

FETUS: MUSIC FOR MOM AND ME

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Abstract

Music therapy is one of most popular methods used by psychologists and psychiatrists but anything new is well forgotten old. Music therapy can be extremely successful and helpful in many ways! Music therapy can help reduce the strife caused by stress, physical or mental pain, anxiety or panic attacks, anger, attitude and moods changes, and difficulty with sleeping. Being pregnant is a very beautiful and powerful experience for most women or at least, it ought to be so. Even though most women go through this, it is still a very unique experience because it is so intensely personal. Music during pregnancy has a positive influence on the mother and the child, creates positive emotions, eliminates internal contradictions, soothe and adjusts the waves of loves. Active participation of pregnant mothers through music therapy is expected to come to accelerate the development of children as individuals who are intelligent, creative and mature personality.

Introduction

The recent decades have witnessed an increasing interest on the complex interactions of Mind, Body and Spirit which has resulted in a drastic shift towards a holistic approach to health care delivery. As a consequence, a plethora of systems of alternative and complementary therapies have come to be experimented and evaluated for their positive impact.

Music Therapy:

Music therapy is one of the most popular methods used by psychologists and psychiatrists but anything new is well forgotten old. Ancient civilization of Pythagoras, Aristotle, Plato, have given attention to the curative power of music. It is one such supportive therapy, knowing

for its social dimensions in the health care delivery. Like in many parts of the world, India too is engaged in re discovering the potent of sound and music, healing practice and nada yoga traditions, long known for its sound employment of rhythms, music and silence for health and welfare.

Effects of Music Therapy:

Music therapy can be extremely successful and helpful in many ways! Music therapy can help reduce the strife caused by stress, physical or mental pain, anxiety or panic attacks, anger, attitude and moods changes, and difficulty with sleeping. How is the mind/body connection relevant here? When we hear music which we are able to calm our minds, our thought patterns

change and we slowly can see a decrease in heart rate, tension, tightening of the muscles, and overall feelings of stress.



Music Therapy for Mothers:

Being pregnant is a very beautiful and powerful experience for most women or at least, it ought to be so. Even though most women go through this, it is still a very unique experience because it is so intensely personal. Precisely because there are so many hopes and dreams pinned on a pregnancy, it can be the source of a great deal of stress for a woman. If you are finding the pressure too much to handle, you could resort to a few stress relieving measures. One measure that is increasing in popularity employs music. Using music to dispel excess pressure is only natural since people have known for long that music has the ability to change people's emotions. Humans have used music from time immemorial to express their feelings. Quite naturally, they can use the same device to change their feelings as well.

Music therapy has always been in use even though it might not have been recognized as such.

Effects of Music on Pregnancy:

The influence of music on the body is explained by the effects of sound vibrations. Sounds energetically create fields that make each body cell to resonate. We consume energy music and it normalizes the rhythm of breathing, pulse, blood pressure, temperature, eliminates muscle tension. Music during pregnancy has a positive influence on the mother and the child, creates positive emotions, eliminates internal contradictions, soothe and adjusts the waves of love.

Effect of Music Therapy on the child:

Music therapy will pamper the child with the following benefits.

- Use in preparing the fetus become a smart and qualified child.
- For pregnant mothers and fetus, music therapy could cause psychological reactions as music provides calming and also provide stimulation.
- Through musical stimuli that was played to the fetus regularly, can give a very big influence for the growth and future development of the baby
- Can help pregnant mothers in order to maintain a balance between physical health , mind and emotions.
- The child will grow with a strong personality and he is able to absorb a lot of things.
- The child also be able to understand the feelings of others through music in fetus period.

Boosting the Brain:

In the process of an individual's life from the womb until adulthood, one important aspect is development of brains. Sustained effort to spur the development of left or right brain needs to be done in various ways that are wise among others by providing music as sound stimuli. The result of few studies found that the fetus in the womb who were given the sound stimuli can stimulate the intelligence of the baby after birth. Active participation of pregnant mothers through music therapy is expected to come to accelerate the development of children to be individuals who are intelligent, creative and mature personality.

Baby Hears Rhythm:

Voices of parents perceived their love, baby feels welcome and awaited. This not only affects the child's development, but also harmonize relations in the family. What music to listen depends mainly on mom's taste, preferences and moods. Experts advise to avoid music, characterized by dissonant parts, lack of shape, irregular rhythms. As best for relaxation is considered classical music, children's and traditional folk motifs.

Music can help you to relax, fall asleep or refresh you. When mom is relaxed that's good for the fetus and that's an indirect effect of music on the fetus. Try

different kinds of music to see how your baby respond. Enjoy the music and relax, your unborn child will pick up on your emotions

Music Therapy Work Goals in Pregnancy

- If we try to outline what the main goal of the music therapy work with future mothers is, we could state that, through these techniques, they will be able to achieve the following:
- Enjoy a deeper connection with the unborn baby.
- Reduce anxiety level.
- Stimulate the fetus and be able to transmit a pleasant state of feeling to it.
- Discover intrauterine bond earlier so that it can be enjoyed.
- Prepare women for labor and delivery with different psycho-musical techniques.
- Achieve a more relaxed labor.
- Achieve self-control of pain.
Be conscious about physical sensations.
- Contribute to reduce peri-natal stress, giving the newborn the possibility of being connected, through his auditory system, with a sound atmosphere that he already knows.

Tips for Your Baby's Musical Nourishment:

1. Relax and play soothing music.

Whether you enjoy listening to *soothing music* will relax both you and baby.

Find a favorite CD, plug your iPod into speakers, or turn on Pandora. The Simply Noise site provides a free online “noise generator” – the good kind of noise! Hit the “Brown Noise” button and you can listen to soothing ocean waves.

2. Speak in a calm manner.

Although the womb provides a protective environment for your baby, loud shouting will reach your little one's ears – and possibly cause agitation.

3. If the music hurts your ears, then the noise will hurt your child.

Turn down the volume or move to a different room if the music is too loud.

4. Regularly sing to the baby.

Don't worry if you can't sing in tune, your baby will appreciate hearing your voice. Encourage other members of the family like grandparents and siblings to sing along. Young infants remember the voices they heard in the womb.

5. Encourage your partner and family to sing and talk to your child.

Your unborn child may not see excited relatives, but they will recognize the familiar voices as newborns.

6. If you play an instrument, practice throughout the pregnancy.

I enjoyed finding out how playing the congas soothed my unborn. If you do not play an instrument, you can encourage a friend or family member to serenade you and your baby instead.

7. Sense your child's reaction to the auditory stimuli.

Does he kick more when you turn on the radio? Does she fall asleep when you play guitar? Be aware of how your sound environment affects your child.

8. Only occasionally use headphones on your belly.

Studies have shown mixed results for the effects of direct music on the womb. Not enough scientific research has proven that headphones either help or harm the baby. On the safe side and save headphone use for the occasional soft lullaby.

9. Explore different musical styles from other cultures.

Expand your musical palette and your baby's, by adding music from other cultures. For example, you may want to play reggae, Javanese gamelan, or traditional Celtic music. Listen to contemporary classical music or try out the world music offerings of stumble audio.

10. Enjoy silence.

Sometimes lying perfectly still will give you the opportunity to truly sense the child within you. As you lie with your eyes closed, try to imagine your child. Sense each movement and enjoy these precious quiet moments. Soon silence will be a distant memory!

Conclusion:

In conclusion, we can say that Music Therapy is beginning to build its

grounds within the prevention area of prenatal psychology. The unborn baby absorbs and engrave the information its mother is transmitting to its surrounding environment and if it does not only receive information, but also human affection, we will then be nurturing the baby as well as the future humankind.

As John Lennon said, "Can't buy me love", we would thus be speaking about prevention.

Music in life is very essential not only for keeping one happy but also to share their dreams and for treating their problems.

MUSIC

When "M" (music) is taken it become "U SIC" (u become sick).

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