



Music is the best way to reduce the stress in during COVID-19

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Abstract

Peaceful mind and good thinking is the sign of healthy body. Music can refresh our mind by keeping wealthy and strong Jiffy. It has great power to think creatively. Music helps us to reduce our mental stress, we feel relax and keep our focus long time. It can help to regulate our emotion and make us feel connected to others. It is very effective, easy and cheap way to use in everyday life. Music can help our bodies manage the physiological response to stress. "Listening to music positively affect cortisol level in the Saliva and it can lower a person's heart rate". (Knobloch westerwick). Just thinking about your loved ones about good relationship about the good times in your life has a reassuring effect (Knobloch westerwick). Music is a beautiful way of reminding us that we are all in this together. Music helps us feel connected to others. Music as a copying strategy and it's apply in the medical field and it has been used multiple times in cancer patient. Music and speech are alike in nature and its produce novelty. Different types of music create different effect on human behavior. Quicker music can make more attentive and think better, upbeat music can make you feel more optimistic about life, a slower beat can peaceful your mind and it feel relax. Some music increase our heart rate, blood pressure or level of stress, hormones. Music plays a significant role to our physical, emotional, social, mental, academic and spiritual development. It helps to make batter our health in cognitive, motor, affective, social, sensory domains by using both active and receptive music experiences. It's have a thoughtful effect on both the emotion and the body.

Keywords: music, stress management, pandemic, COVID19

Introduction

Stress is supposed to be one of the main factors that negatively affecting our health. High stress levels have exposed to many physical and emotional problems, such as chronic pain, cardiovascular disease, depression, burnout, anxiety disorders, and addictions (American Psychological Association [APA], 2017. Selye (1956): 'Stress is a general activation reaction to a stimulus that could mean both a challenge (in a positive way) and a threat (in a negative sense)' (p. 32). It is assumed that both the physiological and the emotional responses of stress may be reduced by music (Bradt & Dileo, 2014; Dileo & Bradt, 2007; Pelletier, 2004). Recent neuroscientific studies provide insights into how music interventions may lead to stress reduction and increased well-being. Firstly, music seems to be able to decrease physiological arousal, which is increased during stress. Music listening, and music making/singing, have been associated with decreases of physiological arousal, shown by reduction of cortisol levels or decrease in heart rate and blood pressure (Hodges, 2011; Koelsch *et al.*, 2016; Kreutz, Murcia, & Bongard, 2012; Leardi *et al.*, 2007). Many studies examining the effects of music interventions on stress-related outcomes in specific patient groups or settings have been published, such as cancer patients (Bradt, Dileo, Grocke, & Magill, 2011). Stress smashes us all in life, and while a slight stress is good, it keeps us attentive and motivated, too much of it and it can damage our lives to a whole pause. When you're feeling incredulous and stressed-out, you may become paralyzed and unable to do anything.

Music

Music is nothing but sometimes it ensures that our wellness of life. Music is a beautiful way of reminding us that we are all in this together. Music helps us to reduce our mental stress, we feel relax and keep our focus long time. It can help to regulate our emotion and make us feel connected to others. It is very effective, easy and cheap way to use in everyday life.

The Concise Oxford Dictionary, (1992) defines music as "the art of combining vocal or instrumental sounds (or both) to produce beauty of form, harmony, and expression of emotion". According to Clifton (1983) "Music is not a fact or a thing in the world, but a meaning constituted by human beings...To talk about such experience in a meaningful way demands several things. First, we have to be willing to let the composition speak to us, to let it reveal its own order and significance...Second, we have to be willing to question our assumptions about the nature and role of musical materials...Last, and perhaps most important, we have to be ready to admit that describing a meaningful experience is itself meaningful".

Importance of Music

Music refreshes our mind and keep it healthy, wealthy and strong Jiffy. It has great power to think creatively. Some benefits of music are:

1. Music increase joyfulness among the people when he/she wants to listen music.
2. Music decreases our stress level. It has direct effect on our health.
3. Research ensure that music progresses our sleep.
4. Music has a straight effect to decrease our depression.
5. Listening to music reinforces our learning and memory.

Strategies for Stress Management

There are many strategies to cope our stress in daily life. However, here we focusing on some strategies to combat our stress which is relevant for the present society.

- Deep breathing exercises is very much helpful for making stress relaxation.
- Lie face down on the ground and start breathing deeply and slowly, with your hands resting under your face. Do this minimum five minutes.
- Be seated in a resting chair. Put a hand on your abdomen and a hand on your chest. As you breathe, make assured the hand on your belly is moving up and down quite on your chest. If the hand on your abdomen is moving, you are breathing slowly and deeply.
- Deep muscle relaxation, gradually tense and relax each muscle part in your body.
- Doing Exercise regularly or practice yoga.
- Consult a psychologist about the use of physical feedback.
- Make time for music, art or other hobbies that help relax you.
- Learn to detect and observe stressors. Come up with an systematized plan for managing stressful states.
- Create a list of the vital things you want to handle every day. Try to follow the list so you feel systematic. Put together a coping plan systematically and finally you have a sense of mastery.
- Take the right amount of sleep. It's a good for our health. at least seven to nine hours a night.
- You talk with your family and friends. It will be help for you.

Sometimes we take a slight practice and put the effort to some of these practices into in our daily life.

Role of Music for Stress Management

During this pandemic situation music plays a significant role to reduce our stress and we cannot forget the contribution of the power of music to fight against in this covid situation. Music has a potential power to manage our stress and it has an exclusive link to our emotions and wellbeing, that's why it can be extremely effective stress management tool in our lives. When we listening to music, we have a peaceful effect on our minds and bodies both, especially slow, quiet classical music. Slower music has a beneficial effect on our biological functions, slow down the pulse and heart rate, let down blood pressure. Music has a beneficial effect to increase our attention power. Singing alone can be a great relief of tension. In sleeping time music encourages peace and relaxation and helps to bring sleep.

- Music is very effective, easy and cheap way to use in everyday life. It can help our bodies manage the physiological response to stress. Music improves coordination and communication, so it ensures the quality of life.
- In this pandemic situation Listening to music reduces stress and anxiety in covid positive patients in hospital before and after this situation.
- People are very much stressed for covid situation, now Music can help them to overcome this situation.
- Listening to music can help the child doing joyful activity and also their study. It increases the better performance in academics,

- In this situation senior people release their depression, stress and increase self-confidence towards covid19
- Listening to music helps them those who are in quarantine in their home, and other places.
- Due to lock down situation music helps us as a intimate friend who help us to overcome this loneliness.
- For cancer patients Music therapy help to reduces emotional distress and boosts quality of life.
- Some music is very much suitable for meditation as it can help the mind slow down and pledge the relaxation response.
- During lockdown music therapy can make use of biofeedback, directed images, and other conventional techniques to play a significant role in the management of people with stress.
- "The Mozart Effect." Listening to music can help the whole brain to improve their learning, memory, creativity.

Stress Management Techniques for the Students:

Students are one of the greatest sufferers of stress. Such as depression and anxiety are the common factors of student's stress. There are three types of common areas of stress activates students faced:

1. **Social:** Social stress of students related to their peers, and community. Its Dealing with new relations, balancing educational life with social life, living in hostel without family members, adjusting to the new environment, all initiate stress in student's life. In this situation music plays a significant role to keep their mentally healthy and reduce their anxiety, stress to listening music in this covid situation.
2. **Academic:** After long study in a day students take some time for refreshment; music is the best option among others in covid situation. It helps them to think positively and learn creatively. Busy schedules, targets, low marks, puzzling classes, assessments, and poor time controlling all main causes to a accrual of academic stress.
3. **Daily life:** In daily life situation students take many pressure that is not showing others but its effect falls on their mental as well as physical health, this stress is associated with their academic or social life. These can include everyday travel, part-time job, economic problems, and so on, due to this covid situation.

Practical stress management can help students to deal with their worries and become more productive, competent and efficient. Here are a few tips for managing stress:

1. **Managing their time:** Proper time management is one of the most effective stress-relieving techniques (Macan *et al.*, 1990). Whether it's relaxation, work or study, time must be spent wisely. Students should be capable to plan and make to a timetable. They must be choosing a comforting pause between work and study.
2. **Regular exercise:** Healthy body makes our mind peaceful and well. So regular exercise is very much important for our healthy mind. It reduces our stress through physical work.

3. **Think be positive:** If you keep focusing on the negative aspects of a situation, you will be burdened by mental stress (Thompson & Gaudreau, 2008). Think positive be positive.
4. **Do something you love.** If you feel extremely stressed out, take a break and do something you love. Whether it is painting or listening to music, doing something you enjoy can cheer up your mood and distract you from a stressor.
5. **Spend some time with friends:** Now the student spends most of the time of their family and friends. It's a good opportunity to close with them and share their experience, situation, problems and take the solutions from them to reduced their anxiety. If you feel lonely then a cup of coffee with family or friends is all you need to bring your stress levels back to normal.
6. **Organize academic life:** In student's life they should be organized on their academic life. They should remember of their academic note organized, submit assignment on time and keeping all deadline carefully. Organization is very important in academic life for dealing with stress (Sinha, 2014).
7. **Water therapy:** Water therapies are effective for reducing stress and relaxing the body (Lewis & Webster, 2014). Drinking lots of water and treating yourself to hot baths, you can help your body relax. By adding sweet-smelling oils in your bath, you can double your relaxation effect and improve your academic performance.
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Following the tips above can ensure you find and sustain a worthy balance in your educational life. If usual managing tips do not benefit, seek advice from your university's pupil support facilities.

Conclusion

Music helps us to reduce our mental stress, we feel relax and keep our focus long time. It can be help to regulate our emotion and make us feel connected to others. The purpose of this article was to study the role of music for stress management in pandemic situation. After review of literature the researcher found that music has a unique role to reduce stress and keep the mental health wealthy. In pandemic situation peoples are bored and that leads to broken their mental health, music is a very cheap, easy and effective way to overcome the stress level. In this study the researcher tries to find out some strategy that leads to make our mental health strong. After studied that the researcher mentions many strategies that reduce peoples stress level in this pandemic situation.

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