

# MUSIC AND PSYCHOLOGICAL RESILIENCE IN THE PROCESS OF HEALTHY AGEING

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## Background and Aim

- Resilience is a collection of protective factors that mediate the relationship between a stressful event and positive outcomes (Dias et al., 2017).
- Resilience is important for healthy ageing (Jakovljević, 2017).
- It can be developed by:
  - Developing disposition attributes of the individual; healthy life-style, physical activity, optimism.
  - Practicing positive mutual interactions.
  - Strengthening self-efficacy and self-esteem.
- Music helps develop all three attributes (Dukić, 2018).
- **Aim:** to show our model for healthy ageing through music making and listening and expression of movement.

## Methods

- **Music improvisation therapy:** Therapist leads a group of clients into musical improvisation, featuring familiar songs or certain rhythms, themes, or lyrics to help clients relax and reduce stress
- **Receptive music therapy:**
  - ✓ Guided Imagery and Music (GIM) therapy uses deep relaxation and guided music listening to promote relaxation and well-being.
  - ✓ Sound therapy uses certain frequencies to ease pain, lower anxiety and balance emotional states.

## Results

- Music can contribute to developing resilience by improving auditory and verbal memory, attention and mood and by increasing levels of oxytocin in adults.

### Active music making

- Group singing, group music improvisations with instruments and dancing.
- Group activities promote bonding, social interaction, sense of well-being and auditory and verbal memory.



### Passive music listening

- Music listening in a state of deep relaxation, Guided Imagery and Music therapy.
- Music listening increases relaxation and positive thoughts and raises the levels of oxytocin in adults.



## Conclusion

- Music develops psychological resilience through a non-invasive, inexpensive, easy-to-use and enjoyable means and should be used as a supportive therapy treatment .
- CD featuring music and guided meditative imagery is being made by the authors.