

Feeling Stressed? Play a Tune: The Controversial Benefits of Music

By Priscilla Atkinson

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The use of music to bring physical and psychological healing is controversial. In this paper, I present research that explains the relationship between various types of ailments and music. In particular, supporting evidence from current professionals in both the psychological and medical fields explains the contrasts and similarities between the types of music therapy treatments. Music is analyzed as an expressive medium for those physically incapable of communicating verbally, while also serving as a cathartic medium that forces patients suffering from mental trauma to open up. In addition, it helps progress the process of recovery from substance abuse. I also emphasize that musical therapy's benefits are not just for those who suffer from mental illness. Music can be emotionally and physically appreciated by any individual—from the hospital patient who finds it soothing while undergoing surgery to the teenager who plays it while driving their car. This research also incorporates the original theories of Leonard James Corning, credited as the pioneer of music therapy, whose experiments later became the foundation for other scientists. His findings confirmed the correlation between emotions and our physiological response to music as a stimulus. I conclude my research by arguing that music exists to benefit us.