

Explore the Use of Piano Playing in Music Therapy

Jie Cheng^{1*}

¹ Jiangsu Normal University, Xuzhou, Jiangsu, China

Email Address

1542927654@qq.com (Jie Cheng)

*Correspondence: 1542927654@qq.com

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Abstract:

With the continuous development of society, music therapy, as an interdisciplinary subject including musicology, sociology, psychology, medicine and other social and cultural disciplines, has gradually attracted people's attention. In music therapy, music is the main body of music therapy, and it is music itself that realizes the therapeutic intervention effect. Although the domestic music therapy system is still in a new stage of exploration, the target of music therapy is constantly expanding, the form of music therapy is constantly optimizing, and the process of music therapy is constantly enriching. Among various forms of music therapy, piano playing occupies an important position, with the advantages of wide application, diversified forms and obvious effects. This paper aims to explore the importance of piano improvisation and the cultivation of therapists' piano improvisation ability in music therapy, as well as the conditions and application range of piano music material selection, so as to achieve better therapeutic effect. It's hoped that this article can provide readers with some valuable help and suggestions.

Keywords:

Music Therapy, Piano Improvisation, Piano Music Material

1. Introduction

The introduction of your article is organized as a funnel that begins with a definition of why the experiment is being performed and ends with a specific statement of your research approach. And it highlights controversial and diverging hypotheses when necessary. [1]

1.1. Research background

Music has a long history of being used for treatment, and it was discovered by ancestors thousands of years ago in China. Through their own practice, they have summarized a series of theories and methods. For example, the earliest person to introduce music into the field of music therapy was the famous physician of Qin during the Spring and Autumn period, Yi He. In his "Spring and Autumn Zuo Zhuan Zhao AD", he recorded the theory of Yi He that music can regulate the body, prevent and treat diseases. And the Five Elements Theory, which played an important role in

the Warring States, Qin, and Han dynasties, deeply reflects the traditional idea of “unity of heaven and man” in the Five Elements Theory, which integrates the interaction and influence of nature, humans, and society. The Five Tone Therapy categorizes the five major types of sound according to the five material properties of gold, wood, water, fire, and earth, and develops the Five Tone System to match human five organs, five orifices, and other aspects, thus achieving the goal of treatment. [1]

In 1950, music therapy was established as a formal discipline in the United States, receiving attention from experts and scholars in various fields and achieving rapid development. Nowadays, music therapy is not only aimed at patients with various physical and mental disorders, but also at people with special needs who have a series of emotional and physical problems caused by social pressure. This change reflects that in today's era, people are paying more and more attention to the concept of health and the healthcare industry. [1] The music forms used in music therapy have also expanded from a single mode to diverse forms of music activities. At the same time, there is now a greater emphasis on the relationship between music therapists and patients. Establishing a good relationship between doctors and patients is the foundation for the smooth progress of music therapy. Of course, music therapy is still in an exploratory stage and requires continuous exploration and innovation.

1.2. Research purpose and significance

1.2.1. Research purpose

This study aims to analyze and study a scientifically feasible set of piano music materials that can provide more patients with assistance in alleviating their symptoms. At the same time, providing some experience in cultivating the piano improvisation ability of therapists can help them improve their own level to a certain extent, better treat patients, promote social harmony and development, establish a positive attitude towards life, and improve the treatment effect of psychological diseases.

1.2.2. Research significance

Nowadays, many researchers categorize music therapy as an applied psychology research topic. However, in the application of music therapy, music is the main body of music therapy, and without music, there would be no music therapy. And in music therapy, piano playing music therapy has advantages over other treatment methods in both form and effect, which can further improve and develop the thinking and emotions of children, adults, or the elderly, and promote people's overall quality. Piano music, as an elegant art form, can bring people the enjoyment of beauty and help them discover the beauty in life. At the same time, the rational and scientific selection of piano music materials will enrich the forms of music therapy and make patients feel very interesting during treatment.

1.3. Research Content and Methods

1.3.1. Research content

The author will delve into the application of piano performance in music therapy, elaborate on the concepts and methods of music therapy, discuss the application characteristics of piano performance in music therapy, and combine their own practical experience and data review to conduct a detailed analysis of the selection of

piano music materials. Analyze which piano music materials can play a better role in music therapy and more effectively alleviate patients' symptoms. And for the cultivation of the therapist's improvisation ability, provide some feasible suggestions to improve the effectiveness of the therapist in the treatment of psychological disorders.

1.3.2. Research methods

In this article, literature research methods and interdisciplinary research methods were mainly used. The literature research method mainly uses resources such as CNKI, CNKD database, and National Library to extensively review relevant literature materials such as "Piano Performance and Music Therapy", sort out and summarize research reviews on relevant topics at home and abroad, and establish the theoretical basis and development trend of this paper's research. The interdisciplinary research method mainly focuses on music therapy, as an emerging interdisciplinary field, which not only requires a comprehensive understanding of music knowledge, but also a certain grasp of knowledge in disciplines such as philosophy, sociology, physiology, and medicine.

1.4. Study status

There is currently no research literature on the application of piano performance in music therapy abroad. The following is a collection and organization of literature materials mainly from China National Knowledge Infrastructure (CNKI) in China. The author conducted a search on CNKI on the theme of "The Application of Piano Performance in Music Therapy" and found 15 literature, including 12 related academic journal papers. There are three characteristic journals, among which the research subjects are roughly divided into the following three categories.

First, for "the characteristics and application of piano performance in music therapy" research, such as Cao Li wrote in the characteristics and application of piano performance in music therapy [3], Hao Shida wrote the role of the piano in music therapy [4], Yin Ting rong wrote the piano music characteristics and its role in music therapy [5], The Characteristics and Application of Piano Performance in Music therapy, written by Jiang Lili [6], the author from the piano music therapy initiative and passive research, can also be called acceptance and listening. In the literature of author Hao Shitian, she proposed that a replay can also be performed, with the therapist and the recipient cooperating to play the piano, so as to better establish mutual understanding and trust, break the language barrier, and better promote the treatment of patients. At the same time, the emphasis of each article is different. For example, Cao Li said that the melody and speed of piano performance should pay special attention in music therapy; Hao Shida explained piano music therapy from three aspects: body relaxation function, scene description function and emotional function; Yin Tingrong proposed the importance of rhythm and strength.

The second type is to study the use of piano improvisation in music therapy, such as a review of the Role and influence of piano improvisation in music therapy written by Yang Linfang [7], She proposed that the harmony effect of the piano and the flexibility of improvisation can be used to better treat the patient's condition. In the improvisation, she can not only add the familiar melody of the patient, but also lead the patient to musical imagination to arouse better resonance.

Third category, for “piano cases in music therapy” in specific research, such as Zhang Jiao Yang wrote “willow and wind, castle peak Dan I worry” [8] - by “Huangdi Neijing” about “Mozart music therapy”, the author to the five lines of theory, with Mozart music therapy clever together, she points out that the principles of traditional Chinese medicine can be used to guide Mozart treatment, to a certain extent provides new ideas and ideas.

To sum up, the author found that most of the research on the Application of Piano Performance in music therapy is focused on the characteristics and application of piano performance in music therapy, The only document related to the selection of piano music materials is “Research on the Application of Piano Music in Music Therapy” written by Zhao Hailin [9], but no relatively detailed repertoire is provided for piano music materials. At the same time, the research on the cultivation of therapists' piano improvisation ability is also very rare.

1.5. Research Innovation

The innovation of this article lies in the selection of piano music materials, aiming to analyze a set of useful and feasible piano music therapy repertoire. In order to better utilize piano performance for music therapy, reasonable piano music materials are indispensable. Piano music materials will vary depending on the patient's personality, emotions, symptoms, and appreciation abilities. At the same time, the author also believes that the cultivation of piano improvisation ability for therapists is also very important, but it has been rarely mentioned in previous studies. Therapists should possess a high level of professional competence and have a good grasp of music theory knowledge, harmony, tonality, rhythm, melody, and speed. Although it is “improvisation”, music itself has a certain direction and pattern, just like a person's pulse, heartbeat, breathing, etc. are also regular. Of course, therapists not only need to master knowledge in music, but also have a reasonable grasp of knowledge in medicine, psychology, and other aspects, in order to bring better treatment effects to patients.

2. The Concept and Methods of “Music Therapy”

2.1. Concept of “Music Therapy”

In 1998, Bruscia, former president of the American Music Therapy Association, defined music therapy as a systematic intervention process in which music therapists use various music experiences and develop relationships as dynamic forces of change between the therapist and the subject to help the subject achieve health goals.^[10] In other words, music therapy is a scientific and systematic treatment process that involves both physiological and psychological aspects of the human body. During the treatment process, it is influenced by many different factors, such as the good relationship between the therapist and the patient, the importance of the environment for music therapy, etc. At the same time, in music therapy, music is the main body, and without music, there is no music therapy. It is through the various effects of music on people that the treatment objectives are achieved. Music therapy includes various forms of music, such as singing, instrument performance, improvisation, and dance.

2.2. Methods of “Music Therapy”

The methods of music therapy are specifically divided into four categories, namely listening, reconstruction, improvisation, and creative methods. Listening method

refers to the therapist guiding patients to listen to music, using music as a bridge to each other, allowing the therapist to better touch the patient's inner world, guiding them to express their feelings and thoughts, and ultimately achieving the therapeutic effect. Listening method also includes techniques such as leading the interviewee to relax physically and mentally, guiding imagination through music, reviewing music life, and stimulating music senses. The reconstructive method is also known as the creative music therapy. Under the leadership of a music therapist, the interviewee expresses the music through techniques such as singing learning and rhythm imitation. At the same time, the reconstructive method also includes knowledge in music performance and music teaching. The improvisation principle is the use of instrumental music or sound to create improvised performances, and it is also the best way for patients to express their emotions, just like people's emotions are expressed in a way of strength, speed, and strength. The creative approach involves the therapist assisting the interviewee in music therapy to some extent, including the creation of lyrics and songs, which can fully express the interviewee's emotions and further promote communication between the therapist and the interviewee.

3. The Application Characteristics of Piano Performance in Music Therapy

3.1. Proactive application characteristics

Piano performance has the characteristic of initiative in music therapy, where patients actively participate in piano performance and exert subjective initiative based on their own musical abilities. Piano is widely used and easy to learn in musical instruments, even those without a foundation can perform simple performances under the guidance of a therapist. Learning the piano is beneficial for developing the physiological functions of the patient's left and right brains, awakening their innate musical potential. In addition, the use of pedals in piano learning requires a high degree of cooperation between the patient's hands, brain, eyes, and feet, which will promote the patient's patience, attention, coordination and response abilities in various aspects. At the same time, by playing the piano, patients can express their inner emotions and to some extent alleviate their negative emotions, overcome psychological barriers, and help achieve a soothing effect, thus generating interest and pleasure in playing. Actively participating in piano playing is extremely important for teenagers and children, such as those with ADHD and autism. Playing the piano can effectively promote balanced brain development, stimulate the central nervous system, and achieve therapeutic effects. In addition, piano ensemble is also very important during the treatment process. Therapists can participate in piano performance with the interviewees, and in the process of completing the music together, it is beneficial to enhance the interviewees' team awareness, promote communication between patients, and establish a bridge of trust between them.

3.2. Passive application characteristics

In music therapy, the application characteristic of passive piano performance refers to the therapist guiding the patient to listen to piano music, or the therapist performing the piano themselves. Different piano works have different connotations and can be used to target patients with different personalities, emotions, symptoms, and appreciation abilities. When listening to a work, the therapist needs to actively mobilize the patient's positive emotions, allowing them to feel the charm of music and

relax their body and mind. By integrating with music, emotional resonance can be generated. During the listening process, the therapist can also lead the patient to perform some physical movements, such as tapping, clicking fingers, stamping and clapping hands, to vent their emotions through different ways, thus achieving better therapeutic effects.

Therapists in passive music therapy can play existing piano pieces or perform piano improvisation. When playing existing repertoire, therapists should have sufficient repertoire quantity, and the selection of piano music materials is also very important. They can choose works from the classical period or modern piano pop music, and can choose according to the needs and preferences of the respondents. When performing piano improvisation, the therapist needs to pay attention to the visiting patients and clarify their needs as soon as possible. During the treatment, they can lead the patients to music relaxation, music guidance, music imagination, and music review. However, for different interviewees, individualized teaching should be adopted. For example, the same treatment method cannot be used for the elderly and children. When facing adults with symptoms such as insomnia, restlessness, and depression, tranquility can be chosen. Soothing and gentle works calm their hearts, transfer their emotions to music, guide them into the beauty of music, and forget all their troubles.

4. The Application of Piano Music in Music Therapy

4.1. Feasibility analysis of piano improvisation in music therapy

4.1.1. The concept of piano improvisation music therapy

Piano improvisation is a creative art that involves the performer creating and performing live music without any preparation, relying solely on their own understanding of piano music without relying on the score. Although the process of piano improvisation in music therapy is consistent with that of stage performance, the purpose is different. The improvisation in stage performances is to make the audience feel the beauty of music, which is a pursuit of art; The piano improvisation in music therapy is aimed at better mobilizing patients' emotions and achieving therapeutic effects. In music therapy, although it is "improvisation", music itself has a certain direction and pattern, just like a person's pulse, heartbeat, breathing, etc. are also regular. Therapists need to improvise music according to the emotions, personality, and other aspects of the interviewee. The content of the music can be simple or complex, it can be just a simple melody paired with some simple rhythm patterns, or it can be a complex theme and melody, But it is all based on the situation at that time, so that the improvised music can effectively alleviate the patient's condition.^[11]

4.1.2. The application of piano improvisation in music therapy

Piano improvisation is a technique in which a therapist describes music through detailed observations of the interviewee, such as facial expressions, physiological state, personality, and behavior. Music can also be used to imitate their voice, with the aim of allowing the interviewee to see their behavior in the therapist and reflecting their psychological state. Although the music styles of the therapist and the interviewee may be completely different during the treatment process, the emotional and musical attitudes of the music are consistent. However, when the therapist cooperates with the interviewee's music characteristics, they should also pay attention to maintaining their own music characteristics, providing the interviewee with a stable

and inclusive music structure and harmonious music background, which is conducive to stabilizing their mentality and emotions.

When the interviewee's music expresses emotions, the therapist should adopt a tolerant and empathetic approach, such as gradually becoming irritable, and the therapist's music is also manic, followed by guidance and relief. Therapists should use music as a dialogue between each other, allowing both parties to engage in each other's performances. Based on the patient's situation, therapists can improvise using familiar and beloved melodies to give the patient a feeling of familiarity and freshness, which can effectively arouse their interest. Both parties can also play simultaneously, and during the process, the therapist's strength should be weaker, which can serve as an aid in harmony and melody rhythm. The accompanying texture should adopt a continuous and stable sound pattern, allowing them to establish their own musical conception. You can also have the interviewee perform a brief performance first, followed by a response from the therapist. At this time, the therapist should be very sensitive to the development and pauses of the interviewee's music, which can enhance mutual trust, generate dependency, and find a snuggle in the therapist. In the process of improvisation, it is also necessary to avoid the music being too smooth, and to add some ups and downs and transitions, which is beneficial for stimulating the respondent's brain system.

4.1.3. Training of piano improvisation skills for therapists

In piano improvisation music therapy, it is also important to focus on cultivating the therapist's improvisation ability. Therapists should not only have a certain understanding of psychology, medicine, and other related knowledge, but also master music related knowledge. Firstly, it is necessary to have a familiar grasp of the elements of music, such as melody, rhythm and beat, speed, harmony, strength, mode and tonality, and accompaniment texture. For example, in the application of harmony, the functionality, aesthetics, sportiness, and creativity of harmony should be considered; In the mode and mode, it is important to have a reasonable grasp of Western minor and Chinese ethnic modes. Different modes and modes have different colors, and different modes and modes should be adopted for different patients. Secondly, it is necessary to have a reasonable grasp of the style of music, such as classical music, jazz, pop music, etc. Finally, therapists need to have a high level of piano performance and a certain mastery of playing techniques, such as reasonable handling of timbre, different touch modes for different music styles, and the use of pedals, in order to be proficient in music therapy. For example, in improvisation music therapy, the functional properties of harmony can be utilized, and resolving the sense of belonging from discordant chords to concordant chords can help alleviate the patient's stress; For patients with depression, the major mode should be adopted in terms of tonality, and the improvised music should also be cheerful and faster, giving people a feeling of sunshine and hope; For patients with anxiety disorder, soft and stretchy melodic lines should be used, and playing should be done by touching the keys to soothe their hearts. It can be seen that the mastery of the therapist's improvisation ability directly affects the effectiveness of patient treatment, so the cultivation of the therapist's improvisation ability is indispensable.

4.2. Analysis of the importance of piano music materials in music therapy

4.2.1. Selection of piano music materials

In listening piano performance music therapy, the selection of piano music materials is very important, requiring therapists to have a scientific and rich repertoire. The selection of piano music materials should be based on the patient's music appreciation ability, music level, and psychological state. At the same time, attention should be paid to whether the selected music therapy materials meet the patient's aesthetic standards and can be accepted by the patient. Different patients should be taught according to their aptitude. The author believes that the selection of piano music materials can be carefully divided based on the period of the work, such as the Baroque period, classical period, Romantic period, Impressionist period, modern period, etc. Different periods have different representative composers, different representative works, and different music styles, in order to target patients with different symptoms. In addition, piano music materials can also be selected from excellent domestic piano works, especially some works with ethnic characteristics, which can better resonate with patients and improve the effectiveness of treatment to a certain extent. At the same time, some modern piano pop music and anime piano light music can also be selected. With the development of the social economy, the employment pressure of contemporary young people is constantly increasing, and there are more and more patients with depression and anxiety. However, young people may be more interested in modern piano pop music and anime piano light music, so incorporating them into the selection of piano music materials can better help patients alleviate their illness.

4.2.2. The use of piano music materials in music therapy

The author believes that the use of piano music materials will be different for different patients, patients with different personalities, different emotions, different symptoms and different appreciation abilities. When patients have anxiety or insomnia, nervousness, and emotional instability, Therapers can lead patients to Beethoven's Pastoral Sonata, This song is emotionally calm, gentle, plain, clear and leisurely, Full of a sense of happiness, To relieve the symptoms, You can also listen to Mendelssohn "No word song", Chopin "A minor waltz", Tchaikovsky "Four Seasons", "Boat Song", "Dream", Debussy "Moonlight", "flaxen girl", Richard Clayderman "Autumn whispers", "Adelina by the Water" and so on; When patients have ADHD, autism, Alzheimer's, or mental retardation, The healers can guide listening to Mozart's Piano Sonata in D Major, research finding, Mozart's musical patterns are repeated once every 20 to 30 seconds on average, This is consistent with the length of the brain waves and the timing of some activity in the CNS, Can effectively stimulate the human hearing, To achieve the goal of the treatment.[12] Can also listen to Mozart "Turkish March", "16 C major piano Sonata K545", "Little Star Variations K.265"; when the patient suffering from depression, treatment can lead the patient to listen to hisaishi "Kikujiro summer", this work light and lively, humorous and cheerful music will summer the joy and fun performance incisively and vividly, can actively mobilize the patient's mood, but also can listen to the hisaishi "the Forgotten Robot Soldier" "thousand value" and so on.

5. Conclusions

To sum up, with the continuous improvement of our national economy, people material life has been significantly improved, but people in the pursuit of material basis and perfect life, the risk of psychological problems will intensify, but people pay more and more attention to the concept of health, health care career more and more

attention, music therapy this field also received the attention of more people. The application of piano in music therapy has an remarkable effect, in the improvement of people's mental health problems, improve people's enthusiasm for life, establish a positive and optimistic attitude towards life, so as to achieve better treatment effect. In the piano playing music therapy, the piano improvisation and the use of piano music materials undoubtedly occupy an important position and is an indispensable part of music therapy. Due to the field of music therapy in China is still in the emerging groping stage, no form perfect scientific system and scheme, only to the use of the piano improvisation, the cultivation of therapists piano improvisation ability and piano music material selection and use, to better promote the effective development of music therapy, so as to achieve the fundamental purpose of promoting the construction of a harmonious socialist society.

Conflicts of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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