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PRACTICAL FOUNDATIONS FOR IMPROVING THE EFFECTIVENESS OF MUSIC THERAPY SERVICES

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Abstract: This article analyzes the practical foundations for improving the effectiveness of music therapy services, as well as its socio-pedagogical essence and mechanisms of impact, based on theoretical research and experimental results. The study identifies the key factors that determine the effectiveness of the music therapy process and develops methodological recommendations aimed at improving and optimizing these factors.

Keywords: music therapy, socio-pedagogical activity, innovative technologies, rehabilitation, effectiveness, methodology.

In the current era of rapid globalization and the intensive development of information technologies, ensuring an individual’s psycho-emotional well-being, strengthening their social adaptation, and supporting their holistic personal development have emerged as one of the most important socio-pedagogical issues. In particular, the growing prevalence of stress, emotional tension, communicative difficulties, and social isolation in modern society has significantly increased the demand for various rehabilitation and corrective methods.

From this perspective, music therapy is recognized as a non-invasive and effective means of influencing the human psyche. Music directly affects a person’s inner experiences, emotional state, and psychological processes, contributing to the restoration of emotional balance, enhancement of social activity, and development of communicative competencies. Therefore, music therapy is considered not only a tool of psychological support but also an important component of socio-pedagogical practice.

In recent years, the field of music therapy has developed significantly at the international level, and its theoretical foundations, methodology, and practical applications have expanded considerably. However, in the national education and social service systems, issues such as the systematic organization of music therapy services, scientific assessment of their effectiveness, and improvement of practical mechanisms remain insufficiently explored. This necessitates further in-depth scientific research in this field.

The effectiveness of music therapy services depends on a number of factors, including a person-centered approach, consideration of individual psychological characteristics, the use of modern pedagogical and information technologies, as well as the professional competence of the therapist. At the same time, the presence of a scientifically grounded system for planning, monitoring, and evaluating the therapy process is also one of the key factors determining its effectiveness.

The relevance of this study lies in its focus on developing the practical foundations for organizing music therapy services and improving their effectiveness, thereby contributing to the enhancement of socio-pedagogical practice. The results of the research may serve as a methodological basis for the wider implementation of music therapy in educational institutions, rehabilitation centers, and social service systems.

In summary, the aim of this study is to identify the practical foundations for improving the effectiveness of music therapy services and to develop scientific and methodological recommendations for their improvement.

So, what are the theoretical and methodological foundations of music therapy services today?

Today, according to modern scientific approaches, music therapy is considered an interdisciplinary field that has a complex impact on an individual's psychological, emotional, and social state. It has developed at the intersection of psychology, pedagogy, medicine, and social work, and serves to restore an individual's inner balance.

In scientific literature, the main mechanisms of music therapy are explained as follows:

- emotional resonance (music activates emotions);
- psychophysiological effect (it regulates heart rate and breathing rhythm);
- cognitive activation (it enhances attention and memory);
- social integration (it develops communication in group settings).

Therefore, music therapy is considered not only a therapeutic tool but also an important pedagogical and social development instrument.

In addition, various methods are used in the music therapy process, selected according to the needs of participants.

In particular, they are categorized as follows:

First, passive methods, in which the participant does not actively perform but receives the effect through listening to music:

- listening to relaxation music
- meditation audio programs
- natural sounds (nature-based soundscapes)

This approach is effective in reducing stress and restoring emotional stability.

Next are active methods, which are based on the direct participation of the individual:

- singing (vocal therapy)
- playing musical instruments
- rhythmic movements and musical improvisation

These methods develop communicative and creative skills.

The next category is **integrative methods**, which enhance the overall complex effect. This approach includes:

- integration with art therapy
- synthesis of drama and music
- interactive sessions through digital platforms

These approaches are implemented to strengthen the holistic therapeutic impact.

In some developed countries, a number of studies related to music therapy have been conducted. In particular, neurological conditions affect certain cognitive functions that impact mental health (such as executive function or processing speed), and in some cases, these impairments can lead to even greater disability than physical limitations. It has been suggested that music therapy may improve mood and motivation and increase adherence to treatment, meaning that psychological improvements achieved through music therapy may also have positive effects on

other areas such as motor function. Although research on the psychological benefits of music therapy, such as cognitive rehabilitation, is still limited, studies have shown that neurological conditions can benefit in terms of cognition, mood, emotions, and overall quality of life.

In particular, neurobiological and clinical studies provide additional evidence regarding the benefits of music therapy in neurological and psychiatric disorders. Thus, musical experiences are associated with the stability of brain structure and the activation of neural networks, especially those related to executive function, memory, language processing, and reward, motivation, arousal, and emotions. These include frontal and hippocampal brain regions across structures such as the striatum, midbrain, and amygdala[1].

This activation of different brain circuits is achieved through the stimulation of neurogenesis and neuroplasticity, as well as the activation of neuromodulators associated with pleasure (dopamine), reward-seeking behavior (dopamine and the opioid system), mood, alertness, and motivation (serotonin and noradrenaline), and memory (acetylcholine and serotonin).

By understanding molecular changes in different neural circuits induced by music, it becomes possible to target specific neurological music therapy (NMT) interventions tailored to individual patient needs (for example, strengthening neural network connections between auditory and motor or affective/motivational/sensory systems in movement disorders such as stroke, traumatic brain injury, multiple sclerosis, and Parkinson's disease). This potential should be further explored in future neurorehabilitation programs[2].

The above-mentioned research conducted on neurological disorders was carried out in the United Kingdom. Finland, however, has developed its own unique approach. There, picture-based notation literacy methods are used for the treatment and education of children with disabilities. With this approach, children learn music notation more quickly through visual symbols rather than traditional notation. This allows them to play music more easily, without excessive difficulty and effort, and helps strengthen their self-confidence.

At present, I am also studying this system and exploring the possibilities of its implementation in Uzbekistan.

In general, the systematic organization of music therapy services and their improvement through scientifically grounded methodological approaches contributes to increasing the effectiveness of socio-pedagogical activities. Therefore, the introduction of innovative technologies in this field, strengthening the system of training specialists, and developing individualized therapy programs are considered urgent scientific and practical tasks.

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