



A Study of Music Therapy in Thailand

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Abstract

The purpose of this research is to study the use of Music Therapy in Thailand and to study Music therapy's Curriculum and music activity in Music therapy. The researchers collected Educational literature about the Theory of Music Therapy, Elementary of Music, Music Therapy Activity, Benefits of Music Therapy, Types of Music Therapy and Music Therapy Education in Thailand. There are tools used by researchers to do experimental Music Therapy activities, interview the Music therapist, and analyze research in Music Therapy. The results were as follows:

There are 3 major characteristic in the use of music therapy: Music Therapy for medical and nursing activities, Music therapy activities by volunteers and teaching music therapy. In the case of Music Therapy for medical and nursing, music therapy can effectively relieve symptoms, especially mental illnesses, which had very good results. More knowledge of music therapy will be released to the public in the future.

Music therapy activities are held by volunteers or researchers. Currently, there are many volunteer music therapy groups that organize activities in hospitals or medical facilities. These volunteers should be encouraged to organize music therapy activities. They should be given the right therapy knowledge and awareness of the importance of music therapy to achieve maximum benefits of the activity.

The third use of music therapy is the teaching of music therapy in Thailand. Teaching courses in music therapy is still at an early stage, such as specific learning disabilities for children. The course of producing an undergraduate music therapy program is still in its early stages. The field of music therapy offered at an undergraduate level should be pushed to happen. This course requires the cooperation of the Faculty of Medicine and Faculty of Arts. It is very important to integrate knowledge together. In addition, students should experience clinical practice and demonstrate the use of music therapy. They should learn and process applied research to achieve the knowledge, understanding and expertise required in music therapy.

Key words: music therapy, music therapy education, music for medicine.

Objectives

1. To study the characteristics of music therapy in Thailand
2. To present the guidelines for music-therapy-related activities

Introduction

Music is both science and art. It is important

for human's lifestyle. At present, it is accepted that music is a branch of science. It is as important as other branches of science. Also, it is included in primary-level curriculum. Music lesson practice is essential for all children. Apart from entertainment purpose, music is a development tool. Moreover, medical science insists that music can treat various sicknesses.

From the study on human's brain, it answers the questions on human ability development because answering by science principles leads to more reliable answers. At present, researchers study on the importance of music towards brain development.

According to the study on music therapy, it divides studying process into two main features - basic research and clinical research. In clinical research study, medical appliances (e.g. EEG Alpha Wave Detector and basic body scanner) are required. However, CT Scan are rare and they are used only for patients in need.

After many human theories are discovered, music learning process has been an interesting issue for brain scientists for centuries. The researcher has published many research evidences from 2001 - 2006. It is concluded that music has identity and it is related to the functions of brain structure. Using science tools for brain efficiency measurement for music learning can explain about brain functions. Moreover, it can show how music can develop brain. Besides, there are many researches which confirm the importance of music on brain development as shown in the following reports.

In 1951, Penfield and Jasper found the two functions of brain - sensory function and motor function. It is found that both part of the brain can be well-developed by music practice.

In 2001, Larger responses in Auditory Centre reported that the brains of those who play musical instruments have higher brain functions due to visual process for note reading, balance keeping, movement and finger movement.

In 2005, Zarorre reported that hearing and movement work under nervous system. The nervous system provides music performance, response, signaling and memory abilities. Signals transmit information to many parts of the brain which expresses emotions and music moods. Musicians can response to the music better than normal people because they have better music memory and sound wave abilities. Sound

waves normally travel to listeners and create sound perception. In case of hearing, it is divided into external and internal hearing. External hearing consists of sound detection, middle ear and inner ear. In case of internal hearing, sounds travel from superior system to auditory cortex.

According to the study on human's brain, neurologists apply two study methods - direct study on human's brains from donated dead people or experimental animal brains. The study examines human's sound waves using electrodes and the brain wave is shown in the graph for further analysis. Furthermore, brain wave photographs from various medical sciences shown are studied.

The brain functions during music playing are interesting. For example, the study on brain functions while a musician is playing the violin and the relationship with brain functions are interesting. Neurologists study the symptoms from Amusia (a talented musician who used to be excellent but then he/she cannot distinguish music sounds anymore due to hearing dysfunction) and normal people through the study on brain anatomy, its functions and its internal roles. The brain has anatomical coding and temporal coding. Due to the study, Amusia is found to have two kinds - congenital and acquires ones.

Signal transmission dysfunction of Amusia patients has two kinds - local and global ones. For local dysfunction, it is concerned with pitch assonance. For global dysfunction, it is concerned with melody assonance. The examples are Ravel and Vissarion Yakovlevich Shebalin who were Amusians but they were still able to compose songs because they were suffered from the sickness late. So, they still remembered the correct sounds even though their hearing skills are changed.

The research from Wong, published in Nature Neuroscience in 2007, stated that key notes are like the tone marks for music. Chinese tone marks also have frequency following responses or FFR. So, normal people cannot distinguish between violin and pi-

ano sounds like musicians can. Listening to various music styles can lead to different left-brain and right-brain functions.

The experiment on music listening skills of children (2 years and above) finds that human's brain wave is gradually developed until the age of 10 - 12 years old. Then, the skills efficiency is reduced time after time. So, supporting children to learn and listen to music can develop their brain during the growth period so their brain can reach maximum functional efficiency. Neuroscience Letter used to publish the research in musicians' brain waves using graphs from MRI Scan. It found significant difference between the brain waves of musicians and normal people. Also, in a short-period of study from Mereno and Besson in 2006, they studied two groups of students. The first group attended 8-week music lessons while the second one attended 8-week art lessons. Then, their learning potentials were measured. It found that their brain waves are different. Studying music for only 8 weeks can provide benefits to brain waves.

The study from Fujioka and colleagues, published in *Brain* (2006), stated that any children who regularly listen to violin in Suzuki method had clear pitch distinguishing ability change. So, all mentioned researchers insist the reason why children should study music.

Thus, music learning is meaningful to human's potential development. Medical science experiments can explain the phenomenon of human's brain. The experiments are the coordination of musicians and scientists so the experiments confirm that music education is crucial and must gain support for future research. So, the researcher is interested in the development direction of music therapy in Thailand. The study issues are music therapy learning in the system, music therapy in medical science and related activities to music therapy. So, the research results help to create guidelines for music therapy so it can lead to future benefits.

Results and Discussion

The researcher collected and studied literature review on theories of music therapy, music components, musical instrument components, music and exceptional children's skill development, music therapy activities, benefits of music therapy, music therapy lesson under the program of Tripat Foundation and related researches. Then, music therapy activities were held at HRH Princess Maha Chakri Sirindhorn Medical Center, Faculty of Medicine, Srinakharinwirot University, Ongkharak Campus, to do attitude questionnaire survey on medical services about music therapy. Also, interview with Dr. Pornthipa Picha, a musician therapist was conducted to examine the pattern and the possibility of music therapy in Thailand.

The findings are concluded as follows;

(1) Music therapy program in Thailand is used for learning disordered children. It is certified by Department of Mental Health, Ministry of Public Health, operated by Tripat Foundation. One-to-Five Piano Program is a physical therapy method using the piano as an instrument for both physical and mental rehabilitation. Playing an instrument can lead to maximum benefit. The best musical instrument which leads to the best direct effect on brain development and brain optimal functions is the piano. It has simple learning system and different from other general musical therapies. The pianists can appreciate the music themselves. One-to-Five Piano therapy system can lead brain, emotion and mental development. Moreover, the pianists can realize the values and the benefits from music. The experiments receive satisfied results on Learning Disability, Autistic, ADHD Behavioral/ Social skill problem. The children can improve reading, writing and mathematical abilities. Also, they receive social and appropriate thinking/ emotion expression skills. So, they can live with others happily. As a result, the number of learning disordered children in the society will be reduced. The experimental indicators are learning disordered chil-

dren with the helps from guardians, teachers and health personnel who promote them so they gain necessary skills on learning, concentration, potentiality and special skills. Thus, this program has positive impact which should be further developed. Music therapy should be further studied.

At present, there are only two universities which provide music therapy lessons. The programs are in the beginning stage, so there are not any graduates yet. The programs are Bachelor of Music in Music Therapy, Rangsit University and Master Degree of Arts in Music for Health and Therapy, Mahidol University. It is interesting to see how these programs develop in the future.

(2) The music therapy activities from the researchers who study on master degree students in music education program, Faculty of Fine Arts, Srinakharinwirot University with the objective to study on music therapy activities in Thailand at HRH Princess Maha Chakri Sirindhorn Medical Center, Faculty of Medicine, Srinakharinwirot University, Ongkharak Campus, on the 30th of August 2014 at 11.00 - 13.00 hrs. is concluded. It is found that most of the external patients have the opportunity to listen to the music more than 10 times per week (57.41 percent), some have the opportunity to listen to the music 5 - 10 times per week (18.52 percent), some have the opportunity to listen to the music 2 - 5 times per

week (12.96 percent) and the rest have the opportunity to listen to the music 1 time per week (5.56 percent). Also, those who do not have the opportunity to listen to the music are 5.56 percent. So, it is perceived that most patients have the opportunity to listen to the music more than 10 times per week.

From the study population, most listen to Thai contemporary songs. Some listen to country songs. Some listen to modern Thai songs. Some listen to songs for life. The least number of people listen to other songs. So, it can conclude that most patients listen to Thai contemporary songs and country songs and most love live versions (68.52 percent). The least love to listen from the radios or televisions (31.48 percent). So, music listening behaviors of patients prefer live versions.

According to the opinion and the suggestion analysis from external patients who receive services at HRH Princess Maha Chakri Sirindhorn Medical Center, Faculty of Medicine, Srinakharinwirot University, Ongkharak Campus, it is concluded that most external patients wants to listen to music therapy at the hospital and admire the music therapists because they can forget their sufferings and feel entertained. So, music therapy in the hospital should be promoted. Moreover, answering questions for rewards by the musicians is held. From the research, it finds out that these activities capture the attentions of



The pictures of music therapy activities and fieldwork data collection HRH Princess Maha Chakri Sirindhorn Medical Center, Faculty of Medicine, Srinakharinwirot University, Ongkharak Campus

those who receive medical services. Music therapy can reduce stress, promote relaxation and patients feel free to explain about their symptoms to physicians or nurses better. Moreover, music activities can lead to exercises. Most are willing and happy to do so. As a result, music therapy should be promoted as it increases curing efficiency.

(3) According to the interviews from music therapists in Thailand, the researcher interviewed Dr. Porntipa Picha, a music theory expert. She graduated her bachelor degree in science (microbiology), Kasetsart University, master degree in science (microbiology), Mahidol University and doctoral degree in medical science, Fukui Medical University, Fukui, Japan. Also, she received Certificate in The Therapeutic Uses of Music, Mahidol University. Her interests are medical science and music therapy. She studies about Thai patients in National Cancer Institution and in Mahidol sub-hospitals. She studies child patients, retarded children and cancer child patients. Moreover, she studies adult patients through many music therapy activities such as singing, playing with musical instruments and dancing. The findings are concluded from observations, interviews, observation and record and clinical data collection.

She expressed her opinions on music theory in Thailand that music theory lessons should be promoted, especially in bachelor degree level. Music therapy is vital for mental rehabilitation of anxious patients. Traditionally, only chemical therapy is promoted. However, music therapy is found that it can cure many inaccessible diseases which leads to self-curing. Moreover, she suggests that bachelor degree in music theory should be promoted while vocational markets in Thailand should present. Job application in therapy musicians must be available. Also, the curriculum should be the combination between Faculty of Medicine and Faculty of Fine Art as it needs both branches of subject fields.

(4) According to music therapy in Thailand analysis, there are 19 related researches. They are

analyzed on substantive and methodological perspectives. In term of substantive perspective, there are 13 topics on physical and mental issues, 4 topics on music therapy research, 1 topic on teaching development and 1 topic on child development. According to the study, it shows that music therapy in Thailand the most researches on music theory on medical services to treat physical and mental illnesses. The interested people on the research are mostly nurses. Moreover, there are researches stated that music can promote many activities to improve adolescents' behaviors.

Conclusion and Applications

1. Master degree subjects on music therapy should be introduced for both medical and art curriculum.

2. Music therapy knowledge should be used for fundamental education as the benefits of music therapy can promote child development. Music therapy can be used for normal and disordered children.

3. Therapeutic musicians should receive knowledge. They should select suitable music for different situations. They should be able to do well on listening, singing and playing skills so they can be perfect music leaders.

Research Innovations and Impacts on Society and Nation

The advantages are as follows;

(1) The research results lead to the knowledge on music theory in Thailand and they are guidelines for music-therapy-related activities.

(2) Department of Western Music, Faculty of Fine Arts can apply the results to the benefits on the lessons of MU 362 (Music for Giftedness), MU 464 (Music Education), MUE 407 (Innovation for Music Pedagogy) and MUE 471 (Individual Study).

Limitations

The research has many tasks so the research can-

not follow the time schedule.

Recommendations

(1) In-depth studies should be done, especially in medical science. Also, the benefits of music theory application should be perceived. The methodology should be combined between medical science and musical knowledge to specify objectives and activities to match both fields of knowledge. So, the research results can be used for future studies.

(2) The study of music theory should be done on many groups of patients to see the limits of the study and the application.

(3) Educational studies to find the importance and the benefits of music therapy in different demanding situations should be done to create positive impacts in terms of educational performance and behavioral improvement.

Future Works

This research is based on the survey research. The music therapy is the initial result of this study

including music therapy activities, music therapy events and music therapy researches which have been occurred in Thailand. Those studies were caused the benefit to farther researches and were conducted new knowledges in various sections, for example, those studies were caused the benefit to farther researches and were conducted new knowledges in various sections, for example, learning proper ways to conduct music therapy activities which would suitable for the executives, together with the management of how to set up the courses of music therapy for medical section. Moreover, the studies were beneficial to the program and activities which provide the therapy to the learning disorders and to the segment of the class of musician development in order to recruit new quality scholar with the proper personality including to the the development of medication music therapy research which should be prepared all in-depth and detailed informations for people who desire to study. As a result, those studies would be very useful which solve the essential problems in the future.

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