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MANAGEMENT OF STRESS THROUGH MUSIC THERAPY

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ABSTRACT

Stress management techniques involve a number of ways, with music playing an important role in the process. These techniques might be based, among other things, on biological and psychological stresses. Stress is evaluated for changes in some physiological parameters such as finger temperature, heart velocity, and blood pressure during study on these processes; modifications that influence immunological and neuroendocrine responses are also sought for. Music has long been used to soothe individuals, and much research is being conducted to determine how different forms of music may be used to manage stress. Surprisingly, some of these studies show that 'classical' music had a greater influence on stress than popular 'New Age' music, despite the fact that both are popular. Many kids use music to cope with stress, and teachers may want to consider incorporating more music into their classroom to help students study more successfully. This study provides an overview of current studies on the use of music to assist people in dealing with stressful situations.

KEYWORDS: *Music, Stress, Managing stress through Music, effects on emotions, Physical and psychological effects.*

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