

The Effect of Music Therapy on the Treatment Process of Depression

Faezeh Janesari Nav

Department of Psychology, Buinzahra Branch, Islamic Azad University,
Buinzahra, Iran
faez.janesary@gmail.com

Abstract—Music therapy is one of the scientific methods that plays an important role in treating some mental illnesses. Mental disorders and diseases can be considered as the most important factors that harm human health. Among these, depression has been considered as one of the most important mental disorders due to adverse individual, family and social consequences such as suicide, divorce, severe decline in individual and social functioning and the burden of disease. This article reviews the use of music therapy and examines the effectiveness of using active and inactive music in improving the process of depression. Findings from various articles show that music therapy has a positive effect on many components of depressive disorder including self-esteem, communication skills, social skills, quality of life and improvement of symptoms in patients undergoing treatment.

I. INTRODUCTION

Psychological disorders and psychiatric diseases can be considered as the most important harmful health factors to humans. These disorders, with an impact on thinking and behavior, cause discomfort for the affected person or to create disability. The cause of mental illness is not well-known, but what is certain is that genetic factors, different stress and type of interaction with others are effective in creating or occurring. Depression, anxiety and obsession are among these disorders. Meanwhile, depression has been considered for adverse individual, family and social consequences such as suicide, divorce, severe decline in individual and social performance, and the burden of disease [1]. Also, depression is one of the most common psychiatric disorders in women. The disease is a common mental illness that affects about 350 million people in all ages around the world and is characterized by a low, sadness, lack of interest and joy, sense of sin and low value for itself, which can Leading to turbulent

sleep, change in appetite, fatigue and lack of focus [2,3]. "A negative opinion of self-esteem, including low self-esteem and feeling of failure," "negative opinion towards the future involves pessimistic beliefs than the future" and a negative view of others from the cognitive symptoms of depression. Like Emotional signs include sadness, dissatisfaction, sense of sin, self-ignition, crying, restlessness, social resignation and irritability [4].

One of the things that depressed patients are strongly involved in reducing life skills, especially in communication with others. The deep and rapid changes in the cultural and social life of modern life, many of the subjects, have problems with psychological problems, such as depression in confrontation with life issues. With the advancement of human technology and communication to dynamic and effective communication; It is increasing. Modern life is diverse and complex and needs skills beyond what the family and educational system teaches humans [5]. One of the ways to prevent psychological and behavioral problems improves life skills that provide a set of capabilities and positive and useful behaviors. Several and widespread studies have shown the positive effect of life skills training in reducing substance abuse, preventing violent behaviors, strengthening self-reliance, increasing the skills of coping with pressures and stress, establishing positive and effective social relationships [6]. Communication skills are also an important part of life skills that are defined as the ability to establish effective and efficient communication with others that lead to an answer [7]. It seems that the areas of communication skills (listening skills, ability to receive and send verbal and non-verbal messages, communication with decisive, insight into the process of communication and emotional control), proportional to its effectiveness and importance. They have not been taken, because handful research has been made in