

MUSIC THERAPY AS A MEANS OF EMOTIONAL IMPACT ON PRESCHOOL CHILDREN

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ANNOTATION

The purpose of the work is to familiarize teachers with music therapy as a means of developing emotional impact on preschool children.

Tasks:

- 1. Show teachers how music affects human emotions*
- 2. To introduce teachers to samples of classical music used in music therapy.*

Key words: *therapy, communication, emotion, impact, psychosomatic, intelligence, imagination, disease.*

Music Therapy is a method that uses music as a means of correcting emotional deviations, fears, motor and speech disorders, behavioral deviations, communication difficulties, as well as for the treatment of somatic and psychosomatic diseases.

Music therapy in working with preschoolers helps to cope with the shortcomings of the emotional and volitional sphere of children (hyperactivity, aggressiveness, short temper, stubbornness, isolation and others). Develops the sphere of social emotions, helps children to adapt in society and contributes to the creation of emotionally warm relationships with peers, teachers and parents. Music therapy is a special form of work with children using music in any form.

Music therapy makes it possible to: activate the child;
overcome unfavorable attitudes and attitudes;
improve emotional state;
develop a sense of internal control;

discover new abilities;

increase the child's self-esteem.

The advantages of music therapy are:

absolute harmlessness;

ease and simplicity of application (forms of music therapy are simple and accessible in any preschool setting); the possibility of control by the teacher.

Music therapy is not only the development of a person's musical abilities, but also the formation of spiritual needs, his moral ideas, intelligence, the development of ideological and emotional perception and aesthetic evaluation of life phenomena. First of all, it is the upbringing of a person.

Music is one of the important tools when working with children. It stimulates imagination and creates a mood, Music can tell about a person's character, about his inner feelings, and most importantly, music has such a therapeutic effect with which it is possible to harmonize the degree of excitation of the central nervous system in different children, Music can be stimulating, soothing, and stabilizing.

Emotional disorders of children are one of the most acute problems not only for psychologists, teachers, but also for society as a whole. Music plays a huge role in enriching the emotional experience of a child.

Music has the property of causing active actions of the baby already in the first months of life. He distinguishes music from all sounds and focuses his attention on it, is able to react animatedly to the sounds of cheerful music with involuntary movements, exclamations. Gradually, the child's motor reactions become more arbitrary, coordinated with music, rhythmically organized. The fact that music affects a child physiologically - calming or exciting (depending on its content) it was proved by the largest physiologist V.M. Bekhterev. Based on his experiments, he concluded that the child reacts to the sounds of music long before the development of speech (literally from the first days of life). Therefore, if music has such an impact on a child already in the first year of his life, then it is necessary to use it as a means of psychological and pedagogical influence. In addition, music provides rich

opportunities for communication between an adult and a child, creates the basis for emotional contact between them.

Probably, everyone has heard about the Mozart effect. Mozart's music has a universal positive effect. It surprisingly accurately finds pain points and organically integrates into the most invisible corners of the soul and body of each organism. Mozart's works enhance intellectual abilities. Mozart music therapy reduces child mortality (if a pregnant woman listens, improves fine motor skills of the hands, it is used in the treatment of neurological diseases, stuttering. Mozart's music helps children to coordinate movement, study, improves speech, calms down with nervous excitement.

A few more interesting facts from the field of music therapy:

- The famous French actor Gerard Depardieu stuttered a lot in his youth. This illness put an end to his career that was just beginning. But the doctor advised him to devote at least two hours a day to listening to Mozart. Two months later, Gerard completely got rid of his stuttering. So music therapy allowed numerous fans to enjoy the talent of an outstanding actor.

- It is possible that soon medicine will be able to fight infectious diseases with the help of music therapy. Some experts claim that the custom that existed in Russia to constantly ring church bells during epidemics had therapeutic reasons .
- Studies have shown that the composers of military marches intuitively determined the nature of their impact on a person. The rhythms of marches that sounded during long hikes were slightly slower than the rhythm of the calm work of the human heart. Such music increased the endurance of soldiers, relieved fatigue. But the parade marches had a faster rhythm, which had an invigorating and mobilizing effect.

Classical music for depression:

- Introduction to the Fifth Symphony by P. I. Tchaikovsky
- The Finale of the Sixth Symphony by P. I. Tchaikovsky
- Chopin's Prelude in C Minor
- and his: the march from Sonata no.2 "B flat minor". (The third movement of this sonata)

- Handel "Minuet"
 - Bizet "Carman" - part 3
- Classical music for anxiety:
- "Melody" by A. G. Rubinstein
 - Chopin's preludes and mazurkas
 - Strauss waltzes

Classical music for aggression:

- "Sentimental Waltz" by P. I. Tchaikovsky
- The first movement of his Sixth Symphony
- Finales of two sonatas: Beethoven's 14th and 23rd
- Schumann's "Rush"
- Cantata No. 2 by I. -S. Bach
- Scriabin's essay No. 8
- Wagner's "Pilgrim's Chorus"
- Bach's "Italian Concerto"
- "Finland" by J. Sibelius
- Bach "Italian Concert"
- Haydn "Symphony"

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