

The use of music gospel as therapeutic instrument in the rehabilitation of drug addicts in house of recovery in the vicinity of Federal District

A utilização da música gospel como instrumento terapêutico na reabilitação de dependentes químicos em casa de recuperação do entorno do Distrito Federal

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RESUMO

Objetivo: verificar a percepção do paciente com relação à música e o viés terapêutico deste mecanismo durante sua intervenção utilizando da música gospel como instrumento terapêutico em sua reabilitação por dependência química na casa de Recuperação Mãe do Novo Homem. **Método:** Trata-se de uma pesquisa exploratório-descritiva com abordagem quali-quantitativa, constituída por uma amostra de 11 pessoas em tratamento por dependência química. Os dados foram coletados no mês de setembro de 2015 através de um questionário composto por vinte questões, analisando o grau de satisfação em relação ao tratamento músico-terapêutico, os efeitos por ele causados e suas fragilidades. **Resultados:** foi possível identificar a percepção dos pacientes em relação aos seus sentimentos, com o uso da música gospel e a espiritualidade como método paliativo no tratamento. **Conclusão:** a cultura musical é um fator de grande importância na formação da personalidade do ser humano, por desenvolver sentimento, autoestima, sensibilidade, autodisciplina, criatividade e vontade de ir além, entre outros benefícios

Descritores: Dependência Química; Música; Espiritualidade.

ABSTRACT

Objective: to assess the patient's perception regarding the music and the therapeutic mechanism of this bias during her speech using gospel music as a therapeutic tool in his rehab for addiction recovery in the Mother House of the New Man. **Method:** This is an exploratory-descriptive research with qualitative and quantitative approach, consisting of a sample of 11 people in treatment for drug addiction. Data were collected in September 2015 through a questionnaire consisting of twenty questions, analyzing the degree of satisfaction with the musician-therapeutic treatment, the effects caused by it and its weaknesses. **Results:** Through the study was possible to identify the perception of patients regarding their feelings, with the use of gospel music and spirituality as a palliative method of treatment. **Conclusion:** musical culture is a factor of great importance in shaping the human personality, to develop feelings, self-esteem, sensitivity, self-discipline, creativity and willingness to go further, among other benefits.

Descriptors: Chemical Dependency; Music; Spirituality.

ORIGINAL

Introduction

Chemical dependency is a pathology considered a mental disorder in which the person starts to lose his/her physical, emotional and spiritual lives. | In this sense, the chemical dependent needs support, and appropriate methods of treatment. Some methods may be mentioned such as: religious, medical, and even palliative.

Palliative is the relief of suffering through early identification, correct evaluation and treatment of pain and other issues of physical, psychosocial and spiritual order that improve quality of life of patients and their families on coping with issues associated to life threatening diseases¹.

In our society we have seen that one of the most frequent psychiatric illnesses has been the chemical addiction with the percentage of 25% to 35% of adults, in the case of cigarette, dependent on nicotine. Prevalence of Alcohol dependents in Brazil among men is of 17,1%, and 5.7% among women. Almost 20% of people, according to a study developed by the federal university of São Paulo (Unifesp), revealed they experimented other drugs such as marijuana with 6,9%, solvents with 5,8% and cocaine 2,3%)².

In this sense, a set of public health measures has as main objective to minimize the adverse consequences of the use of drugs. One of the alternative models has been focused on harm reduction, so that users have as their fundamental principle the right to choose whether or not to end the use of drugs, with a total or partial reduction of the risks arising from their use³.

From this idea, in several historical documents of different cultures can be seen that the music has been used of therapeutic form with numerous examples of the curative and preventive powers⁴.

From the earliest times, music is inserted in the context of human life, some scholars give as a first written reference to the therapy performed by David, cited in the bible when David was called to play the harp for Saul, because an evil spirit had struck him: "David touched every time the spirit of God attacked Saul. Saul calmed down, felt better and the evil spirit left him" (I Sm 16:23)⁵.

Much has been discussed recently about the use of music as a therapeutic method by the art of combining rhythm, melody, and harmony and its physiological effects, and all its benefits: comfort, comfort, expression of feelings, reduction of anxiety, or stress due to the fact that some songs are considered to be sedatives with slow movements and rhythmic decreases favorable to relaxation, a significant increase in self-esteem, and a bridge to communication with others^{2/3}.

Some research indicates that "listening to music" affects the release of powerful brain chemicals that can regulate mood, depression, reduced aggressiveness and improved sleep, as well as its efficiency in the treatment of neurological diseases such as Alzheimer's, Parkinson's, and others⁶.

In addition to bringing the individual closer to his subjective universe, he promotes the improvement of reasoning by stimulating the two cerebral hemispheres, improving concentration and activating memory⁶. The sick person can through the cultural factors proposed by music reconnect their cultural values, rebuilding their story⁷.

Using music in Support Clinics to Chemical Dependents has not been formally based as specific techniques, as is the case of music therapy, but its therapeutic function has been significant to assist in the expression of the patient's feeling, in a humanized way, respecting his/her autonomy⁸.

This method aims to promote health through musical experiences, assisting in human functions: cognitive, physical, psychological and social, thus increasing the quality of life, and social integration⁹.

Based on the hypothesis that a good part of the patients has a positive response to the use of music as a therapeutic instrument, the objectives of the research were to report the degree of patient satisfaction regarding the musician-therapeutic treatment; to point out the fragilities that may influence the patient in the therapeutic treatment; record the users' reports regarding the reception of the music and the effects caused by its use.

Method

The present study sought to perform a quantitative-qualitative descriptive approach, using a questionnaire composed of 20 questions to collect data. Population that participated in this study was constituted by chemical dependents that use gospel music as a therapeutic instrument in their rehabilitation, belonging to the Mother Association of the New Man, located in the Rising Sun, Municipality of Luziânia. This was a recovery room for chemical dependents without government assistance, all employees had compatible schooling to complete the questionnaire assessing the importance of gospel music as a palliative method, each participant received a self-administered questionnaire, after approval of the study by the committee ethics, in the period of September, October and November.

Sample consisted of 11 chemical dependents, being included in the study only male patients, dependent chemists in treatment, who participate in religious activities with the use of gospel music during the period of data collection and who agreed to sign the Free Consent Form (FCF). Data were collected on the referred association, using a questionnaire about gospel music as a therapeutic instrument on rehabilitation of chemical dependent patients. Interviews were held in the space of the association destined to perform masses and prayers. After presentation of the study proposal, a collective reading of all the questions and clarifications about the FCF was carried out. Participants then answered the questions. After this stage, the space was opened for a conversation about the experience of hospitalization and treatment.

Results and discussion

From the analysis of the questionnaires applied to 11 individuals attending the Mother of the New Man association located in the nascent sun, Luziânia municipality, it was observed that 100% of the inmates are male. Of these 100% opted to participate in the research. Research was done through a questionnaire composed of 20 questions, being 14 of multiple choice, and 06 discursive.

Table 1 – Sex, and education level of analyzed individuals (n=11)

Sex	n	%
Male	11	100%
Female	00	00
Educational level	-	-
Primary school	03	27,27%
Incomplete primary school	04	36,36%
High school	01	9,09%
Incomplete high school	02	18,18%
Bachelor degree	01	9,09%

Mother of the New Man, a philanthropic association, maintained by random donations, has as its mission to rescue lives, to welcome the less favored brothers, some in street situations. In addition to working on their recovery, also insert them in a dignified manner both in society and in the bosom of their families. They will begin this idea 16 years ago in a deprived school in the anhanguera farm in the city of Valparaíso de Goiás; it was a small house that was gradually increasing.

The demand grew and they saw the need to find a more distant place and it was then that "God benefited them with a small farm loaned in the neighborhood Pacaembu" - according to the accountant, where they remained for 10 years, when the owners needed the farm and they had to restart the entire physical structure in a space that was given in the rising sun, municipality of Luziânia.

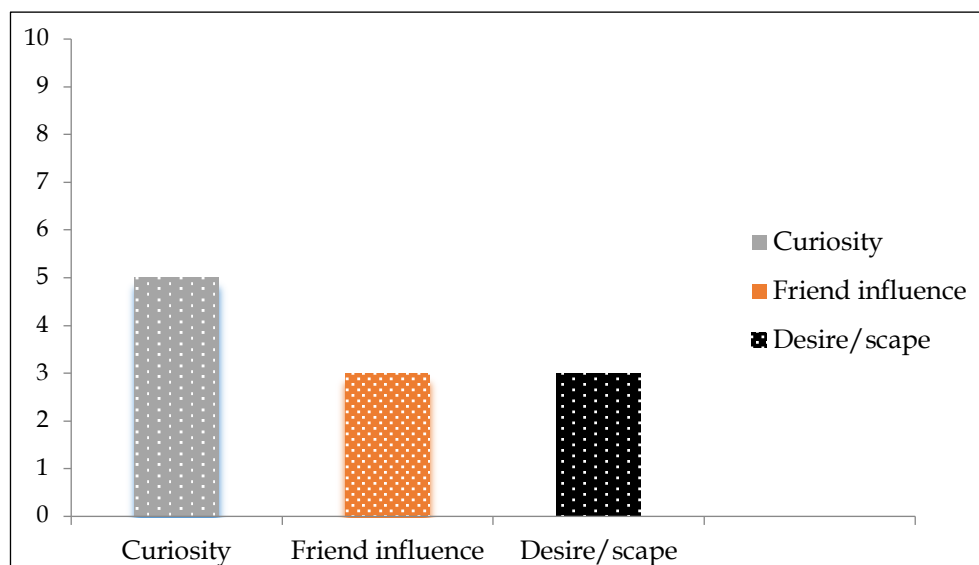
The association welcomes around 100 people a year, adding up to 1,600 people at the time of its trajectory. Today there are 4 associations and one nursery day. The unit of rising sun counts on the coordination of Mr. Itamar who was hospitalized in 2009 and since then volunteered to take care of those who, like him, needed help. All inpatients participate in daily activities such as: Musical therapy; Worship/Missa, soccer tournaments, planting, and environmental cleaning care.

Throughout the world we hear more and more talk about chemical dependence and the consequences that are linked to its use. World Health Organization (WHO) defined the drug as any substance not produced by the organism that has the property of acting on one or more of its systems, producing changes in its functioning¹⁰. Drug production and use are present in the history of humanity, becoming a world public health problem due to the high frequency of its use, thus provoking the interest of researchers¹¹. Young people are more susceptible to drugs because of their longing for identity, the media, and the influence of the group in which they are inserted¹².

When asked about what influenced them in the first contact with drugs/alcohol, 45,45% answered that curiosity was one of the significant factors, 27,27% reported the influence of friends, and only 27,27% reported that this first contact has to do with will and escape, in which they use the drug as an escape valve to forget even if momentarily of their problems.

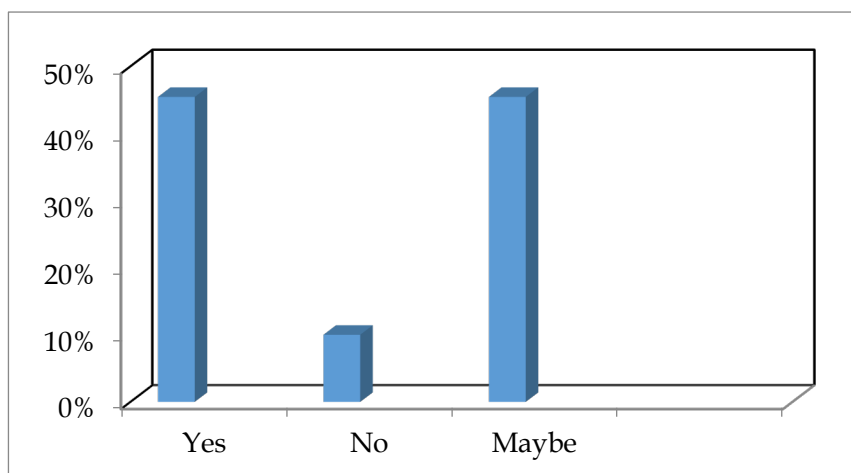
Picture 1- What influenced the first contact with drugs/alcohol

Consumption of these drugs is strictly related, according to testimonies collected, to family problems, difficulty in interpersonal relationship and also as Exhaust valve to escape the problems, because in the beginning, young people find everything wonderful and dazzling in the world of drugs, never think of to reach the level of dependence, and even knowing that the mind when usurped can be a great tool in our favor, it also has the power to lead to ruin, even so



63.63% of respondents report that they have already ingested several substances to change their mood making them feel better.

The drug dependent patient is able to lose the love and love of the family, even losing self-love by starting to sell personal and family objects, and even stealing to maintain their addiction. Speaking about recurrent life-loss referrals from this addiction, patients were asked whether the use of these substances made the feeling of distress greater than the pleasure of using it: 45.45% said yes, that the anguish was most often greater than the pleasure of using them, another 45,45% reported Perhaps, as a way to demonstrate the middle ground because in using the substances, they felt as if they unloaded all their problems, taking as a reward the pleasure provided by it, already 9.09 could not answer.



Picture 2 – Anxiety on using these substances.

Including families on treating these patients has been studied a lot. Reconstructing emotional bond between parents and children have been the main duty of families. This results into both creating a communication channel. Solution-centered therapy had significant growth in the 1990s emphasizing solutions as a priority, rather than examining the causes of disease or dysfunction. Focusing on the problem has brought rapid results, the method being well accepted by family members and dependents for not assigning implicit responsibility.

Guidelines, information, suggestions, incentives and prohibitions should be the therapist's greatest concern, without worrying about being neutral¹⁴.

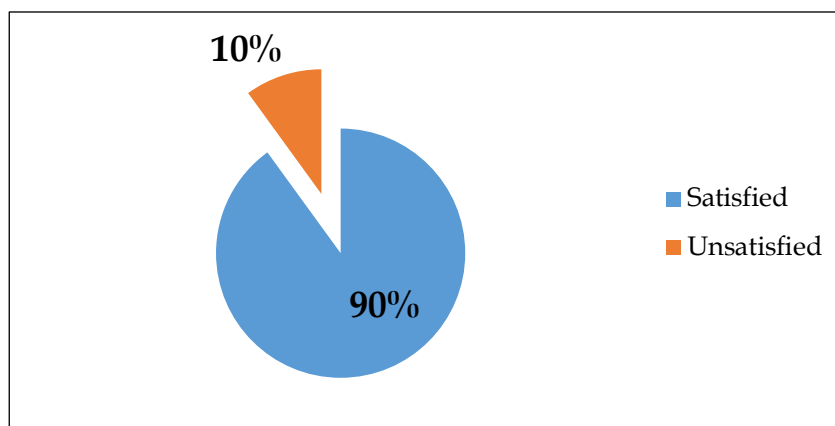
Rate of recidivism in drug use would reduce if family perceived the influence that they exert in the recovery process of the chemical dependent ¹⁵.

Man has faced its biological limitations throughout the history of the humanity in diverse forms. Anxiety, disability and death have been his greatest concern. Beliefs and rituals served to alleviate their anxiety uncertainty, in the face of adversities when they could neither understand nor master experiences.

From the earliest times, music is inserted in the context of human life, some scholars give as a written reference to the therapy performed by David, quoted in the bible "Whenever David seized the spirit commanded by God, David would pick up his harp and play". Then Saul was relieved and improved, and the evil spirit left him⁵.

Healing was closely linked to religion because of supernatural experiences. With this the primitive, oriental and western magical beliefs have been based on psychotherapy¹⁶.

Musical culture has been a factor of great importance in the formation of the personality of the human being, for developing feelings, self-esteem, awakening creativity, sensitivity, memorization, self-discipline, will to go beyond, among other benefits. Regarding the reception of the music and the effects caused by its use, the participants indicated their percentage of satisfaction in percentage: 63.63% judged music to be a significant therapy in the treatment, another 36.36% did not believe much in the efficiency of this method.



Picture 3 – Level of satisfaction about the benefits of using music

Over time, man has begun to come out of that conception of the supernatural world, to explain in a rational way, considering the disease as a pathological state, with realistic concepts. Methods and instruments to fight the disease began to be perfected, with the accompaniment of music, thanks to the advance of medicine. The Greeks used music as a method for the mind, just as the remedy was used to restore the balance of the physical. Music began to gain space as entertainment in general hospitals because although it did not bring healing, it distracted and therefore reestablished relief. With the results of this experience, they began to delineate the true trajectory of music, in which musicians distracted patients, after World War I in veteran hospitals. In the United States, they sought to call the attention of physicians to the value of music, and the need for specific training to make the musician a therapist¹⁶.

Motor coordination and the mood of the man can improve, as well as the development of intelligence, memorization, creativity, and sensitivity to the contribution of music^{17,18}.

Heart rate can change, raising or lowering the rate of heart rate with the influence of music, also changing mood, reducing anxiety, giving the listener relaxation¹⁹.

Music has been used in several clinical situations in order to reduce stress and anxiety, including pain relief. What explains these effects is the release of endorphins²⁰. It was verified that 09 of the 11 patients interviewed reported to consider music an important means of finding oneself and the strength to overcome the addiction.

In turn, 08 of the 11 patients interviewed reported having felt at some point in the therapy, the effects caused by the release of endorphins provided by the use of music, such as relief from stress, pain and anxiety.

Table 2 - Individual feeling with the use of gospel music as a therapeutic instrument (n=11).

VARIABLE	YES	NO
S/He considers music a means of finding himself and the strength to overcome vice.	09	02
Music has been used in several clinical situations, due to the effects caused by the release of endorphins. You have any sense of these benefits, such as: Relief from stress, pain, or anxiety.	08	03

An important step in the rehabilitation of dependents has been the influence of spirituality. An important step in the rehabilitation of dependents has been the influence of spirituality.

Spirituality is the relationship with nature and with God, therefore the need for a relationship with God²¹.

In trying to deal with the challenges of life, some people use humor modifying substances, something that gives meaning to their existence that completes it. In an ineffective attempt, people abuse substances such as drugs or illegally obtained drugs to try to cope with the stresses, pressures, and

impositions of life. In all clinical settings it is possible to find substance abuse²².

Spiritual beliefs in addition to promoting healthier lifestyles, aid in adherence of treatment to those in particular who are rehabilitating from substance abuse.

For various reasons, religion increases the commitment to treatment because it is related to low rates of depression, greater social support, more families stabilized²³. An example of this was the opinion of patients when approached about the factor that motivated them to opt for the use of gospel music as a therapeutic instrument. It was observed that 63.63% of those interviewed believe there is an intrinsic relationship between music and spirituality, so it is believed that music can help them in adhering to treatment and at the same time bringing them closer to God. We also saw that 18.18% believe in the power of music because it is a method in which people can naturally express their feelings through melody. Another 18.18% believe that music covers everyone in a humanized way, and that it allows them to feel far beyond anything else.

Table 3 – Expression of humanized feeling with the use of gospel music as a therapeutic instrument (n=11)

VARIABLE	YES
Expressing one's feelings in a natural way through the melody	18,18%
It is a humanized strategy, which feeling transcends	18,18%
It helps on the treatment adherence and it also brings you closer to God	63,63%

Regardless of the professed religion, it is suggested that religiosity decreases the relapse rates of patients, facilitating the recovery of drug addiction^{24, 25}.

Decreased levels of anxiety, stress, resilience, perception of social support, and increased optimism are the ways that religiosity can aid in the recovery process of drug addicts as suggested by some authors²⁶.

Prayer deserves prominence in spiritual practices. Caregivers are grateful to God for the graces bestowed even when they are not fully attended to in their prayers^{27, 28}.

It is necessary a range of new choices on the part of the chemical dependents so that there is a social reintegration of it, that is, a new life project giving up some things, such as lack of access to housing, family, school, work, and friends, as well as therapeutic adherence²⁸.

Spirituality is the way when one wishes to transcend, to seek the way, and this theme has gained much importance in the palliative care literature²⁹. Considering this aspect, 10 of the 11 interviewees believe that spirituality had an influence on the desire for change.

Table 4 – Spirituality on treatment adherence (n=11)

VARIABLE	YES	NO
Faith promotes quality of life and assists in adherence to those in particular who are rehabilitating substance abuse. Do you believe	10	01

that spirituality influenced your desire for change?		
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Conclusion

Observations made in this study allowed to identify that chemistry and alcohol has reached all social classes, since they do not separate color, race or gender. It was verified that 100% of the patients had the curiosity and influence of friends as the main factor for the first contact with the world of drugs, and when asked about the reasons that caused them to proceed with the use of the substances, patients reported problems family, and feeling of flight, using the substance as an escape valve to escape the problems. However, patients find the support of their relatives important as a significant basis for rehabilitation.

Study also showed that 90.90% patients consider music as a palliative method in adherence to treatment, and believe that music together with spirituality is efficient in daily life; recognize that within the clinic with the aid of music and spirituality, they struggle to win, knowing that the greater struggle will be waiting for them outside, in the world where the temptation is greatest. They know that there is a discredit on the part of the people in the cure of this disease, but for the internees, the fight is against themselves. They try to prove to themselves that they are capable of achieving the desired goal.

General aim of this study was to verify the patient's perception regarding music. In this sense, the study allowed the patients to discuss this subject, which enabled me to reach the conclusion that, most of the patients who are being treated, have a positive response to the use of music as a therapeutic instrument that from the beginning was to the hypothesis generated by the research.

Data generated met the expectations, generating satisfactory results, allowing the analysis of the results and bringing new ideas and reflections.

Through the field research, the contact went directly with the managers and the patients, several times. With the interviewees, it was noticed after answering the questionnaire, in a discussion circle when asked about the feeling that music and spirituality provided, was the great interest of the patients in rehabilitating, without any restriction as to the proposed treatment or even without no resistance to the use of therapeutic instruments such as music, and thus, to come back to assist the association as volunteers in this process.

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