94 - HUMAN MOVEMENT: THE MUSIC'S IMPORTANCE IN MENTAL HEALTH

[1]SUZANA MARIA SONZA;
[2]HÉRES F.F.B. PAIVA;
[3]SONIA REGINA LEITE MEREGE;
[4]JUSSARA ELIANA UTIDA.
[1]EMBAP, Curitiba - PR - Brasil e [2,3 e 4]FAEFIJA, Jacarezinho - PR - Brasil.
suzanasonza@terra.com.br

The art is a series of objects that causes poetical emotions. (LE CORBUSIER)

With that statement we can emphasize, without any doubt, that through the art human beings experience a change in their feelings.

In rankings of the arts we find the music in the group of "arts of movement." In this group we have the music, the dance and poetry (JOLIVET, 1961).

Since the old cultures is noted the importance of the music, and that history records connections between song and healing. Through the history of ancient cultures such as the Egyptians, Greeks and Persians, we find citations in their legends of miracle cures, made through the use of music.

The philosopher Plato, in his work The Republic, in the book II, stresses the importance of music:

We educate these men in imagination, as if they were to invent a story and if we find unoccupied. It is what we must do. So that education must be? Would it be difficult to find one that is better than that found over the years - the gymnastics for the body and the music for the soul? (...) (PLATÃO, s / d, p.86)

Through music we feel that we have to release the sensitivity and the emotions of human beings, which is aware, through music because the sensitivity comes to the surface of the skin, as in Teles says: "the art deals with the emotions, operates in the field of sensitivity. It is undoubtedly one of the most beautiful expressions of man-be-involved-in the-world" (1996, p.27).

The beauty is the only idea that shines in the world. Plato says that in his teachings to his disciples, Saint Thomas Aquinas defines the beautiful as what pleases the eyes. Through recreational activity can reach the absolute shutdown of the concerns.

In art music are key elements such as rhythm, melody and harmony that incorporate the auditory sensations, feelings that provide this extreme pleasure to humans.

The eighteenth century was very significant for the history of mankind, since there was an intense intellectual trade between so much countries of Europe, which significantly changed the history of humanity, as HUIZINGA says.

[...] It was a season which provided wonderfully serious intellectuals struggles ... along with the music (our underline), the rationalism frivolous, the grace of the rococó style and the charm of salons [...] constitute an essential aspect of the ludic that everyone recognizes in the eighteenth century and that often we feel tempted to envy him (2005, p. 175)

Being the body a product of the society where it is located, variations of the body movements' rhythm, change according to the means, the stimulus and the season, therefore, even before to communicate or express themselves through la articulated language, the man used his own body with the rhythmic patterns of movement, at the same time developed a plastic sense of space.

The use of music as a therapeutic method comes from the beginning of the human history. Some of the first records in this regard can be found in the works of Greek philosophers in the period pre-Socratic.

In ancient cultures were observed connections between music, song and healing. Egyptians, Greeks and Persians cited in their legends, the cures that nowadays could be classified as miraculous, made through the music.

Plato stated that the music is the medicine of the soul, that the body, can be reached through the soul that governs it; and if the body is trained by the gymnastics, the soul must be trained through music; If the exercise is not integrated to the music, can make man rude and worried and the same way if the music is not linked to the movement, leads to frustration and indolence.

The music phenomenon present in a more or less pronounced way in the life of most people is associated with experiences that may contribute extensively to our well-being, through its emotional physiological effects, relational of the self-knowledge and social relationships.

Music is a powerful force that can be used to give us health, peace and harmony; we need to learn how to use all the resources that produce health to improve our own physical, emotional and intellectual integrity.

On the music's motor aspect (by its elements: rhythm, melody and harmony) contributes to an assimilation of movements with maximum efficiency and a minimum effort, in the relationship of contraction and relaxation that constitute a movement. The Chinese believed that the music could directly affect the health of the physical body, associated with melodic standard; the pace produced particular mystical influences in humans.

The music also helps in the treatment of Aphasia (total or partial loss of speech), schizophrenia and other mental disorders, to arouse the attention and stimulate the confidence of the individual in itself; And to relieve nervous tension and psychological depression.

There is no doubt the value of music on the human brain; And this has been confirmed every day that goes by the technological advance, which allows renowned scientists to extend their studies on the subject, conducting experiments in the treatment of a lot of kinds of health's problems, as in cases of patients with neurological problems, heart conditions, mental disorders, disabilities not only referring to cognitive aspects, but also to the physical and sensorial.

It is understandable that the music antecedes the proper language, which enables you to think of a possibility of a musical brain, as the thought of Oliver Sacks (2007), argued in his latest book, Musical Hallucinations. He refers to music as holding the function of transmitting emotions, join people, calming and animate.

We talk about music therapy, sing therapy, ways in which the music is used for therapeutic purposes, always associating themselves to the body, the emotions and their effects on the general of human beings health's state.

The medicine and the music can be measured as a means of approximation and sociability among patients. Improving the body's function and calming fears and confusion.

Throughout the history writes the Dr. David E. Bresler, in Free Yourself from Pain, "the music has been incorporated in many rituals of healing. Recent scientific studies have shown that music balances the metabolism of the body, muscle activity and breathing. And also affects the speed of the pulse and blood pressure in addition to minimizing the fatigue's effects.

The movement is inserted in the music and is confused with it, one is essential to the other; the movement released

the body and the music the soul, and may not be separated from the other risking to break the "man" into body, spirit and soul.

The Dr.Tartchanoff, specialist in brain phenomena, proved that "The music exerts powerful influence on the muscular activity, which increases or decreases, according to the pace, the volume, style, in any activity. In studies on the effects of the sound stimulus on the skeleton's muscles, Dr. Tartchanoff found that:

The music exerts powerful influence on the muscular activity, which increases or decreases according to the character of the melodies employed. When sad or its pace is slow, and at lower tone, the music reduce the muscle's work ability to the point of stop it at all if the muscle is tired of a previous work.

The music stimulates the movement, and second Camargo (1994 pg71) "if there was no movement this inevitably rises from the music."

Still on a body workout using music with pre-set movement and limiting the action's freedom, initially, the benefit lies in the character of the rhythm which gives strength, encouragement and plasticity to their practitioners.

The general conclusion is that the sounds are dinamogenic or that muscular power increases with the intensity and the height of sound stimulus. It appeared that isolated tones, scales, reasons and simple tonal sequences exert an energized effect on the muscles.

Shakespeare: "The music "aids the sick minds, pulls from the memory a sadness rooted, destroy the anxieties written in the brain, and with its sweet and forgettable antidote, cleans the core of all the dangerous substances that weighs on the heart. "

In view of these words is clear the music's importance in the life and health of a person. "According to the French Association for Music Therapy: The Music therapy is the "use of sounds and the music in a psychological relation" (Bruscia, 1998 p.298)

The music can reconstruct identities, integrates people, reduces anxiety and provides the building of a positive self-esteem, as a tool in a subjective building, in the development of identity, recovering and developing the person's healthy aspects. Through the music you can ease the emotional tension, overcoming difficulties of speech and language.

The mental illness may be a medical area that has enjoyed the better the music. This success appears to be related to the fact that the music may offer the only safe means of communication and acceptable for a person that suffers emotionally. As the music is a means of non-verbal communication, it helps the person to release emotions and feelings repressed changing your emotional and vibrational default, being the default of the whole pattern vital through the performance on the physical body and emotions.

The Music as therapy is used by its elements (sound, rhythm, melody and harmony) in a systematic process in order to facilitate and promote the communication, relationships, learning, mobilizing, the expression and the organization of mental processes of one or more individuals so that they recover their functions, develop their potential and acquire better quality of life.

Keywords: Philosophy, psychology and music.

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Discography:

Musical Recommendations: Pessimism, memory, insight, stress, optimism, energy, relaxation, sleep repairer and serenity.
Bizet: Abertura de Carmen
Wagner: Abertura das Walquirias
Grieg: Concerto para piano em La menor. Primeiro movimento
Tchaikovsky: Concerto para piano número 1, primeiro movimento
Gershwin: Rapsódia Azul
Debussy: Clair de Lune
Saint-Saes: O Cisne do " Carnaval dos Animais
Brahms: Dança Húngara número 5 e 6
Ravel: Bolero
Verdi: Marcha triunfal de "Aída"
Schubert: marcha Militar
Liszt: Sonho de Amor
Strauss: Valsa "Danubio Azul"
Vivaldi: As Quatro Estações

Escola de Música e Belas Artes do Paraná. EMBAP Curitiba-PR
Av. Pres Affonso Camargo 2491 ap. 174, Curitiba - PR
(41) 3311-1029 - suzanasonza@terra.com.br

HUMAN MOVEMENT: THE MUSIC'S IMPORTANCE IN MENTAL HEALTH

ABSTRACT

Through music we feel that we have to release the sensitivity and the human beings' emotions, which is sensitivity, because through music the sensitivity comes to the surface. The beauty is the only idea that shines in the world. Plato says that in his teachings to his disciples, Saint Thomas Aquinas defines the beautiful as what pleases the eyes. Through recreational activity we can reach the absolute shutdown of concerns. Being the body a product of the society which is part, the changes of rates of

body movements, change as according to the place, the stimulus and the season, therefore, even before communicating or expressing themselves through language articulated, the man used his own body with a standard rhythmic movement, at the same time we developed a plastic sense of space. The music phenomenon presented in a more or less pronounced way in most people's life is associated with experiences that may contribute extensively to our welfare, through its physiological and emotional effects, related with self-knowledge and social relationships. It is incontestable the music's value on the human brain; and this has been confirmed every day that goes by the technological advance, which allows renowned scientists to extend their studies on the subject, conducting experiments in the treatment of lots of kinds of health problems, as in cases of patients with neurological problems, heart conditions, mental disorders, disabilities not only referring to cognitive aspects, but also the physical and sensorial.

KEYWORDS: Philosophy, psychology and music.

HUMAN MOUVEMENT: l'IMPORTANCE DE LA MUSIQUE DANS LA SANTÉ MENTALE

RESUME

À travers la musique nous sentons que nous réussissons à libérer la sensibilité et les émotions de l'être humain, qui est sensibilisé, donc à travers la musique la sensibilité vient à la fleur de la peau a beauté est l'unique idée qui brille dans le monde. Platon affirme ceci dans leurs enseignements à leurs disciples, Sain Tomás de Aquino définit la beauté comme cela qui satisfait aux yeux. À travers l'activité ludique nous pouvons arriver au débranchement absolu de préoccupations. En étant le corps un produit de la société de laquelle fait partie, les variations des rythmes de mouvements corporels, changent comme le moyen, la stimulation et le temps, donc, même avant de se communiquer ou s'exprimer à travers la langue articulée, l'homme a utilisé le corps lui-même avec des normes rythmiques de mouvements, en même temps dans lesquels développait un sens plastique de l'espace. La musique phénomène présent de forme plus ou moins pointué dans la vie de la majorité des personnes est associé les expériences que peuvent contribuer dans large escalade pour nôtre bien-être, à travers leurs effets physiologiques émotionnels, relationnels de connaissance de soi et de rapport social; c'est incontestable le valeur de la musique sur de cerveau humain à la prope avance et cela a été confirmé à chaque jour qui se passe des grâces la propre technologique, qui permet des scientifiques célèbres d'élargir leurs études sur le sujet, réalisant expériences dans le traitement de plusieurs types de problèmes de santé, comme en des cas de patients avec des problèmes neurologiques, cardiaques, bouleversements mentaux, insuffisances non seulement afférentes aux aspects plus cognitifs, comme aussi au physicien et sensoriels.

MOTS CLES: La philosophie, la psychologie et la musique.

MOVIMIENTO HUMANO: LA IMPORTANCIA DE LA MÚSICA EN SALUD MENTAL

RESUMEN

A través de la música sentimos que conseguimos liberar la sensibilidad y las emociones del ser humano, que queda sensibilizado, pues a través de la música la sensibilidad viene a flor de piel. La belleza es la única idea que brilla en el mundo. Platón afirma esto en sus enseñanzas a sus discípulos, Santo Tomás de Aquino define lo bello como aquello que agrada a los ojos. A través de la actividad lúdica podemos llegar a la desconexión absoluta de preocupaciones. Siendo el cuerpo un producto de la sociedad de la que forma parte, las variaciones de los ritmos de los movimientos corporales, cambian de acuerdo con el medio, el estímulo y la época, pues antes de comunicarse o expresarse a través del lenguaje articulado, el hombre utilizó el propio cuerpo con modelos rítmicos de movimientos, al mismo tiempo en que desarrollaba un sentido plástico del espacio. La música, fenómeno presente en forma más o menos pronunciada en la vida de la mayoría de las personas está asociada a experiencias que pueden contribuir en gran escala para nuestro bien estar a través de sus efectos fisiológicos emocionales, relacionales de auto-conocimiento y de relaciones sociales. Es incontestable el valor de la música sobre el cerebro humano: y eso permite que científicos renombrados amplíen sus estudios sobre el asunto, realizando experiencias en el tratamiento de varios tipos de problemas de salud, como en casos de pacientes con problemas neurológicos, cardíacos, trastornos mentales, deficiencias no sólo referidas a los aspectos cognitivos, como también al físico y sensoriales.

PALABRAS CLAVE: filosofía, psicología y música.

MOVIMENTO HUMANO: A IMPORTÂNCIA DA MÚSICA NA SAÚDE MENTAL

RESUMO

Através da música sentimos que conseguimos liberar a sensibilidade e as emoções do ser humano, que fica sensibilizado, pois através da música a sensibilidade vem à flor da pele. A beleza é a única idéia que resplandece no mundo. Platão afirma isto em seus ensinamentos aos seus discípulos, São Tomás de Aquino define o belo como aquilo que agrada aos olhos. Através da atividade lúdica podemos chegar ao desligamento absoluto de preocupações. Sendo o corpo um produto da sociedade da qual faz parte, as variações dos ritmos de movimentos corporais, mudam conforme o meio, o estímulo e a época, pois, antes mesmo de se comunicar ou expressar-se através da linguagem articulada, o homem utilizou o próprio corpo com padrões rítmicos de movimentos, ao mesmo tempo em que desenvolvia um sentido plástico do espaço. A música fenômeno presente de forma mais ou menos pronunciada na vida da maioria das pessoas está associada a experiências que podem contribuir em larga escala para o nosso bem-estar, através dos seus efeitos fisiológicos emocionais, relacionais de auto-conhecimento e de relacionamento social. É incontestável o valor da música sobre o cérebro humano; e isso tem sido confirmado a cada dia que se passa graças ao próprio avanço tecnológico, que permite cientistas renomados a ampliarem seus estudos sobre o assunto, realizando experiências no tratamento de vários tipos de problemas de saúde, como em casos de pacientes com problemas neurológicos, cardíacos, transtornos mentais, deficiências não só referentes aos aspectos cognitivos, como também ao físico e sensoriais.

PALAVRAS-CHAVE: Filosofia, psicologia e música.