

Five Elements of Music Therapy Research on the Influence of Emotion and Meridian

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Abstract. 70% to 90% diseases are caused from mixture of emotions and sensory pleasures and pressure. To contemporary people, the pressure is omnipresent. According to World Health Organization (WHO) recognizing, there are more than 80 types of physical and psychological diseases, most of them are related to psychology. In recent years more and more people believe and research on music therapy.

Keywords: five elements of music, music therapy, emotion, meridian

Introduction

This research is to use the concept of Chinese philosophy of Yin Yang and Five Elements for balanced life and the thinking of combining the nature and man into one based on the traditional Chinese medicine theory to bring up a most economic, convenient and efficient way to benefit people in physically and psychologically and achieve Holistic Health Care, a balance of body, mind and spirit.

Methods

The main goal of this research is: 1. Discusses the influence of five lines of music on emotions. 2. Discusses the influence of five lines of music on the channels and collaterals. The research techniques are conducted by quantitative and qualitative methods using questionnaires, experiments and interviews. In the quantitative research aspect, 31 students in a university listen to five elements of music (Figure 1), and the BDI- II measure the result before and after the experiment. In the qualitative research aspect, five of the 31 students accept the channels and collaterals measurement (Figure 2) and detailed interview before and after the musical treatment. They are measured four times each before and after the musical treatment. All the collected data using description statistics, pair T-test, and the Wilcoxon Signed-Rank Test are carried on the analysis.

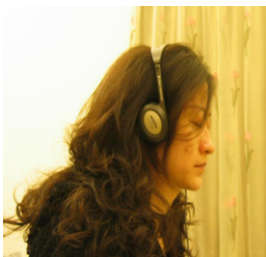


Figure 1 musical treatment



Figure 2 the channels and collaterals measurement

Results

This research shows that emotions have revealed a big difference before and after the musical treatment ($P < 0.001$). The channels and collaterals physiological energy has revealed the most difference by the autonomy nerve trim ($P < 0.05$).

Conclusions

In the result of interview the five all have made a tremendous improvement both physically and psychologically. It indicates that the whole research represents that the five lines of music gives a positive approach on the improvement of depressed emotions and physical condition.

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