

Methodological features and prospects of play vocal therapy - new
technologies of psychocorrection and health improvement of children

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The health improvement of children is one of the most important strategic tasks of the state. It is known that numerous problems of modern society and family lead to serious neuropsychiatric disorders that negatively affect the health of the child.

So the school curriculum, which is saturated today beyond measure, is a source of constant overstrain for children. In this regard, the number of neurotic disorders increases, vision decreases, sleep is disturbed.

It was noted that an unfavorable climate in the family is often the cause of behavioral deviations and aggression. It is shown that the modern information environment, built on inhuman principles, in recent years has become an increasingly powerful factor of aggressive behavior [1].

The sum of the above problems for many children becomes chronic mental trauma [5], leading to emotional stress [3]. Lack of early counseling can lead to disruption adaptive reactions and subsequently - to serious psychosomatic disorders.

Principled approach to the decision this task is the formation of the body's resistance to the action of extreme factors [2].

Therefore, the creation of new effective methods of psychosomatic recovery is an urgent task for both psychology and restorative medicine. [6].

Methods of music therapy are beginning to occupy a special place in a number of health technologies, which, according to the classification, are divided into active, those in which the patient is directly involved in the treatment process (for example, singing), and receptive, in which passive behavior is provided, for example, listening to music. in a comfortable position [7].

Play Vocal Therapy (IWT) Is a new way of psychological personality correction and general health improvement, which uses active singing in combination with musical archetypes and role-playing games. Thus, ICT is an integrative technology that emerged at the junction of three basic factors of influence.

The first factor is active singing or vocal therapy. In this well-known medical and health-improving method, which is carried out in the form of classes - trainings, the specialist uses the techniques of vocal pedagogy, with the help of which patients are taught correct breathing and basic skills of singing technique. The program of classes also includes learning and performing euphonious songs, romances, etc.

It is shown that during singing, the word is addressed to human thinking, and the timbre of the voice and musical intonations - directly to feelings [7, 8].

Therefore, vocal exercises, as a factor of psychophysical load,

increase nonspecific resistance of the organism, and especially the selected songs create a positive emotional background.

The second important factor of influence in the new technology is the use of musical and psychological archetypes.

It is shown that archetypes are innate mental structures that make up the content of the collective unconscious, which in personal experience are recognized in the images of dreams. The same structures underlie the universal symbolism of myths and fairy tales. There are several main archetypes: "Anima", "Mother", "Hero", etc. [9].

Analysis of the most ancient forms of musical folklore reveals there the main types of musical utterances, which can also be called "archetypal". There are 4 main musical archetypes: "invocation", "petition", "games" and "meditation". Their main function is to encourage people to communicate and to take necessary actions, more often collectively [9]. Therefore, these archetypes were called communicative.

In IWT, the archetypes of "play" and "meditation" are used more often than others. The principle of musical-archetypal influence is realized through the selection, learning and performance of songs related to one or another archetype. So the "archetype of the game" includes the folk songs "In the smithy", "I will sow a swan on the shore", "Whether in the garden", etc. " and etc.

It has been established that when perceiving a certain musical archetype, characteristic psychophysiological patterns appear in the human body. For example, the "archetype of the game" evokes optimism, a psychological disposition for communication, openness, an increase in overall tone, and activation of muscle circulation. The "archetype of meditation", in turn, leads to emotional calmness, a decrease in aggressiveness, inhibition of the cerebral cortex, muscle relaxation, and a decrease in blood pressure [8].

The selection of the required archetype in the IWT is carried out after examination and psychological examination of the patient.

Finally, the third factor of ICT, role-playing games, are used in modern psychology as an effective method for correcting behavior and emotional disorders. Entering a certain role, the child takes the path to personal growth and development.

In practice, IWT is carried out in three stages.

First stage - psychological attitude and diagnostics. It begins with a confidential conversation between a psychologist and teacher, in which the child should feel mutual understanding, support and his own perspective. Here, the main task is set - preparation for the concert, where each child will have his own special role. This creates core motivation, an attitude towards personal success and constant interest in the upcoming classes.

Next, psychological diagnostics are carried out, for which various tests are used: Eysenck's Personal Questionnaire, Izard Emotion Scales, Non-existent Animal, Luscher's Color Test, Taylor's Personal Anxiety Scale, etc. Diagnostics of musicality and individual preferences is carried out according to S.V. Shusharjan [8].

The first part ends with the definition of the main psychological

problems of the child, building a plan for psychocorrection, including the selection of songs and roles.

Second phase - training and correction, consists of 10-15 individual or group lessons, lasting 1 hour, 2 times a week. Here with vocal exercises, singing songs with elements of expressive pantomimic movements and roles according to the script, about there is a mild correction of neurotic disorders, negative personality traits and training in socially desirable forms of communication.

The third stage - a demonstration performance in public, completes the IWT course. After the final concert, together with the children, a friendly discussion of an important event for them takes place and the positive skills acquired by them in the course of classes are consolidated. Then retesting is carried out, the results of which are compared with the original data.

The use of IWT in a general education school (35 primary school students) and in a social rehabilitation center (105 adolescent children from socially disadvantaged families) has reliably shown that the method can effectively solve the following tasks:

- 1) carry out psychological correction of neurotic disorders and behavioral reactions in children, including aggressiveness;
- 2) develop communication and creativity;
- 3) activate adaptation reactions.

At the same time, a distinctive feature of the IWT is its effectiveness, accessibility and simplicity of reproduction. Considering the above, it should be recognized that play vocal therapy is a promising technology for psychocorrection and health improvement of children, which may be in demand in the practice of centers of psychological assistance, social rehabilitation, healthcare and educational institutions.

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