



Gospel Music: A Transformative Healing “A Survey Study to Check Out Awareness of Gospel Music in Christian Community”

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ABSTRACT

Music, a perfect mood changer, is increasingly recognised for its positive effects. Gospel Music, an influential genre, has been shown to enhance cognition and contribute to overall well-being. This study aims to further our understanding of the healing potential of Gospel Music on our Body, Mind, and soul, offering reassurance and optimism to the Christian Community.

Background: Music, a universal aspect of human existence, is deeply rooted in every culture. Gospel Music, a unique genre in the Christian Community, is renowned for its healing properties, as supported by scriptures. This study aims to delve deeper into its comforting role and profound impact.

Method: We designed a Google survey form for the study. We explored the Christian community's awareness of Gospel Music healing and surveyed by developing a Google survey form.

Objective of the study:

1. To evaluate the impact of Gospel Music Therapy on the Christian Community.
2. To provide awareness of Gospel Music Therapy in the Christian Community.

Result: In this Survey, we received a total of 105 responses, of which 55.2% are females, 44.8% respondents are male, 50.5% are Young adults, 85.7% were aware of gospel music as music therapy, 87.6% responded music therapy as behaviour modification and healing, 80% respondent strongly agreed to the healing aspect of Gospel Music therapy, 60% respondent agreed to listening /playing/singing music at any point of time, 73% were agreed that tuning to Gospel Music comforts their soul, 60% strongly agreed that while anxiousness listening/playing/singing gospel music can comforts them.

Keywords: Music Therapy, Music, Gospel Music, Healing Music

1. INTRODUCTION

Music, like language, is one of the universal aspects of Human existence. Each human being experiences music in each phase of their life. The child sleeps when the mother sings Lullaby to him. Nature has music in its every beauty, e.g., birds chirping and water falling from the mountains. Even from ancient times, as evidenced by palaeolithic cave drawings and the remains of rudimentary flutes, music-making is a human capability that is fundamental to human culture. Every Culture is deeply rooted in music, so it describes it as genres. The Bible also contains the Psalm & Song of Song, a collection of songbooks.

Scientists are discovering more and more positive aspects of Music. There are lots of studies that describe the effect of music therapy on our brains. As we know, the perception of sound and rhythm is dealt with in the left brain, and the right hemisphere deals with melody. Music therapy mainly strengthens patients' perception of sound through the rhythm and melody of music. It improves the patient's language understanding ability through lyrics and singing, as well as speech frequency and rhythm. Music therapy comes in two forms: Active Music Therapy and Passive Music therapy. In active music therapy, a person exposed to direct Music is an excellent mood booster. Gospel Music is one genre of music, especially in the Christian Community, that heals the sick. Scriptures also support these facts. The Bible is one of the old religious scriptures that tells us this. In the Bible 1 Samuel, King Saul used to be threatened by evil spirits and became insane, but when one of his servants, David (2 king of Israel), used to play the harp, Saul was able to sleep. Studies show that when autistic children, especially those who have speech disorders or difficulties, come close to music while hearing or playing, there used to be drastic changes in these children.

While this survey provides valuable insights, it underscores the need for further in-depth research to fully comprehend the positive aspects of Gospel Music. This study, particularly interested in the healing aspect and the perception of Christian Leaders towards this genre, is a significant step in that direction, inviting the audience to engage and be interested in the topic.

2. LITERATURE REVIEWS

These are some examples that support my idea.

Music can be assumed to be an intrinsic part of our life as the pulse and rhythm are found in our heartbeat, breathing and movement; the melody is created from our laughing, Crying, screaming and singing. Rhythms and harmonies of different musical styles and idioms can hold our whole emotions. (**Dr. T.V. Sairam, What is music? Pub. Nada Center for Music Therapy, 2004, Chennai**). The other literature and stories about **Indian classical Music** addressed the effect of music on the body, mind and spirit of the listeners. It is historically known that ragas of North Indian classical Music elicit emotions and induce a sense of well-being. The mind is raised to a new level of consciousness. Mathur. et al., 2015 sustained these assumptions by analysing the responses of 122 participants to the different ragas. Listening to music and participating in

creating music has been linked to a wide range of positive effects on health and well-being (**Juslin & Vast fjall, 2008**), who provided extensive models for what they argue are the six mechanisms by which music induces emotion in the brain reflux visual imagery, conditioning, contagion, episodic memory.

Gospel Music is a genre of Christian Music that spreads the word and is a cornerstone of Christian media. The creation, performance, significance, and even the definition of gospel music vary according to culture and social context. Wikipedia.

To understand the significance of Gospel Music, we need to know what it means and how it emerged in past decades. The English word "Gospel" is derived from the Anglo-Saxon term "God spell", which means "Good Story." In Greek, the word "gospel" is derived from the Greek word "Evangelion", which means "good News." In Christianity, this "Good news" refers to the birth, death and resurrection of Jesus Christ. The death of Christ refers to life after death in a Christian context. The word "Gospel" itself refers to life after the death of Christ. So "gospel Music" also has "good news" in music. At its core, gospel music reflects the passion and intensity of religious faith and a yearning for connection with God. A collage of suffering, struggle, victory, and unity, gospel music is a cry from the soul- the very heart of humanity. A simple tune bellowed from the lungs of a weary soul can inspire tears, sorrow, and joy while reminding the believer to walk the path of righteousness and faith. **Wikipedia**

The topic of my survey is "**Gospel Music: A Transformative Healing**". Gospel music can heal every wound in your mind, body, and soul. It heals completely and fills you with Joy and happiness.

3. RESEARCH METHODOLOGY

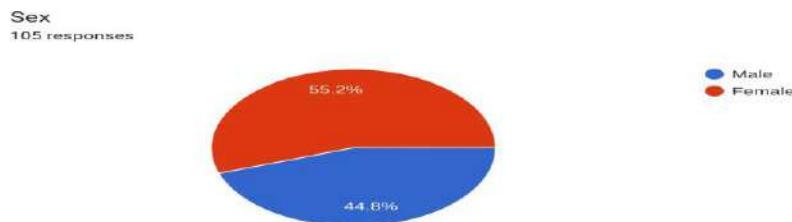
A Google form designed to provide some awareness of Gospel Music Therapy among the Christian Community. In this survey, inclusion and exclusion criteria were as follows:

1. We included only Christian Leaders and worshippers.
2. Other community people were not involved as they were unaware of gospel music as a genre.
3. We circulated the Google survey to different Christian groups, churches, denominations, and worship bands and asked them to respond.

4. DATA ANALYSIS & INTERPRETATION

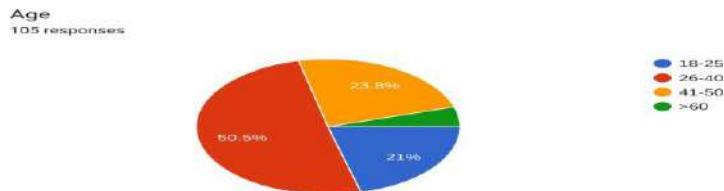
In this Survey, I received 105 responses, of which 55.2% are females and 44.8% respondents are male.

1. Sex

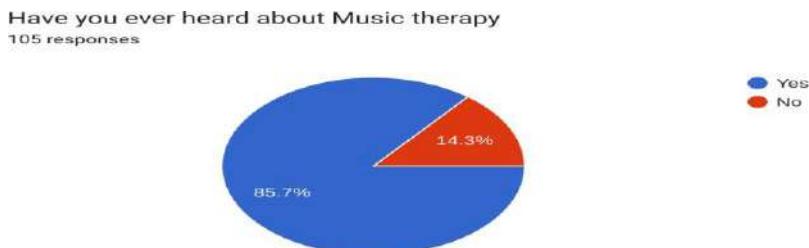


In terms of age, the survey had a good distribution across different age groups. Most respondents were from the young age group (26-40), which is significant as this group is often the most active in the Christian Community. This distribution allows for a comprehensive understanding of the impact of Gospel Music across different age groups.

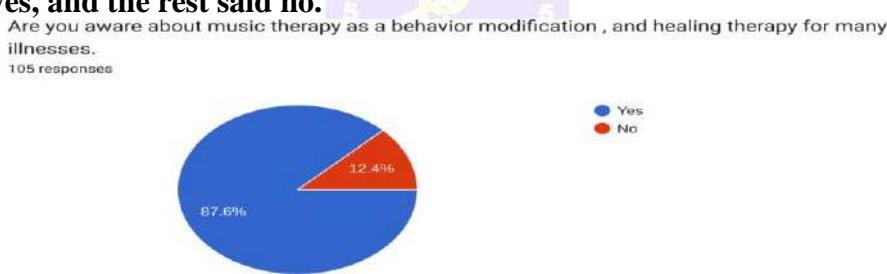
2. Age



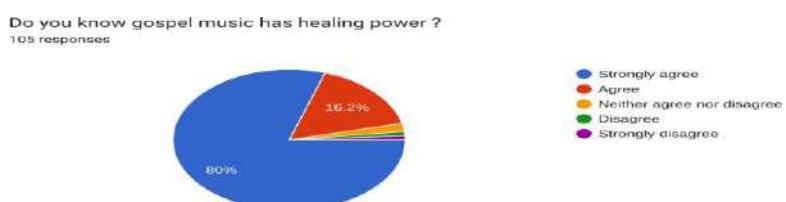
3. Given the awareness of music therapy, 85% voted yes, and the rest said no.



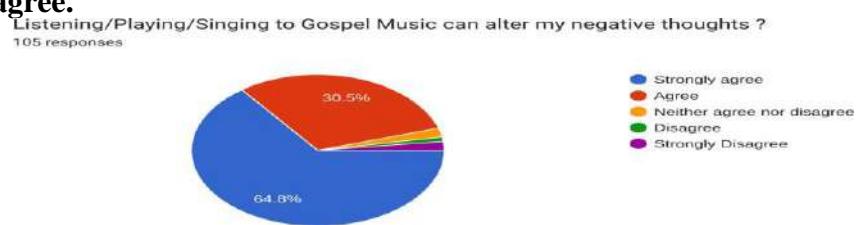
4. Answering Music therapy as behaviour modification and healing therapy, 87.6% responded yes, and the rest said no.



5. Know the perception of people about the healing power of music therapy varied: 80% strongly agree, 16.2% agree, 1.9% neither agree nor disagree, and 1% disagree & strongly disagree



6. Answering Gospel music while listening /singing/playing can alter negative thoughts: 64.8% strongly agree, 30.5% agree, 1.9% neither agree nor disagree, and 1% disagree or strongly disagree.



7. People enjoy listening /playing/singing gospel music anytime. 61% strongly agree, 34.3% agree, and 4.8% neither agree nor disagree.

Listening/Playing/Singing to Gospel Music can alter my negative thoughts ?
105 responses



8. Tuning to Gospel Music Comforts My Soul: 73% strongly agree, 23.8% agree, and 2.9% only neither agree nor disagree.

Do you think that tuning with Gospel music comforts my soul?
105 responses



9. When anxious listening /playing/singing can comfort me, 60% strongly agree, 3.3% agree & 6.7% neither agree nor disagree.

Listening/Playing/Singing to gospel music comforts me while I am anxious.
105 responses



10. I stop worrying while listening/ playing/ singing gospel music 58.1% strongly agree, 30.5% agree, 9.5% neither agree nor disagree, and only 1.9% disagree.

Listening/Playing/Singing to gospel music makes me stop worrying.
105 responses



11. How do people feel during mood swings? Can you feel relaxed while listening to gospel music 64.8% strongly agree, 29.5% agree, and 5.7% neither agree nor disagree.

Have you ever experienced that when you have mood swings and turned out gospel music and feel relaxed.
105 responses



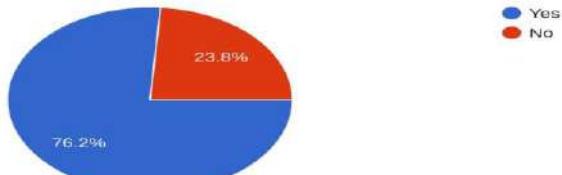
12. People's perceptions about pain relief by switching to gospel music: 36.2% strongly agree, 41% agree, 21% neither agree nor disagree, and 1.9% disagree with the statement.

Do you know post operative pain can reduce while introducing music therapy ?
105 responses



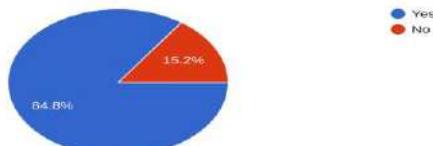
13. Awareness of the professionalism of Music therapists: 76.2% agreed, and 23.8 % denied it.

Are there people who go by the professional designation "Music Therapist"?
105 responses



14. Awareness of Music Therapy as the best intervention with no side effects
84.8% agreed 15.2% denied.

Did you know "Music Therapy" is one of the best interventions like medicine which has no side effects?
105 responses



15. Suggestion of music type of Gospel music as therapy for neurological disabled older persons: 44.8% suggested a person's choice music, 33.8% suggested musical hymn, 9.5% said the instrumental presentation, 8.6% suggested choral music(choir), 3.8% said Sunday School Music.

What do you think could be the best gospel music type for elderly person with neurological & psychological disorders?
105 responses



4. RESULTS & DISCUSSION

The survey data shows that question no. 3,13,14 says that 84% of the population knows music therapy options, benefits, and questions. No. 4,6,9,10 says that 62% acknowledge that gospel music heals our minds. Question no. 5,12,14 says that 80% think Gospel music heals our bodies. Question no. 7,8 says that 67% of people believe that gospel music can heal and comfort our souls so they can listen at any time.

In comparing variables, i.e., sex, females are more influenced than males.

In comparison to the age of young adults between 26 and 40, they are more influenced than others.

5. CONCLUSION

We can say that Gospel music heals the body, mind, and soul and is a complete healing. Gospel Music can be a transformative therapy for anyone. The Christian community is aware of therapy and acknowledges it as a holistic approach. Gospel Music can transform many cognitive and psychological disorders. As we already know, music therapy is an innovative or transformative alternative to many mental, psychological, and physical ailments. Evidence-based research also can be approached in this field. Gospel Music therapy can be performed on specific diseases or particular groups. Gospel Music can also be attention-oriented. Researchers can study in a school-going group to concentrate more while studying. It can work as a distraction barrier and focus effectively.

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