

# *Observation on the Application Effect of Mozart Music in Music Therapy*

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**Abstract:** From a sociological perspective, music has a positive and far-reaching impact on humans. With the rise of music therapy in the 1940s, Mozart's music works have been widely applied to the medical field. This paper classifies music written by Mozart according to genre, and explores which music works are suitable for music therapy, and what effect these music works have on humans.

## **1. Introduction**

Mozart wrote a large number of musical works during his short 35-year career, using the artist Fu Lei's evaluation of Mozart. "His creations are huge, the variety is varied, and the texture is excellent. It is unique." He created 32 operas in his life. 42 concertos, a requiem and sonata, chamber music, religious music and songs. In these works, there must be music that has an effect on human physiology, memory, intelligence, and so on.

## **2. Classification of music works created by Mozart in different periods**

### **2.1 The outstanding concerto interpretation in Mozart's works**

The concerto is one of Mozart's most prominent genres in music creation. In his concerto, the piano concerto has a prominent position. Most of his symphonies were influenced by various musical styles in his early years. There are 7 representative symphonies of Mozart, including the "Thirty-first Symphony", "Thirty-fifth Symphony" and "Thirty-eighth Symphony" with Parisian music style and rich audio. His "Thirty-ninth Symphony" is clear and happy, full of poetry; g minor "The Fortieth Symphony" is dramatic and has a Haydn-style mood. In addition, there are 7 violin concertos, including 3 majors in G major, a major and D major. A total of 29 were written, including d minor, c minor, and a major. In his concerto, the movements in the D major double piano concerto are for prenatal education, as shown in Figure 1 below, which is the application structure of Mozart's music works in treatment:

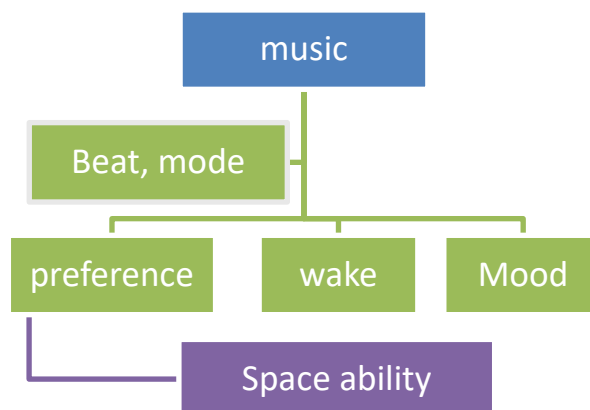


Figure 1: The structure of the application of Mozart's music works in therapy

As shown in Figure 1 above, the small wide-span movement in the A major clarinet concerto is also applicable to prenatal music. In the symphony, Moza closed 50 symphonies<sup>[1]</sup>.

## 2.2 The style of Mozart's music works in the creation of chamber music

In the creation of chamber music, Mozart's thoughts and styles are reflected in the side, and the spirit of sincere, bright and cheerful and optimistic. The most prominent is the "C Major String Quintet". In addition to the genre mentioned above, his vocal works can be applied to the "Magic" of music therapy. In the "Magic Flute", the selection of the aria, the aria of the female singer, in the end is a piano variation, is a typical piece from slow to fast, from low to high, from simple to complex, is the most familiar "one flash The original variation of a shining crystal, the sky is a small star, is the most acceptable enlightenment music for children.

## 3. The special effect of Mozart music on music therapy

### 3.1 The effect of Mozart music on the development and growth of infants



Figure 2: Mozart's effective score for infant growth and development

The term written by the French psychologist Tommy, the Mozart effect, he believes that Mozart's music has a strong therapeutic effect on the human body in various forms of music. In

addition to the therapeutic effect on the patient, it is also very helpful for the growth and development of the baby. From the perspective of human survival, it is the same as the universal nature of human beings; from the perspective of cultural evolution, smiles have diverse meanings; from the perspective of biological evolution, their original and main the meaning of survival benefits shows a connection with mothers and children. The cultural significance of music today can be described as colorful. However, as far as the theory of its foundation is concerned, it has great significance for the connection with mother and baby in the distant past. As shown in Figure 2, it is the actual track of the growth and development of infants in Mozart music:

As shown in Figure 2 above, the arguments at both ends are discussed from the evolutionary theory of the brain. The baby's brain weight reached 12% of the whole body at birth, but the brain was not yet developed. In the following time, the child's brain can reach 90% of the adult brain, which means that 75% of the cerebral cortex does not constitute a fixed channel between specific behaviors. Therefore, music can be used in a novel way. The input is given to the finishing and synthesis, and it is precisely this way that humans gradually discover the social role of music<sup>[2]</sup>.

The interaction between the two sides gives both physical and psychological benefits. Among the many actions demonstrated during this period, the act of love may be the most important. ”

### **3.2 The role of Mozart music in cultivating infants' emotions**

Babies learn very fast about love. At the same time, babies are able to get healthy growth in care, and the importance of these love interactions should be given full attention. In the late 19th and early 20th centuries, records kept in the nurseries of Europe and the United States showed that there are several ways to pass on love and affection to babies. Speech, singing and touching are the main ways in which adults communicate with their babies. In the special speech form used by mothers and babies, diverse musical meanings are extremely important. They not only help the language, but also have a special role in emotional communication. Before the child learns to speak, they can interpret the emotional content in the speech, and this is mainly because the characteristics of music are at work. The reaction of the baby, of course, is not the word content, but the factors of pitch, tone, intensity and rhythm.

The survival benefits of musical behavior in terms of maternal and child connections. Can sum up three steps:

- ◆ The foetus must be born before the brain develops to a certain extent when its brain develops to a certain extent. In this way, the baby's dependence period is longer, during which the baby is completely unable to self-help.
- ◆ The baby's dependence period, the most important thing is to make the baby get love and emotion. Studies on the status of marasmus have shown that babies under the age of one will die because of the lack of love.
- ◆ The elements of music are the means of communication between love and emotion. These factors include rhythmic behaviors such as shaking, tapping, and touching, as well as changes in pitch, tone, and intensity in speech and singing.
- ◆ As the volume of the skull increases, the growth of the infant's dependence period is reflected in the infant's responsiveness to nonverbal communication.

### **3.3 The perfect effect of Mozart music on the human body defense mechanism**

Even if the earliest manifestation of such behavior can only be called "pre-music", this responsiveness in infancy has become the necessary basis for the evolution of human culture. Changes in pitch, timbre, and intensity in music are necessary as a means of nonverbal communication with babies. The study by Dr. Alfred Thomas, the most famous neurologist, shows

that although the baby is entangled by many of the mother's voices, the influence of music on the fetus is more important. Table 1 below shows the defense mechanism of Mozart music on the human body. Improve data surveys:

Table 1: Mozart music on the body's body defense mechanism perfect statistics

		CA1		CA3		DG	
		MG	CG	MG	CG	MG	CG
	PND28	2218±56	1934±63	2315±62	2207±51	1812±82	1703±62
BDNF	PND56	2342±98	2195±68	2531±31*	2216±77	2241±18**	1765±32
	PND98	2581±10	2311±87	3387±45**	2357±39	2871±102**	2252±84
	PND28	1971±45	1798±55	2287±64	2139±72	2271±47*	1842±41
TrkB	PND56	2031±81	1854±67	2458±92	2204±76	2438±95*	2011±79
	PND98	2265±25	2112±53	2739±41*	2318±51	2752±82**	2215±69

As shown in the data reported in Table 1, Mozart's music is very necessary as a prenatal music in the vast music. His "Violin Concerto", as well as the board movement in the D major double piano concerto, the small wide board in the A major clarinet quintet, the instrumental music increased, in the beautiful melodies, the sound moved closer to the deeper level. Piano No. 12 in F major, No. 14 Piano Sonata in C major, Flexor movement selected in Piano Concerto No. 23 in A major, and a small flat in the Piano trio of B major<sup>[3]</sup>.

#### 4. The actual effect of Mozart music on adult treatment

##### 4.1 Mozart music has different treatment effects for young and middle-aged people

The adult effect of Mozart's music can be divided into youth and middle-aged and older people. As the pace of life today accelerates, many young people develop physical or psychological illnesses. One experiment showed that male non-professional musicians caused increased and decreased behaviors when they listened to calming music and stimulating music. Women's non-professional musicians listened to calm music and stimulating music. There has been an increase. The irritating concert caused the stomach to stop, and the symphony and pop concerts of Mozart and Beethoven led to a decrease in stomach activity. However, some symptoms can be cured by medical means, and some diseases such as insomnia, temporary amnesia, etc. cannot cure the symptoms with drugs, often need to use music therapy to make patients gradually improve<sup>[4]</sup>.

##### 4.2 Verification of Mozart's music in music psychology experiments

Experiments in music psychology have shown that when people appreciate music of different emotions, the cerebral cortex develops and climaxes with the mood of the music, and there will be brain waves representing specific emotions. Therefore, in the case of patients with emotional irritability and anxiety, it is best to use musical works with a melodious, rhythmic, and melodic melody. Mozart's violinconcertono.2Dmajor, K211ÓAllrgro (violin concerto, K211 third movement); Horn concerto, D major, K412ÔRonadoAllegro (circus concerto, D major, K412 Rondo) and double piano sonata K448, etc. Such as Piano sonata, A Major, K331ÑAndantegrazioso (A major piano sonata K331, board music), B-flat major violin sonata K378 2nd movement, slightly slower, d minor 15th string Quartet, the first movement of the E49 horn concerto K495 is romantic.

## 5. Conclusions

The sociological view of musical behavior points out that the richness of music in today's world and its profound influence on people have reached an unprecedented level in human history. Of course, the sound of music spreads in such a vast world, and electro-acoustic equipment has contributed. The diversity of musical forms and the multiple roles that music plays in society have left a broad field of research for sociologists. Sociologists have sent us some important information about music: in a particular society, age, intelligence, ethnicity and other factors do not prevent people from getting a meaningful musical experience. Music not only reflects the way of life in society, but also affects the way of production in society.

## References

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