

Influence of free improvisation in music therapy on the emotional state and well-being

Music therapy improvisation as a trigger of feelings

Abstract

The concept of well-being represents a central concept in health theory and is understood as an indicator of quality of life and health.

This paper is interested in the question of whether the music-therapeutic method of free improvisation can influence emotional state and well-being.

In the theoretical part, characteristics of musical improvisation are considered from a music therapy perspective. The focus of this thesis is evaluating and discussing the potential for changing emotional experience through the method of music-therapeutic improvisation and through the medium of music. Possible factors of effect are discussed, and the concept of state of mind is explained.

In the empirical study, the influence of music therapy improvisation on the well-being of patients in a psychiatric clinic is determined in a pre-post procedure with the help of a questionnaire for self-assessment of current well-being, the so-called "Self-Assessment Manikin" (SAM questionnaire).

The results of the literature analysis and the pre-post measurements confirm the proximity of improvisation to emotional experience. Music therapy improvisation has emotion-triggering mechanisms of action that have a positive effect on the mental state and well-being.

Keywords: music therapy, well-being, health, improvisation - music - emotion, emotion-triggering effect factors