

MUSIC THERAPY WITH USE OF VIRTUAL REALITY



BACKGROUND



Music therapy is the use of elements of music or the music itself, e.g. on psychosomatics, psyche and human physiology, thanks to which it can support the development of the individual and improve the quality of life. Receptive music therapy focuses on a task-oriented nature by using suggestions, for example, of the mood of music, in order to achieve, for example, an abreaction of strong sensations.



Virtual Reality is a multi-factor computer simulated environment created with the help of modern technology that can cause immersion.

AIM OF THE RESEARCH

The aim of the study was to investigate the impact of music therapy with the use of VR technology on stress reduction in the subjects.

METHOD & MEASURES

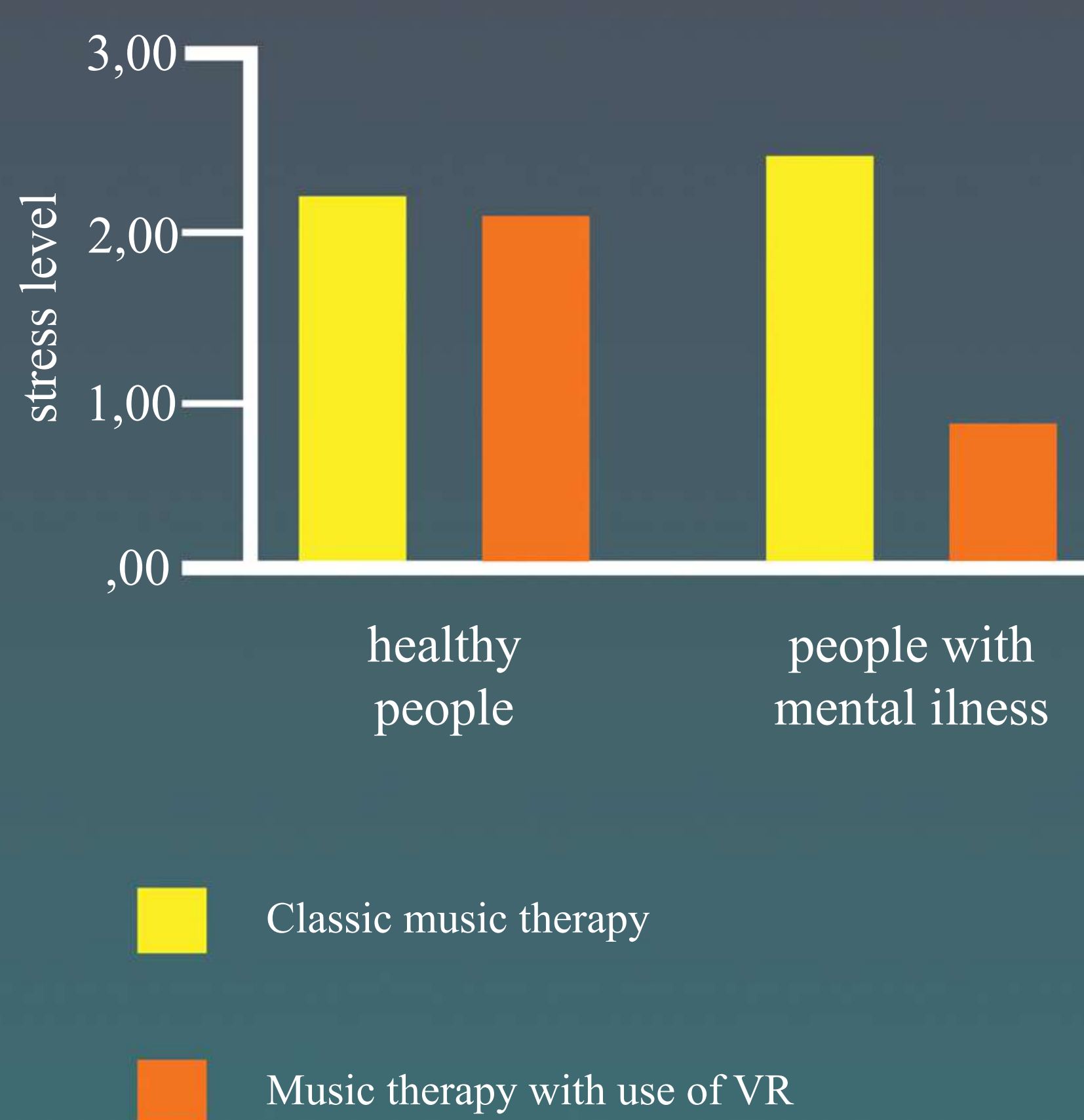
People with mental disorders in day ward and undiagnosed people were examined. A total of 4 groups(40 people) were created, in which participants were randomly subjected to:

- classic music therapy(people diagnosed: 11)
- classic music therapy(people undiagnosed: 11)
- therapy with VR(people diagnosed: 10)
- therapy with VR(people undiagnosed: 9)

Stress measurement was measured with VAS (visual analogue scale) from 0 to 10 after music therapy.

RESULTS...

Stress levels after music therapy



...RESULTS

A two-factor ANCOVA with a bootstrapping method was conducted, which found a significant main effect of the type of session on stress level. Individuals who participated in relaxation sessions using both music and VR technology reported lower subjective stress intensity than those who participated in sessions using music alone. It was found that for individuals without a diagnosis, the type of session did not matter for stress intensity, whereas for those with a diagnosis, VR sessions significantly decreased stress intensity more than music-only sessions.

CONCLUSION

Music therapy with VR can be effective in reducing stress in people, especially in disturbed people.



Literature:

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