sung and the music played while doing the spell were always to drive away evil spirits. In ancient Egypt, it was seen that priests who were busy with physical science in 5000 BC used hymns in their healing practices. They used the temples in Greece, Western Anatolia and Aegean islands to treat them with music. It has shown that instruments such as flutes, drums and bows found in archaeological excavations are used to make music. The tomb of the physician philosopher Ìnhopet, located next to the Memphis Temple in Egypt, has been used as a treatment center for many years. The Turks were used to heal, strengthen, calm, unity, increase their feelings, encourage the army, encourage the enemy by using music, kopuz or saz. Music in the Islamic world generally entered social life during the Umayyad period. He started to meet with related works Music was used in Chinese civilization for ceremonies, rituals, entertainment and socializing. Confucius stated that music was an important tool in teaching people social and moral ethical rules, exhibiting appropriate social behaviors, and ensuring their tolerance and respect between the years 476 and 221 B.C. Two ancient books (yue jie) written in China are seen as an important source for discussing the therapeutic uses of music (10,11).

Music Treatment in Middle Age

Especially in this age, scientists have worked extensively on the physiological benefits of music and have conducted studies on whether music works in cases such as sciatica, gout and epilepsy.

Boethius (480-524), a Christian philosopher, named *De institutione musica*. In this formulation, he divided the music into 3 hierarchical stages and evaluated the therapeutic effect of music and the detailed development of his scientific study in each stage (12).

Luther, the founder of Protestantism, saw music as a spiritual healing tool. The first work to mention the therapeutic use of music in Western Civilization was *Fascicula di Medicina* (1493) (13).

Music Treatment in Turks

Ancient Turks saw music as a part of their life and used it frequently in their religious rituals. It is examined in three sections. Music therapy in Central Asian Turks Music therapy in Islamic Civilization Music therapy in Seljuk and Ottoman Civilization Music therapy in Central Asian Turks Central Asian Turks are one of the civilizations that applied the method of musical therapy to mental patients. In this period, there were also doctors known as *Kam* and *Baksi*, who used dance in the treatment of many diseases. There were also *Kinne Yöyuculer* among the people, that is, those who treated people who touch the evil eye. Their treatment was aimed at expelling the devil's soul by singing or dancing. *Somakçi* emphasized in her article that music is an important element that affects people by creating a state of hypnosis (14).

People have been an important element in wars by creating national feeling along with music..

Somakçi wrote in her article that the oldest Turkish instrument is the *baglama*.

She also mentioned that in the WEST he called "pentatonism" as pentatonism in Turks.

The most important element of the spread of music is migration

Chief physician *Gevrekzade hasan Efendi's EMRAZ-I RUHANNIYE, NEGAMA MUSIKIYE*, explained in detail which position was good for CHILDREN'S DISEASES.

For example, *ISFAHAN MAKAMI* says that it gives intelligence, clarity of mind and protects against colds and fever diseases.

In addition, music is a factor that protects people from depression and stress. (15,16).

Shamans used drums in musical therapy. Music Therapy in Islamic Civilization With the migration of Central Asian Turks to the west, it has been observed that in the 9th century, they changed the way of using Islam and music. *El-Kindi* (801-870) is known as the oldest practitioner of music therapy in Islamic civilization. In an excerpt about his neighbor's sick child. It was reported that he used music to treat and the child recovered (17).

Private *Razi*, in his book titled *Kitab El Mansuri*, stated that he healed a person suffering from sadness and grief by singing, and that music was useful in the treatment of the patient, just like fishing, playing games, talking to someone else (18,19).

Farabi, who has more than one hundred and sixty works, mentioned the power of music and voice in eight of these books and the structure of some musical instruments. Muhammad İbn Muhammad Farabi has classified the maqams into 14 groups. RAST PERMİT (when the sun is two spears tall): Gives people joy

1. Rehavi mode(Effective in the liar in the morning): It gives people survivability
2. Kuçek Mode: Gives a feeling of empathy
3. Buzurk Mode (Effective after Isha): It gives people havf (fear, hesitation)
4. Isfahan mode(Effective at sunset): Gives people mobility
5. Ussak Mode (At noon): Gives a feeling of laughter)
6. Neva Mode (Effective in the evening): Gives a person flavor and freshness
7. Zirgule Mode (Effective towards noon): It gives a person sleep.
8. Sabamode:İlt gives people courage and strength
- 9.Buselik Mode (Effective in mid-morning hours): It gives people strength.
- 10.Huseyni Mode (Effective in the morning): It gives people peace and comfort.
- 11.Hicaz Effective mode (Effective in the afternoon): It gives people humility.
- 12.Zirefkent Office mode: Sleep time is effective.
- 13.Iraqi Authority mode: Effective in the afternoon.
- 14.Rast Mode: Gives people peace of mind (20)

One of the best ways of treatment is to increase the mental and spiritual powers of the patient, to encourage him to fight the disease better, to bring the patient's environment to a pleasant and pleasant environment, which is one of the best ways to treat him in the medical profession by learning music especially from Farabi. It is to play music and bring it together with the people they love (21).

Music Treatment in the Seljuk and Ottoman Period

Music has been a very important element in Turkish Islamic history and especially the palace and the mehterhane attracted great attention. Mainly Mevlihanes (religion, worship and education center) and Enderun schools have been important scientific centers where the scientific principles of music are studied. In the Seljuk and Ottoman Empire, music therapy practices were carried out in hospitals. Evliya Çelebi gave anecdotes about hospitals in his travels. The main healing centers are Nurettin Hospital (1154). The oldest known and first Turkish Islamic hospital in history. The Gems Nesibe Hospital (1206) was treated with music, suggestion, music and hot water. The Amasya Hospital (1308-1309) was treated with the sound of water. Fatih Darussifahanesi is the biggest health center in Europe. Sultan II. Bayazıt Edirne

Hospital (II.BAYEZIT Complex) Evliya Çelebi gave information about the effect of music on the human psyche in the treatment of mental illnesses for this hospital (22).

Models Applied in the Field of Music Therapy

Guided imagination and music, developed by Helen Boony. Founded by Analytical Music Therapy (MARY PRIESTLEY). Founded by Creative Music Therapy (Nordoff And Robbins). İmprovised Music Therapy (İnvented by Julier Alvin) Behavioral Music Therapy (developed by Clifford K. Madsen).

9. The Therapist Should Use The Technique Alongside the Model Used in Music Therapy. These are projection, imitation and copying, matching, empathy harmony and reflection, focus holding and inclusion, dialogue and accompaniment (Wiagram, 2004). Music therapy sessions are carried out in 5 stages. Breath therapy, digital and live instrument applications, sound massage, vıpration (vibration therapy), sound therapy. From Prague to Muzikterapist Rauntnitz 1848 psychosis in the first musical of the medicine have that person to examine the importance of the first experimental studies of music therapy field in olmustur.Turkish in 1985 addressed the issue of anxiety neurosis and music historical development of music therapy MR. GUVENÇ . The treatment of the subject and then experimentally .He measured the extent to which individuals with anxiety neurosis were affected by musical therapy. In his study, he applied four types of music sessions to 22 patients diagnosed with anxiety neurosis. (The sessions lasted at least 30 minutes and the patients continued regular sessions for a month). He found that sweet and soft, improvised music, ney division and Far Eastern music on a simple Asian-based pentatonic melody are useful (23).

Effects of Music Therapy on Psychological Problems and Emotions

1) Effects of Music Therapy on Anxiety and Psychological Disorders

It has been seen in many experimental studies that music has a positive effect on anger, anxiety and psychological disorders. In one study, patients with sleep problems were studied. 14 volunteers with apnea were taken to music therapy to relieve these ailments. Participants were given 25-minute sessions a day for 6 months in addition, a control group of 11 people with apnea was formed. Music therapy was not applied to this group. As a result, there was a significant decrease in apnea seizures in the experimental group playing musical instruments and no change was found in the control group (24).

Effects of Music Therapy on Anxious Stress Depreeion

Hsu Ve Lai (2004) experimentally examined whether the Effect of Music on Major Depression is effective or not. 40 patients were made to listen to their choice of music for two weeks and the depression levels of the patients in the pre-test and post-test were measured with the Zung

Depression Scale. They have proven that music is effective and therefore music can be used as a therapeutic method. Even while still in the mother's womb, the mother's heartbeat has the quality of music for the child. The child feels great peace of mind from these sounds, and after birth, leaning on his mother's chest relieves him. One of the most curious issues is whether babies have the cognitive structure that can distinguish music. 30 babies born in the same period of 8 months were included in the experiment. 30-minute sessions of Music Therapy were applied for two weeks and it was tested whether they could distinguish between two types of music. 15 babies were played piano music and 15 babies listened to orchestra music. They noticed that babies do not perceive simple music in an interesting way, that they perceive and distinguish complex music, and even after two weeks, they perceive the difference between these two music. Also, a significant calming was found in babies in both groups (25).

Effects of Music Therapy on Autism, Hyperactivity and Rett Syndrome

Reported in their study that they observed 77% of behavioral, positive psychosocial progress and increase in cognitive development in their studies in patients treated for autism(26). Wigram and Lawrence proved that music had positive results in the treatment of Rett syndrome in their study. During a month, sessions were held in the form of playing the piano for 30 minutes, and as a result, they found that he started to express his feelings and developed his speaking skill (27).

Effects of Music Therapy on Parkinson and Epilepsy

Pacchetti et al. , in their study with 32 patients with Parkinson's, applied music therapy sessions to the participants once a week for 3 months. In addition, physical therapy sessions were accompanied by this situation. As a result, positive effects were observed and improvements in motor behavior were observed, found that listening to Mozart's piano art no 448 has made significant improvements in epileptic patients and reduced contractions. 29 epilepsy patients were used in the experiment. The test was applied for 30 minutes for 5 weeks (28).

Effects of Music Therapy on Increasing Breast Milk and Delivery Pain

Feher used Music and Relaxation method in his study on 55 breastfeeding mothers in 1989 (Experimental group: 30, Control group: 25). The study lasted 7 days. Music and relaxation techniques were applied for 20 minutes. It was found to be more than the control group. Keith applied Music Therapy for 14 Days in 2012 (Experimental group: 152, Control group: 43). The amount of breast milk and calorie content increased significantly compared to the experimental

groups. Many studies in the literature show that music increases pain tolerance, supports rhythmic breathing and movement of mothers and keeps courage and morale high. In a study by Phumdoung and Good in which the effect of music on labor pain was examined (D: 55, K: 55), it was stated that soft music played was effective in relieving labor pain and that the midwives who performed the practice also created an analgesic effect in the active phase, where the pains of the music were the most severe, reducing the pain of mothers. Ersanli (2007) tested whether the music played to primiparous pregnant women who were induced during labor during labor had an effect on the birth process. (Control group: 40 experimental group 40). It was listened to at least 6 times using cassettes and headphones. In addition, training was given on pregnancy. No additional application was applied to the patients in the control group. As a result, it was determined that the training and music played were effective in reducing pain (29).

In addition, a study was conducted with 219 health professionals on music therapy at Afyon Kocatepe University in 2019. It was determined that 68% of the Health Professionals knew about music therapy. 98.1% of the nurses and 98.2% of the doctors did not receive training on music therapy. In one question, it was asked who should do music therapy. In order to become a music therapist in our country and all over the world, certain criteria are required. All music therapists are gathered under the umbrella of the World Music Therapy Federation. In music therapy in 2013 contemporary Tippin, depending on the Uskudar University various methods used in psychology and psychiatry in order to conduct research that contributes to enriching teaching and learning with applications Music Therapy And Research Center was established (Mute I) authorized by the climate of Turkey, Ministry of Health first Music Therapy The unit of Anadolu University was established in 2017 (25). Today, Turkey is important as the music is made subject to extensive research. Mr.Ersanli conducted research on women who will give birth in 2007(30).

Conclusion

The therapeutic feature of music is used all over the world. The importance of music therapy, which we have dealt with in all aspects from past to present, is increasing day by day. However, it has not reached the desired level in our country. Studies on this subject in our country are very important in terms of being a priority in explaining the importance of music. When we look at historical processes, music has been an important element in Turks and all civilizations from the past to the present. Music is the only common language of the whole world.

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