



MUSIC AND MENTAL HEALTH ENRICHMENT: A DISCUSS ON THEIR RELATIONSHIP

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ABSTRACT

Engaging in music activities, whether through group singing, playing instruments, or attending concerts, can foster a sense of community and social connection. This can combat feelings of loneliness and isolation, contributing to improved mental health. The study assessed music and mental health enrichment: a discuss on their relationship. Music has been found to have a calming effect on the mind, reducing stress and anxiety. Listening to soothing music can lower cortisol levels, the hormone associated with stress. The study concluded that make listening to music a regular part of your daily routine. Whether it's during your morning commute, while exercising, or as you wind down for the day, music can provide emotional support and relaxation. One of the recommendations made in the study was that make listening to music a regular part of your daily routine. Whether it's during your morning commute, while exercising, or as you wind down for the day, music can provide emotional support and relaxation.

KEYWORD: Music, Mental Health Enrichment and Relationship



INTRODUCTION

Human civilization has been enthralled by the complex connection between music and mental wellness for ages. This discourse sets out on a quest to investigate this fundamental relationship, grounded in both scientific research and personal accounts that emphasize the crucial part that music plays in promoting mental health enrichment. Since music is a global language, it can transmit the depths of human emotions beyond linguistic and cultural boundaries. It transcends the limitations of linguistic investigation and connects with our spirits. Numerous individual, societal, and structural factors may interact over the course of our life to either enhance or impair our mental health and cause a change in where we fall on the mental health continuum. People may be more susceptible to mental health issues due to personal psychological and biological characteristics including emotional intelligence, substance use, and heredity. People are more likely to develop mental health problems when they are exposed to adverse social, economic, geopolitical, and environmental conditions including poverty, violence, inequality, and environmental deterioration. Risks can appear at any stage of life, but those that happen during developmentally vulnerable times, notably early infancy, are most harmful.

In order to lower risks, foster resilience, and create settings that are supportive of mental health, mental health enrichment and promotion preventative interventions first identify the individual, societal, and structural determinants of mental health. Interventions may be created for single people, certain groups, or whole communities. Promotion and preventive initiatives should encompass the education, labor, justice, transportation, environment, housing, and welfare sectors as changing the determinants of mental health frequently involves action beyond the health sector. In addition to inspiring and amusing, music has strong psychological impacts that can enhance your health and wellbeing. Consider some of the primary mental advantages of incorporating music into your daily life rather than viewing it as only amusing. You might find that you feel more motivated, happy, and relaxed as a result. It is a testament to the resonating power of music to uplift, heal, and connect. This discourse serves as an invitation to immerse ourselves in the melodies, rhythms, and harmonies that have been companions to human emotion for millennia, offering an understanding of how music, in its myriad forms and applications, can serve as a profound catalyst for mental health enrichment.



CONCEPT OF MENTAL HEALTH

According to the World Health Organization (2022), mental health encompasses emotional, psychological, and social well-being, influencing cognition, perception, and behavior. According to the World Health Organization (WHO), it is a "state of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to his or her community" It likewise determines how an individual handles stress, interpersonal relationships, and decision-making. Mental health includes subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others. From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life and to create a balance between life activities and efforts to achieve psychological resilience. Cultural differences, subjective assessments, and competing professional theories all affect how one defines "mental health" Some early signs related to mental health difficulties are sleep irritation, lack of energy, lack of appetite, thinking of harming one or others, self-isolating, and frequently zoning out. Throughout our lives, multiple individual, social, and structural determinants may combine to protect or undermine our mental health and shift our position on the mental health continuum. Individual psychological and biological factors such as emotional skills, substance use, and genetics can make people more vulnerable to mental health problems. Exposure to unfavorable social, economic, geopolitical, and environmental circumstances, including poverty, violence, inequality, and environmental deprivation, also increases people's risk of experiencing mental health conditions. Risks can manifest themselves at all stages of life, but those that occur during developmentally sensitive periods, especially early childhood, are particularly detrimental. For example, harsh parenting and physical punishment are known to undermine child health, and bullying is a leading risk factor for mental health conditions. Protective factors similarly occur throughout our lives and serve to strengthen resilience. They include our individual social and emotional skills and attributes, as well as positive social interactions, quality education, decent work, safe neighborhoods, and community cohesion, among others. Mental health risks and protective factors can be found in society at different scales. Local threats heighten the risk for individuals, families, and communities. Global threats heighten risk for whole populations and include economic downturns, disease outbreaks, humanitarian emergencies, forced displacement, and the growing climate crisis. Each single risk and protective factor have only limited predictive strength. Most people do not develop a mental health condition despite exposure to a risk factor, and many people with no known risk factor still develop a mental health

condition. Nonetheless, the interacting determinants of mental health serve to enhance or undermine mental health.

CONCEPT OF MENTAL HEALTH ENRICHMENT

Mental health enrichment and promotion prevention interventions work by identifying the individual, social, and structural determinants of mental health and then intervening to reduce risks, build resilience, and establish supportive environments for mental health. Interventions can be designed for individuals, specific groups, or whole populations. Reshaping the determinants of mental health often requires action beyond the health sector, and so promotion and prevention programs should involve the education, labor, justice, transport, environment, housing, and welfare sectors. The health sector can contribute significantly by embedding promotion and prevention efforts within health services and by advocating, initiating, and, where appropriate, facilitating multispectral collaboration and coordination. Suicide prevention is a global priority and is included in the Sustainable Development Goals. Much progress can be achieved by limiting access to means, responsible media reporting, social and emotional learning for adolescents, and early intervention. Banning highly hazardous pesticides is a particularly inexpensive and cost-effective intervention for reducing suicide rates. Promoting child and adolescent mental health is another priority and can be achieved by policies and laws that promote and protect mental health, supporting caregivers to provide nurturing care, implementing school-based programs, and improving the quality of community and online environments. School-based social and emotional learning programs are among the most effective promotion strategies for countries at all income levels. Promoting and protecting mental health at work is a growing area of interest and can be supported through legislation and regulation, organizational strategies, manager training, and interventions for workers. Throughout our lives, multiple individual, social, and structural determinants may combine to protect or undermine our mental health and shift our position on the mental health continuum. Individual psychological and biological factors such as emotional skills, substance use, and genetics can make people more vulnerable to mental health problems. Exposure to unfavorable social, economic, geopolitical, and environmental circumstances, including poverty, violence, inequality, and environmental deprivation, also increases people's risk of experiencing mental health conditions. Risks can manifest themselves at all stages of life, but those that occur during developmentally sensitive periods, especially early childhood, are particularly detrimental. For example, harsh parenting and physical punishment are known to undermine child health, and bullying is a leading risk factor for mental health conditions. Protective factors similarly occur throughout our lives and serve to strengthen resilience. They include our individual social and emotional skills and

attributes as well as positive social interactions, quality education, decent work, safe neighborhoods, and community cohesion, among others. Mental health risks and protective factors can be found in society at different scales. Local threats heighten the risk for individuals, families, and communities. Global threats heighten risk for whole populations and include economic downturns, disease outbreaks, humanitarian emergencies, forced displacement, and the growing climate crisis. Each single risk and protective factor have only limited predictive strength.

TYPES OF MENTAL ILLNESS

- **Anxiety disorders:** People with anxiety disorders respond to certain objects or situations with fear and dread, as well as with physical signs of anxiety or panic, such as a rapid heartbeat and sweating. An anxiety disorder is diagnosed if the person's response is not appropriate for the situation, if the person cannot control the response, or if the anxiety interferes with normal functioning. Anxiety disorders include generalized anxiety disorder, panic disorder, social anxiety disorder, and specific phobias.
- **Mood disorders:** These disorders, also called affective disorders, involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness. The most common mood disorders are depression, bipolar disorder, and cyclothymia's disorder.
- **Psychotic disorders:** Psychotic disorders involve distorted awareness and thinking. Two of the most common symptoms of psychotic disorders are hallucinations -- the experience of images or sounds that are not real, such as hearing voices -- and delusions, which are false fixed beliefs that the ill person accepts as true, despite evidence to the contrary. Schizophrenia is an example of a psychotic disorder.
- **Eating disorders:** eating disorders involve extreme emotions, attitudes, and behaviors involving weight and food. Anorexia nervosa, bulimia nervosa, and binge eating disorder are the most common eating disorders.
- **Impulse control and addiction disorders:** People with impulse control disorders are unable to resist urges, or impulses, to perform acts that could be harmful to themselves or others. Pyromania (starting fires), kleptomania (stealing), and compulsive gambling are examples of impulse control disorders. Alcohol and drugs are common objects of addictions. Often, people with these disorders become so involved with

the objects of their addiction that they begin to ignore responsibilities and relationships.

- **Personality disorders:** People with personality disorders have extreme and inflexible personality traits that are distressing to the person and/or cause problems in work, school, or social relationships. In addition, the person's patterns of thinking and behavior significantly differ from the expectations of society and are so rigid that they interfere with the person's normal functioning. Examples include antisocial personality disorder, obsessive-compulsive personality disorder, histrionic personality disorder, schizoid personality disorder, and paranoid personality disorder.
- **Post-traumatic stress disorder (PTSD):** PTSD is a condition that can develop following a traumatic and/or terrifying event, such as a sexual or physical assault, the unexpected death of a loved one, or a natural disaster. People with PTSD often have lasting and frightening thoughts and memories of the event, and tend to be emotionally numb.

CAUSES OF MENTAL RETARDATION

- **Down syndrome:** This is a genetic disorder wherein a person has an extra chromosome 21. Physical characteristic of a person with Down syndrome is flat face and short neck.
- **Fragile X syndrome:** This is another genetic disorder where people have an X chromosome in which one of the arms of the patient is constricted or broken off, it usually affects men. Physical characteristic of a person with fragile X syndrome is a variable face with large ears, long face and high arched palate.
- **Fetal alcohol syndrome:** A condition caused by the effects of alcohol on the fetus.
- **PKU (phenylketonuria):** Is an inborn disorder of metabolism that can damage a baby's brain and cause mental retardation. In PKU the child is unable metabolize certain proteins completely.
- **Tay-Sachs disease:** A child is unable to metabolize lipids (lipids are substances that the body uses to store energy and to make cells), which then accumulate in the brain causing mental retardation.
- **Galactosemia:** The infant cannot metabolize galactose (galactose is a simple sugar that along with glucose makes up lactose, a complex sugar found primarily in milk), which accumulates in the brain, causing mental retardation. Retardation can usually be prevented if galactosemia is detected early and the baby is given galactose-free diet.
- **Hydrocephalus:** A condition marked by an abnormal collection of cerebrospinal fluid within the cavities of the brain can also result in mental retardation. In most cases, however, the fluid can be removed by surgery and kept from accumulating by inserting a tube to drain excess fluid from the brain cavities to another part of the body.
- **Macrocephaly:** A congenital disorder wherein there is an abnormal largeness of the head and brain, this condition can cause retardation.
- **Microcephaly:** A congenital disorder wherein there is an abnormal smallness of the head and brain, this condition can cause retardation. Head injuries and such diseases as meningitis and encephalitis during childhood can also cause mental retardation.

IMPACT OF MUSIC ON THE IMPROVEMENT OF MENTAL HEALTH

According to Cherry (2022), listening to music can be entertaining, and some research suggests that it might even make you healthier. Music can be a source of pleasure and contentment, but there are many other psychological benefits as well. Music can relax the mind, energize the body, and even help people better manage pain. The notion that music can influence your thoughts, feelings, and behaviors probably does not come as much of a surprise. If you've ever felt pumped up while listening to your favorite fast-paced rock anthem or been moved to tears by a tender live performance, then you easily understand the power of music to impact moods and even inspire action. The psychological effects of music can be powerful and wide-ranging. Music therapy is an intervention sometimes used to promote emotional health, help patients cope with stress, and boost psychological well-being. Some research even suggests that your taste in music can provide insight into different aspects of your personality.

- **Music Can Improve Cognitive Performance:** Research suggests that background music, or music that is played while the listener is primarily focused on another activity, can improve performance on cognitive tasks in older adults. One study found that playing more upbeat music led to improvements in processing speed, while both upbeat and downbeat music led to benefits in memory. So, the next time you are working on a task, consider turning on a little music in the background if you are looking for a boost in your mental performance. Consider choosing instrumental tracks rather than those with complex lyrics, which might end up being more distracting.
- **Music Can Reduce Stress:** It has long been suggested that music can help reduce or manage stress. Consider the trend centered on meditative music created to soothe the mind and inducing relaxation. In one 2013 study, participants took part in one of three conditions before being exposed to a stressor and then taking a psychosocial stress test. Some participants listened to relaxing music, others listened to the sound of rippling water, and the rest received no auditory stimulation. The results suggested that listening to music had an impact on the human stress response, particularly the autonomic nervous system. Those who had listened to music tended to recover more quickly following a stressor.
- **Music Can Help You Eat Less:** One of the most surprising psychological benefits of music is that it might be a helpful weight loss tool. If you are trying to lose weight, listening to mellow music and dimming the lights might help you achieve your goals. The researchers suggest that music and lighting help create a more relaxed setting. Since the participants were more relaxed and comfortable, they may have consumed their food more slowly and

have been more aware of when they began to feel full. You might try putting this into practice by playing soft music at home while you eat dinner. By creating a relaxing setting, you may be more likely to eat slowly and, therefore, feel fuller sooner.

- **Music Can Improve Your Memory:** Lots of students enjoy listening to music while they study, but is that such a great idea? Some feel like listening to their favorite music as they study improves memory, while others contend that it simply serves as a pleasant distraction. Research suggests that it may help. But it depends upon a variety of factors, including the type of music, the listener's enjoyment of that music, and even how musically well-trained the listener may be. In one study, musically naive students learned better when listening to positive music, possibly because these songs elicited more positive emotions without interfering with memory formation. However, musically trained students tended to perform better on learning tests when they listened to neutral music, possibly because this type of music was less distracting and easier to ignore. If you tend to find yourself distracted by music, you may be better off learning in silence or with neutral tracks playing in the background.
- **Music Can Help Manage Pain:** Research has shown that music can be very helpful in the management of pain. One study of fibromyalgia patients found that those who listened to music for just one hour a day experienced a significant reduction in pain compared to those in a control group. At the end of the four-week study period, participants who had listened to music each day experienced significant reductions in feelings of pain and depression. Such results suggest that music therapy could be an important tool in the treatment of chronic pain. While listening to music at any point in time was effective, the researchers noted that listening to music pre-surgery resulted in better outcomes. The review looked at data from more than 7,000 patients and found that music listeners also required less medication to manage their pain. There was also a slightly greater, though not statistically significant, improvement in pain management results when patients were allowed to select their own music.
- **Music May Help You Sleep Better:** Insomnia is a serious problem that affects people of all age groups. While there are many approaches to treating this problem, research has demonstrated that listening to relaxing classical music can be a safe, effective, and affordable remedy. In a study looking at college students, participants listened to classical music, an audiobook, or nothing at all at bedtime for three weeks. Researchers assessed sleep quality both before and after the intervention.

- **Music Can Improve Motivation:** There is a good reason why you find it easier to exercise while you listen to music. Researchers have found that listening to fast-paced music motivates people to work out harder. One experiment designed to investigate this effect tasked 12 healthy male students with cycling on a stationary bike at self-paced speeds. On three different trials, the participants biked for 25 minutes at a time while listening to a playlist of six different popular songs of various tempos. Unknown to the listeners, the researchers made subtle differences to the music and then measured performance. The music was left at a normal speed, increased by 10%, or decreased by 10%. Speeding up the tracks resulted in increased performance in terms of distance covered, the speed of pedaling, and power exerted. Conversely, slowing down the music's tempo led to decreases in all of these variables.
- **Music Can Improve Mood:** Another of the science-backed benefits of music is that it just might make you happier. In one examination of the reasons why people listen to music, researchers discovered that music played an important role in relating arousal and mood. Participants rated music's ability to help them achieve a better mood and become more self-aware as two of the most important functions of music. Another study found that intentionally trying to boost moods by listening to positive music could have an impact within two weeks. Participants were instructed to purposefully attempt to improve their mood by listening to positive music each day for two weeks. Other participants listened to music but were not directed to become happier intentionally. When participants were later asked to describe their own levels of happiness, those who had intentionally tried to improve their moods reported feeling happier after just two weeks.
- **Music May Reduce Symptoms of Depression:** Researchers have also found that music therapy can be a safe and effective treatment for a variety of disorders, including depression. One study found that music therapy was a safe, low-risk way to reduce depression and anxiety in patients suffering from neurological conditions such as dementia, stroke, and Parkinson's disease. While music can certainly have an impact on mood, the type of music is also important. Classical and meditation music offer the greatest mood-boosting benefits, while heavy metal and techno music are ineffective and even detrimental.
- **Music Can Improve Endurance and Performance:** Another important psychological benefit of music lies in its ability to boost performance. While people have a preferred step frequency when walking and running, scientists have discovered that the addition of

a strong, rhythmic beat, such as fast-paced musical track, could inspire people to pick up the pace. Runners are not only able to run faster while listening to music; they also feel more motivated to stick with it and display greater endurance. The ideal tempo for workout music is somewhere between 125 and 140 beats per minute. Listening to music while working out lowers a person's perception of exertion. You're working harder, but it doesn't seem like you're putting forth more effort. Because your attention is diverted by the music, you are less likely to notice the obvious signs of exertion such as increased respiration, sweating, and muscle soreness. Music can inspire and entertain, but it also has powerful psychological effects that can improve your health and well-being. Instead of thinking of music as pure entertainment, consider some of the major mental benefits of incorporating music into your everyday life. You might find that you feel more motivated, happy, and relaxed as a result. Music has long been recognized as a powerful and transformative tool for improving mental health. Countless individuals have experienced significant improvements in their mental well-being through various musical interventions and therapies. Sarah, a 28-year-old woman, had been struggling with severe anxiety and chronic stress for years. Her therapist recommended music therapy as a complementary treatment. Sarah began attending regular music therapy sessions, during which she learned to play the piano. The process of creating music and expressing her emotions through this medium helped Sarah reduce her anxiety and stress levels significantly. According to the research conducted by Thoma et al. (2017), music-making activities can reduce cortisol levels, which are associated with stress. David, a 45-year-old man, had been battling depression for most of his adult life. He began attending group music therapy sessions, where he learned to play the guitar and participate in music improvisation. Over time, he found a sense of community and emotional release through music, which allowed him to express his feelings in a safe and non-verbal manner. Gold et al. (2013) suggested that music therapy can be an effective treatment for individuals with depression, improving mood and reducing symptoms. James, a 10-year-old boy with autism spectrum disorder, struggled with social interactions and communication. His parents enrolled him in a music therapy program, where he engaged in structured activities involving rhythm and singing. Over time, James began to show improvement in his social and communication skills. According to the meta-analysis by Geretsegger et al. (2015), music therapy is beneficial for individuals with autism as it can enhance social interaction and communication. Eleanor, an 85-year-old woman with Alzheimer's disease, had experienced a decline in cognitive function and memory loss. She was introduced to personalized music playlists that contained songs from her youth.



Listening to these familiar tunes brought back memories and emotions, temporarily improving her mood and cognitive function. Simmons-Stern et al. (2010) showed that personalized music can have a positive impact on people with Alzheimer's disease, reducing agitation and enhancing memory recall. Mark, a military veteran, had been struggling with post-traumatic stress disorder (PTSD) for years. He joined a drumming therapy group specifically designed for veterans dealing with trauma. The rhythmic and expressive nature of drumming allowed Mark to release pent-up emotions and connect with others who had similar experiences. Bensimon et al. (2008) found that drumming therapy can help reduce symptoms of PTSD and improve overall psychological well-being.

EFFECTS OF MUSIC ON MENTAL HEALTH ENRICHMENT

Music for mental health enrichment is a topic that has garnered significant attention from researchers and healthcare professionals in recent years. Music, a universal form of expression, has the potential to influence emotions, reduce stress, improve mood, and enhance overall mental well-being. In this narrative, we will explore the profound impact of music on mental health and reference relevant studies that support these findings. Music has been found to have a calming effect on the mind, reducing stress and anxiety. Listening to soothing music can lower cortisol levels, the hormone associated with stress. Listening to music can modulate stress-related responses and improve overall emotional well-being. Music has the power to evoke a wide range of emotions. Upbeat and joyful music can improve moods and provide a sense of happiness. On the other hand, listening to melancholic music can help individuals process and release sadness (Jespersen et al., 2015). Music has the ability to regulate emotions and promote emotional self-regulation, contributing to better mental health. Music therapy has been used as a complementary approach to managing pain, particularly in clinical settings. Music can enhance cognitive function and memory. For individuals with neurodegenerative diseases like Alzheimer's, personalized music playlists can evoke memories and improve cognitive function.

The discovery of music-based interventions can have a positive impact on memory and cognitive abilities in people with dementia. Engaging in music activities, whether through group singing, playing instruments, or attending concerts, can foster a sense of community and social connection. This can combat feelings of loneliness and isolation, contributing to improved mental health. The research by Dingle et al. (2012) emphasized the role of group music-making in building social bonds. Music therapy is used as an effective intervention for individuals with anxiety and depression. The rhythmic and expressive elements of music can help individuals release pent-up emotions and find relief from these conditions. The effect of music on mental health enrichment is a well-documented and multifaceted phenomenon. Whether through passive listening or active engagement in music-making, music can reduce stress, enhance mood, improve cognitive function, and strengthen social bonds. Music's ability to touch the soul and bring comfort to the mind makes it a powerful tool for enriching mental health and enhancing the overall quality of life.

CONCLUSION

The study concludes that the intricate and harmonious relationship between music and mental health has been illuminated in the course of this discourse, underscoring the enduring and profound impact that music has on our emotional and psychological well-being. Music emerges as a potent tool for emotional well-being and psychological health. We have observed how music's therapeutic vibrations can alleviate depression, boost cognitive functions, enhance creativity, and foster a sense of community. As we bring this discourse to a close, it is important to recognize that the impact of music on mental health is not confined to scientific research and clinical settings. It permeates our daily lives, offering moments of solace, empowerment, and joy. Music becomes a trusted companion during times of hardship, a source of inspiration during times of creativity, and a bridge connecting individuals across time and space.

RECOMMENDATION

- Make listening to music a regular part of your daily routine. Whether it's during your morning commute, while exercising, or as you wind down for the day, music can provide emotional support and relaxation.
- If you're dealing with specific mental health challenges, consider engaging with a certified music therapist. They can tailor music-based interventions to your unique needs, such as anxiety reduction, stress management, or mood enhancement.
- Craft playlists that resonate with your emotional needs whether you need motivation, relaxation, or catharsis, having curated playlists can be a powerful tool.
- Learning to play a musical instrument can be a rewarding way to engage with music on a deeper level. It not only enhances your appreciation for music but also offers a creative outlet for emotional expression.

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