

SINGALONG THERAPY AT A GLIMPSE.

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Introduction

The idea of music has a healing impact, which could affect health and activities

Aristotle and Plato.

Origin of Singalongtherapy in a Health Care Profession.

Sing-along therapy was pioneered in the latter days of the 20th-century. After World War, I and II community musicians of all kinds, both amateur and professional, went to Veterans hospitals everywhere in the country to play music for the victims suffering from both physical and emotional shocks from the wars..(**International Journal of Geriatrics, 2020**)

The patients' notable physical and sensitive responses to music led the doctors and nurses to request the appointment of musicians by the hospitals. It was soon obvious that the hospital musicians needed some previous training before entering the facility and so the demand grew for a college program. The earliest Music therapy degree program in the biosphere, founded at Michigan State University in 1944, celebrated its 50th anniversary in 1994. The American Music Therapy Association was originated in 1998 as a union of the National Association for Singalong therapy and the American Association for Singalong therapy..(**International Journal of Community Health, 2022**)

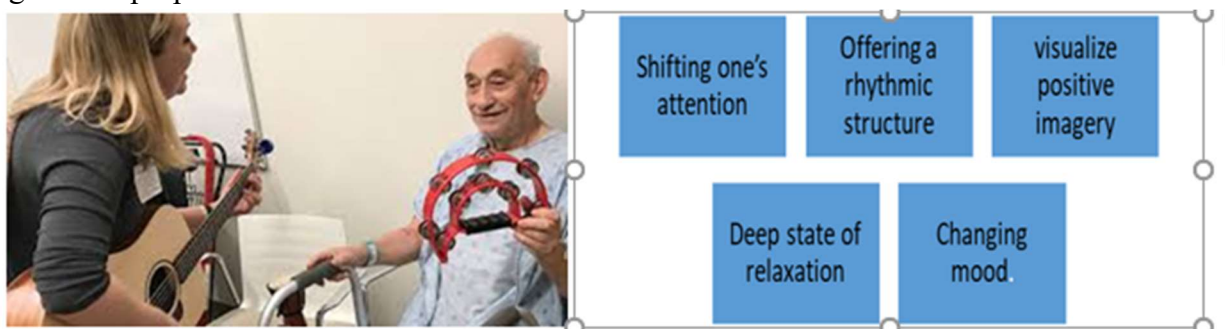
Benefits of singalong therapy –

Singalong is a universal healing technique that is suitable for clients of all ages and circumstances. It has been incorporated in various practices and activities and is a globally used tool today. Many psychologists call singing the ‘mega-vitamin’ for the mind. **Reference?**

Studies have shown that hearing to songs or singing along with them helps in revamping damaged brain tissues. This is a reason why singing is a vital part of treating Parkinson’s disease, depression, and dementia, or Alzheimer’s (Gerdner and Swanson, 1993).

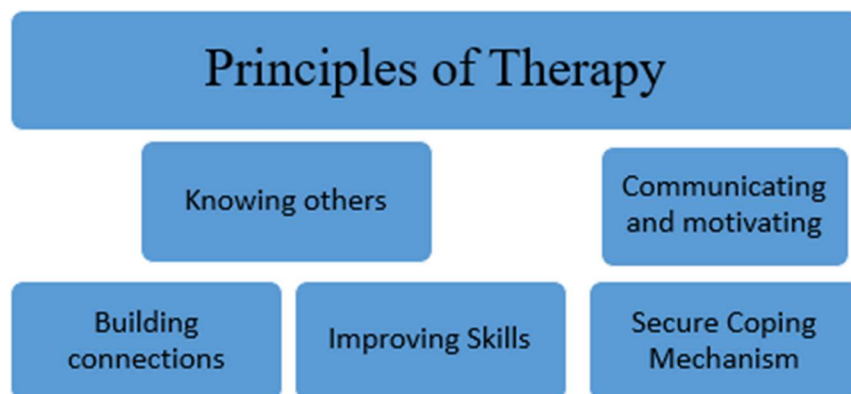
Paradigms of singalong therapy:

Professor Suzanne Hanser of Berklee College of Music said that singalong therapy serves five significant purposes:



1. Shifting one’s thoughtfulness from problems to solutions.
2. suggesting a periodic structure for relaxation and breathing.
3. Helping clients to envisage positive imagery that creates pleasure and happiness.
4. Helping them to accomplish a deep state of relaxation.
5. altering mood.

Principles of Therapy – Explain the principles with suitable examples.



- Knowing others having the same difficulties and developing understandings.
- Interactive and Inspiring each other in the group.

- Venting and reacting artlessly to the stimuli.
- Developing connections and serving each other to overcome their loneliness.
- Refining skills, willingness, and reaction times.
- Building secure coping mechanisms and self-esteem

Singalong therapy approaches–

Healthy individuals can use singalong therapy for stress decreasing via active music-making, such as singing, as well as passive listening for relaxation. Music is often cardinal support for physical exercise. Singalong therapy aid labor and delivery may also be further in this category since pregnancy is observed as a normal part of women's life cycles. **(South East Asia Journal of Public Health, 2020)**

Music is applied in general hospitals to relieve pain in combination with anesthesia or pain medication to raise patients' mood and counteract depression; upgrade movement for physical rehabilitation; tranquil or sedate, frequently used to induce sleep; counteract apprehension or anguish; and reduce muscle tension for the aim easing, including the autonomic nervous system. **(WHO, South East Asia Journal of Public Health, 2020)**

Singalong therapy in Mental health-

Research has even recommended that Alzheimer's patients may be proficient in learning wholly new music. Alzheimer's patients were taught a novel song by a group leader and over the course of three sessions, there were visible amendments and increased alertness among Alzheimer's patients. Alzheimer's patients have qualified growth in alertness, as well as, the retrieval of significant memories that they attach to whatever song they are being visible to. **(An International Journal of Neuro Science, 2021)**

Depression is a common problem that causes changes in mood and loss of attention and pleasure. Singalong therapy, intermediation that involves regular meetings with a skilled music therapist, may help to recover mood through emotional expression. **(WHO, South East Asia Journal of Public Health, 2020)**

Up-tempo, fast-paced music gets your brain and body moving, making you amped up and enthused to enjoy what's ahead. In fact, researchers have appealed classical and ambient music have the best mood-boosting benefits, while metal and hard electronic music were measured to have the opposite effect. **(Indian Journal of Neuro Science, 2021)**

Future Research

Recently, new blends of Music-Based Interventions (MBIs) with other non-invasive methods have been planned to bolster the value of treatment. One such proposal published in 2020

obtained a new clinical framework of merging MBIs with more current Gamma-frequency sensory stimulation styles to non-invasively treat neurodegenerative disorders.(**Health Ministry Survey, January 2021**)

Limitations:

On its own, music therapy may not organize satisfactory treatment for medical illnesses, including mental health disorders. However, when collected with medication, psychotherapy, and supplementary interventions, it can be a treasured constituent of treatment strategies.(Perminder S. Sachdev, 2021)

Conclusion:

Singalong therapy can be extremely tailored making it appropriate for people of any age—even very early children can assist. It's also adaptable and offers benefits for people with a diversity of musical experience levels and with altered mental or bodily health trials.

Key Words: Singalong therapy, Depression, Alzheimer's dementia, Mental Health

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