

A Study on the Application of Music Therapy in Children with Autism

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Abstract: In the treatment of children with autism, music therapy is a very useful method that can achieve better therapeutic effects. However, if we want to give full play to the role of music therapy, we should deeply analyze the detailed content and development methods of music therapy and do a good job of the details of music therapy, and better apply it in the treatment of children with autism. This article first describes the specific application content of music therapy in autistic children, and then combines the application scenarios of music therapy methods to comprehensively explore the application strategies of music therapy in autistic children. It is conducive to music therapy to give full play to its strategic role in the rehabilitation of children with autism.

1. Introduction

Autistic children usually refuse to communicate with the surrounding groups in society, and even refuse to interact with their relatives. This also makes it difficult for autistic children to have normal language skills, and they also show more stereotyped behaviors, and they are difficult to fully concentrate attention. These conditions make it difficult for autistic children to participate in social life normally, and will have a very serious impact on the child's life. Not only that, autism cannot be completely cured by drugs, and can only be intervened and trained through education and other methods. Combined with various treatment methods, the effect of music therapy is very significant, and it is necessary to conduct a full and comprehensive exploration and analysis in the follow-up time.

2. The Specific Application of Music Therapy in Children with Autism

2.1 Use Music to Stabilize the Mood of Autistic Children

Children with autism have many physical and cognitive deficits, and these conditions can also directly cause some multiple emotional disorders, the most prominent of which are anxiety, irritability and other emotional problems. Under the influence of these bad emotions, children with autism will also have various behaviors such as yelling and crying. From this perspective, it can also be seen that the influence of emotional factors on children with autism is very significant. In fact, when treating children with autism, no matter which treatment method is used, the first

problem that should be solved is the emotional problems of children with autism. Stable emotions are the basic guarantee for intervention and treatment. At the same time, it can gradually improve the perception of external things and the ability of concentration of autistic children, which brings better help to the recovery treatment activities of autistic children.

In the specific use of music therapy to stabilize the mood of autistic children, it can be carried out from four aspects. First, the therapist should first conduct a comprehensive assessment and analysis of the overall state of autistic children, clarify the actual situation of each autistic child and discuss the autistic children's perception of music and specific preferences. In fact, every child with autism has great differences in music perception and music preferences. Therefore, when using music to stabilize the emotions of children with autism, the most appropriate music should also be selected according to the actual situation of children with autism. When assessing the music perception and music preferences of autistic children, we can consider medical test reports and other professional test data. In addition, we can communicate with the parents and observe the behavior characteristics of the autistic child to ensure the evaluation results accuracy. Second, the therapist should highlight the awakening effect of music in the initial stage when formulating a music therapy plan to stimulate the listening consciousness of children with autism. In the specific treatment, the therapist needs to start with the patient's favorite music type, so that they can immerse themselves in the music world and actively listen to music. Third, when using music therapy, the therapist should also comprehensively observe the actual performance of the autistic patient and make adjustments to the treatment method based on the actual situation. Especially when the musical consciousness of autistic children is fully awakened, the therapist can consider using improvisation to carry out intervention training for the patients and children. Fourth, after children with autism can perceive the music content normally, the therapist can interact through music and strengthen the child's emotional stability through music. For example, when there are significant negative fluctuations in the mood of autistic children, the therapist can introduce musical interactions by introducing big jumping melody to effectively improve the emotional stability of the autistic children.

2.2 Improve the Cognitive Level of Children with Autism through Music

For children with autism, cognitive ability is an important way to ensure their physical independence and life independence. When performing music therapy, the therapist should also give full play to the pleasurable characteristics of music, so that children with autism can better receive various messages from the therapist. Through music communication activities, the therapist should gradually form a partnership with autistic children so that the children can better participate in music activities. At this stage, the therapist can consider designing some simple body movements along with the rhythm of the music. This learning movement can better strengthen the children's attention. With the development of musical activities, the therapist will gradually increase the difficulty of musical activities based on the actual situation of the children and expand multiple consecutive actions, so that the children can truly clarify the meaning of each action and break away from the level of observation. So children can realize the integration of these actions in their own brain. In this way, the patient's episodic memory and information integration ability can be significantly improved, and finally the cognitive level of autistic children can be improved through the three levels of attention, observation and memory, and the cognitive ability of autistic children can be continuously strengthened .

2.3 Carry out Vocal Music Training to Improve the Language Expression Ability of Autistic Children

Many children with autism have limited language expression skills. Vocal training can better develop the language expression function of children with autism. First, the therapist can adjust children's breathing methods through breath training, guide children to achieve a good breath cycle, and provide them with better basic support for correct language expression. Second, the therapist should also combine the vocal training methods in vocal training, and at the same time put the focus of vocal training on the voice correction of children with autism. In this way, the problem of inaccurate pronunciation of children with autism can be gradually improved, and they have a better level of language expression. Third, after the vocalization of autistic children is gradually standardized, the therapist can also understand the emotional connotation of the song through the way of teaching and singing. And at the same time, it can better stimulate the children's interest in language learning, actively explore the mystery of the language and get out of the shackles of autism.

3. The Application Strategy of Music Therapy in Children with Autism

3.1 Treatment Strategies in the School Environment

Children with autism are usually sent to special education schools. When music therapy is used in schools, the particularities of children with autism should also be fully considered to compensate for the physical and psychological defects of children with autism, and eventually become self-care and can be better adapt to society. For schools, music therapy can be regarded as an important treatment method. And at the same time, individual lessons, group lessons, group lessons and other methods should be used flexibly to develop differentiated therapeutic activities for children with different autism. In this process, the school should also pay full attention to the inspection of the therapist's qualifications, based on the mastery of music therapy methods and professional ethics, and continuously improve the school's faculty.

3.2 Treatment Strategies in the Family Environment

The family is an important environment for the growth of children, and to a large extent also determines whether children can grow up healthily. For children with autism, family education should also be fully implemented. Generally speaking, for younger children, the effects of family music intervention therapy will be more prominent. In the specific application of family music therapy, parents should pay attention to observe the child's state, and fully understand the situation of autism, can not have high expectations for the treatment activities, to avoid unnecessary stress on the child. At the same time, parents should also actively supplement the relevant knowledge and ability of music therapy in peacetime, which can better ensure the effect of family music intervention therapy.

4. Conclusion

On the whole, music therapy can achieve better results in the recovery process of autistic children, and it should be paid full attention in the follow-up time. When using music therapy specifically, we should first conduct a comprehensive investigation of the music perception of children with autism, and develop targeted music therapy programs based on the different performance of children with autism. In this process, relevant therapists should also fully implement the gradual and orderly related concepts, choose the most appropriate music therapy method, and improve the emotional stability, social cognitive level, language expression ability and other functions of autistic children. In this way, music therapy can play a better value in the recovery

process of autistic children, so that the symptoms of autistic children can be better alleviated.

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