

ROLE OF MUSIC IN STRESS MANAGEMENT

Manoj Kumar

(Ph.d Commerce)
(Research scholar)

Jayotividayapeeth Women's University (Jaipur)

Nitin Kumar Gautam

(Ph.d Management)
(Research scholar)

Abstract:-

Listening to **music** can have a tremendously relaxing effect on our minds and bodies, especially slow, quiet classical **music**. This type of **music** can have a beneficial effect on our physiological functions, slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of **stress** hormones. Music is a powerful tool that can switch off the stress response and in turn improve our emotional health. Whether one listens to, plays or sings, it doesn't matter. All of it has proven benefits.

Keywords:- The power of music to reduce to stress, research on music, meditation, role of music in stress management

The power of music to reduce stress:-

The soothing power of music is well-established. It has a unique link to our emotions, so can be an extremely effective stress management tool.

Listening to music can have a tremendously relaxing effect on our minds and bodies, especially slow, quiet classical music. This type of music can have a beneficial effect on our physiological functions, slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of stress hormones. Music, in short, can act as a powerful [stress management tool in our lives.](#)

As music can absorb our attention, it acts as a distraction at the same time it helps to explore emotions. This means it can be a great aid to meditation, helping to prevent the mind wandering.

Musical preference varies widely between individuals, so only you can decide what you like and what is suitable for each mood. But even if you don't usually listen to classical music it may be worth giving it a try when selecting the most calming music.

When people are very stressed, there is a tendency to avoid actively listening to music. Perhaps it feels like a waste of time, not helping to achieve anything. But as we know, productivity increases when stress is reduced, so this is another area where you can gain vast rewards. It just takes a small effort to begin with.

To incorporate music into a busy life, try playing CDs in the car, or put the radio on when in the bath or shower. Take portable music with you when walking the dog, or put the stereo on instead of the TV. A person with [clinical depression or bipolar disorder might listen to music to help with their worst, lowest moods.](#)

Singing (or shouting) along can also be a great release of tension, and karaoke is very enjoyable for some extroverts! Calming music before bedtime promotes peace and relaxation and helps to induce [sleep.](#)

Research on Music:-

Music has been used for hundreds of years to treat illnesses and restore harmony between mind and body. But more recently, scientific studies have attempted to measure the potential benefits of music. These research studies have found:

- § Music's form and structure can bring order and security to disabled and distressed children. It encourages coordination and communication, so improves their quality of life.
- § Listening to music on headphones reduces stress and [anxiety in hospital patients before and after surgery.](#)
- § Music can help reduce both the sensation and distress of both chronic pain and postoperative pain.
- § Listening to music can relieve [depression and increase self-esteem ratings in elderly people.](#)
- § Making music can reduce burnout and improve mood among nursing students.
- § Music [therapy significantly reduces emotional distress and boosts quality of life among adult cancer patients.](#)

You can review some of the more recent [research on how music helps to relieve stress here](#).

Meditation:-

Certain music is appropriate for meditation as it can help the mind slow down and initiate the relaxation response. However, not all peaceful or “New Age” music works for everyone. Music with no structure can be irritating or even unsettling. Gentle music with a familiar melody more often is comforting. But search around to find what produces a sense of calm, familiarity, and centeredness for you as an individual.

The sounds of nature often are incorporated into CDs made specifically for relaxation. For example, the sound of water can be soothing for some people. It can help conjure up calming images such as lying beside a mountain stream on a warm spring day. Birdsong may also be of use as an aid to help your mind slow down and release stressful thoughts.

The role of music in stress management:-

Music can be a useful tool in relieving stress and can be used in several different ways.

“Music Therapy” as some people refer to it uses music to promote healing and improve one's overall emotional well-being. This may include listening to music, playing a musical instrument, singing along to music, and using guided imagery with music. Research indicates that music stimulates the production of opiates and endorphins, the “feel good” hormones in our bodies. This stimulation can result in improved blood flow and blood pressure.

Further studies show even more benefits from music therapy when it is used not as an end product, but as a tool for health and well-being. These studies have shown that listening to or playing music reduced the prevalence of burn-out among nursing student and long-term healthcare workers. Another small study showed that music can be effective in improving the behavior and school performance of inner-city, at-risk youth.

When I ask people to share some of the strategies they use to deal with stress in the short-term, listening to music and playing a musical instrument come up very often. When discussed during the [Michigan State University Extension RELAX: Alternatives to Anger](#)

Programs that I teach, music is always near the top of everyone's list of temporary diversions from stressful or anxiety producing situations. I've had participants report that listening from everything to hard rock as loud as the speakers can go, soft classical, hip-hop, soul and country music can serve to make them feel better when under pressure or stress.

Some clients have reported that they relax through making music, as well as listening to it. I once had a mom of five young children tell me that when she and the kids were stressed out, they would all go into the playroom and bang on the toy drums and baby xylophone and make up their own random tunes. I've had others tell me that they took up piano or guitar lessons and that this helped in getting them through some stressful time in their lives.

I encourage the people I work with to try it or continue with it if they've found that it works for them. It comes up so often, that I have put together a play list for clients who are interested or make inquiries about what I find soothing and relaxing. Here's a small sample of what's on the list:

1. "In My Time" by Yanni
2. Pachelbel's Canon in D
3. "Sailing" by Christopher Cross
4. "Don't Worry, Be Happy" by Bobby McFerrin
5. "Easy" by the Commodores
6. "Hasta Mi Final" by Il Divo
7. "The Best of Michael Franks" by Michael Franks

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Conclusion:-

In conclusion we can say that "Music Therapy" as some people refer to it uses music to promote healing and improve one's overall emotional well-being. This may include listening to music, playing a musical instrument, singing along to music, and using guided imagery with music. Research indicates that music stimulates the production of opiates and endorphins, the "feel good" hormones in our bodies. This stimulation can result in improved blood flow and blood pressure.