

Music therapy and the PERMA model

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Abstract: *Efficient health system consists of the PERMA model, built on the following aspects: positive emotion (P), engagement (E), relationships (R), meaning (M) and accomplishment (A). Increasing psychological welfare remains a challenging subject for scientists. It was recently found in literature that a paradigmatic example or model of human well-being prove and show all the above aspects. "A perspective neuroscientific therapy Musical" by Stefan Koelsch suggests that music therapy can present reactions that increase psychological health and individuals" so it is believable that engaging music in daily life and into therapy can positively provide an optimal living life with considerable psychological welfare.*

Key-words: *PERMA, music therapy, psychological well-being.*

1. Introduction

Music therapy can have impact on the human-being and it improves psychological health and the well-being of individuals. The therapeutic effects of music are usually due to improving attention, emotions, apprehension, thinking, behavior, communication and other processes through musical activity (Koelsch 2009, 307).

There can be found research in the recent literature on music therapy. This offers practical support for the therapeutic aspect related to musical activities. Music therapy is considered to be an element that contributes in a positive way to increase the psychological aspect of the individual and is a reasonable subject that deserves strong investigation. Research in music therapy has been integrated in the aspects of the PERMA model, in what concerns positive psychology and the benefits of musical work. They contribute in a positive way to a better life, with improved psychological well-being. This article debates the psychology of music based on existing literature on music therapy by reviewing recent studies on excellent

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physiological conditions and improving them by practicing music therapy. This analysis begins with the examination of recent literature on music psychology and the significance of music therapy on people's health, with better psychological well-being. The purpose of this article is to clarify how music can be useful in creating positive emotions and positive welfare.

2. Research on the PERMA model

In his study "Positive psychology and positive interventions", Martin Seligman writes about a very important topic, that concerns many disciplines, such as pharmacology, psychotherapy and music, in order to result operations that produce health. The improvement of this positive psychology is based on the idea of "welfare" and tries to flourish interventions that achieve the goals of the PERMA components: positive emotion, engagement, relationships, meaning and accomplishment (Fig. 1).

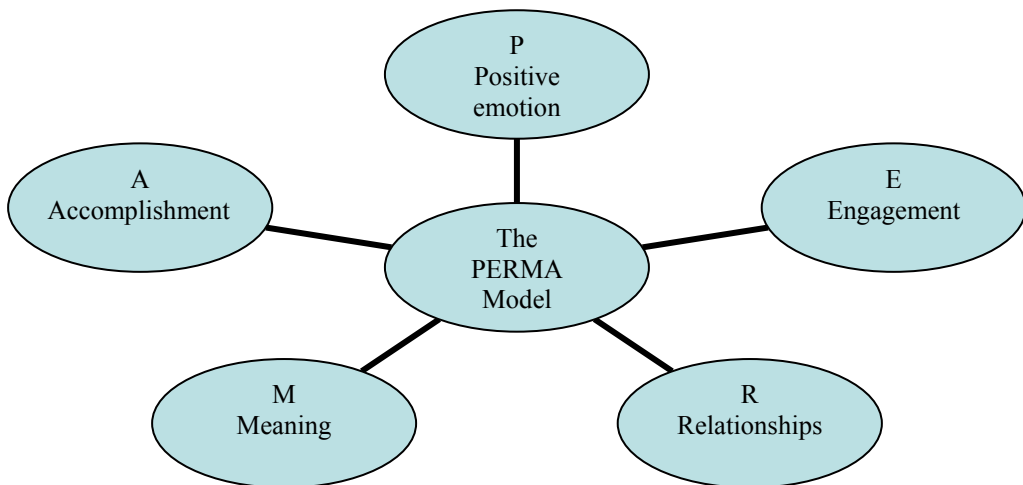


Fig. 1. *The PERMA model*

The subject of what represents human improvement or psychological welfare remained an issue of long debate and continued among clinicians and scientists. In the recent literature it is discussed the holistic case of psychological welfare that should illustrate all five factors listed above.

The PERMA model was developed by the psychologist Martin Seligman especially in his book “Flourish”, in 2011 (Seligman, 2011). There are two other recent studies published recently. T. Rashid wrote about how psychological welfare can be improved, under surveillance of professional therapists and clinicians. T. Rashid started from the concept of „well-being” (Rashid, 2014) and included positive emotion, engagement, positive relationships, meaning and achievement (PERMA) in a therapy for children and teenagers. T. Noble and H. McGrath implemented the PERMA model into a new program of positive education, aimed at encouraging children to develop social competence and emotional, including these five elements of the PERMA model (Noble 2008, 127).

This scientific approach for investigating the human mind and its aspects, by investigating its common features, is an encouraging. There are being adopted many theories of literature on music in order to investigate if musical therapy can provide a flourishing life, with best psychological welfare (Seligman, 2009).

The British Association for Performing Arts Medicine leaded a study on a major number of musicians (n = 1050) and found that almost 50% of them had problems resulting from inadequate techniques and procedures that included excessive practice.

3. The major role of positive emotions

Positive emotions are very helpful when it comes to well-being. In „Building a neuroscience of pleasure and well-being”, K. Berridge and M. Kringelbach claimed that this state is achieved by this two aspects: the hedonic part – the pleasure and the eudaimonism – reaction and connection in life (Berridge, 2011). Welfare does not result only from one field, but from an interaction between appreciation and social links.

The idea of sound and music can have major impact for people. There is an amazing ability to stimulate different emotions induced by equipment for analyzing information at various levels of the human brain, using isolated data to influence future manner of conducting the individual himself.

P. Juslin writes in his studies about the major role of positive emotions, which are an enlargement of this process of perception (Juslin 2008, 534). This permits clinicians to identify and locate an object and also the possible consequences.

S. Roffey recently studied this field of music psychology “Introduction to positive relationships” (Roffey 2011, 17). Through music there are required

different types of training, which boost the benefits of various processes. These project new experiences with a complex character.

A. Van Goethem and J. Sloboda claimed that music might be used to adjust conditions of participants (n = 50). They realised that music has a major role in creating happiness and welfare (Goethem 2011, 241). Also, the results consisted in the idea that listening to music repeatedly used will conduct to attitude and body improvements with a high level of success. There is used a unique range of objectives and strategies such as introspection.

B. Fredrickson used music therapy to create positive emotions and to treat patients diagnosed with chronic pain. He claimed that music has an amazing impact and it has a quick action on emotions (Fredrickson 2006, 62). It has also the ability to get and change the intensity and the type of emotions, such as happiness, sadness, anxiety, anger, disgust and many others.

Musical activities have a very important role in improving health and they can help in generating emotions and positive feelings and can contribute to psychological well-being.

Positive relationships are considered by clinicians as a major element of psychological welfare. Well-being is induced by the five fields of the PERMA model.

Having a goal and sense is vital to create a life of happiness and accomplishment. Finding the meaning of life, through different activities such as playing an instrument or listening to music, gives people a goal for their daily life. Fulfillment in life is major to increase the level of life and to make people flourish.

4. Conclusion

Every good thing comes with moderation so not every type and quantity of music therapy is positive to the psychological welfare. As an action involves the exercise of the body and the mind, music practice seen as therapy can be performed in an incorrect manner or in a disproportionate measure. There are psychosomatic symptoms include anxiety that occur and can be associated with performance and injuries appearing from defective techniques for their practice – deficient posture and weak physical condition, as they were described by G. Kreutz and J. Avey (Kreutz, 2008; Avey 2011, 89).

Researchers have suggested that music therapy participants should maximize the benefits and minimize potential injuries that come when they practice music.

The PERMA model can be achieved through music therapy and participants are encouraged to pay attention to posture, to the amount of time for heating, in order to have great results in this experience.

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