



THE EFFECT OF MUSIC THERAPY IN CHILDREN'S HEALTH

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Abstract

Music therapy is a therapeutic intervention that can be used for patients of all age groups, such as infants, children, adults and the elderly. Music therapy is a method that improves hearing, positively affects children's nervous and endocrine systems, and helps the child to be treated. Music therapy is used therapeutically in palliative care, in painful situations where medical procedures are performed, and in improving quality of life. It is stated in the literature that music therapy is an effective method to increase anxiety and pain in children, to increase cognitive and behavioral functions, to improve feelings of wellbeing and morale. It is also stated that music therapy is an effective treatment modality in reducing the aggressive attitudes and stress levels of adolescents in improving children's learning and achievement levels. Therefore, music therapy positively affects children's physiological/psychological/emotional well-being and increases their health.

Keywords: Child, music, health.