

## A MÚSICA CONTRIBUI PARA O DESENVOLVIMENTO SAUDÁVEL DO ADOLESCENTE? PERCEPÇÃO DO FAMILIAR

### DOES MUSIC CONTRIBUTE TO ADOLESCENTS' HEALTHY DEVELOPMENT? FAMILY MEMBER'S PERCEPTION

### ¿LA MÚSICA CONTRIBUYE PARA EL DESARROLLO SALUDABLE DEL ADOLESCENTE? PERCEPCIÓN DEL FAMILIAR

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#### RESUMO

**Objetivo:** conhecer a percepção de familiares sobre a utilização da música como instrumento de promoção da saúde de adolescentes que participam de um coral. **Método:** trata-se de uma pesquisa descritiva e exploratória, com abordagem qualitativa, com a participação de dez familiares de adolescentes que integram as ações do coral há mais de um ano. A pesquisa ocorreu na escola onde os ensaios são realizados e onde os adolescentes são matriculados. A coleta de dados foi realizada através do grupo focal com os familiares, utilizando um guia de temas. A sistematização dos dados deu-se através da análise de conteúdo. **Resultados:** percebeu-se a influência do coral na saúde dos adolescentes, principalmente por ser um momento de transformação e descobertas. **Conclusão:** para os familiares, a participação no coral contribui principalmente no desenvolvimento e crescimento dos adolescentes, sendo uma importante ferramenta para promover a saúde, proporcionando entretenimento, diversão, cultura, lazer e integração.

**Descritores:** Promoção da saúde; Adolescente; Música; Família.

#### ABSTRACT

**Objective:** to know the perception of family members about the use of music as a tool to promote the health of adolescents participating in a choir. **Method:** this is a descriptive and exploratory research, with a qualitative approach, counting on the participation of ten family members of adolescents who have participated in a choir for over a year. The survey took place at the school where the rehearsals are held and where the teenagers are enrolled. Data collection was done through the focus group with family members, using a topic guide. The data were systematized through content analysis. **Results:** the influence of choir activities on adolescents' health was perceived, mainly because it is a moment of transformation and discoveries. **Conclusion:** for the family members, the participation in the choir mainly contributed to the development and growth of adolescents, being an important tool to promote health, providing entertainment, fun, culture, leisure and integration.

**Descriptors:** Health promotion; Adolescent; Music; Family.

#### RESUMEN

**Objetivo:** conocer la percepción de familiares sobre la utilización de la música como instrumento de promoción de la salud de los adolescentes que participan en un coro. **Método:** se trata de una investigación descriptiva y exploratoria, con abordaje cualitativo, contando con la participación de diez familiares de adolescentes que integran las acciones del coro desde hace más de un año. La investigación ocurrió en la escuela donde se realizan los ensayos y donde los adolescentes son inscritos. La recolección de datos fue realizada a través del grupo focal con los familiares, utilizando una guía de temas. La sistematización de los datos se dio a través del análisis de contenido. **Resultados:** se percibió la influencia del coro en la salud de los adolescentes, principalmente por ser un momento de transformación y descubrimientos. **Conclusión:** para los familiares, la participación en el coro contribuye principalmente al desarrollo y crecimiento de los adolescentes, siendo una importante herramienta para promover la salud, proporcionando entretenimiento, diversión, cultura, ocio e integración.

**Descriptores:** Promoción de la salud; Adolescente; Música; Familia.

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## INTRODUCTION

Adolescence is a stage of life between childhood and adulthood, from 10 to 19 years of age, which constitutes a complex process of biopsychosocial growth and development<sup>(1)</sup>.

Adolescents are vulnerable to various situations, such as unplanned pregnancy, risk of use and abuse of licit and illicit drugs and risk of death in the face of violence, among others. In this aspect, the use of music can be one of the tools to promote the health of this public, as it contributes to the cognitive, psychomotor, emotional, affective development and mainly for the construction of personal and social values<sup>(2)</sup>.

Music can be used in the care offered by nursing as an instrument to bring comfort, reduce pain, facilitate communication and the client-professional relationship during health recovery, making care more humanized, in addition to promoting health, decreasing anxiety, offering positive effects by providing leisure and strengthening affective and social bonds<sup>(3)</sup>.

It is important to point out that adolescents lack moments of interaction and expansion of social relations, since they usually spend more time in front of the computer and the cell phone than in leisure activities and interacting with other people.

In order to discuss this complex phase of life, it is essential to contextualize the challenges of "being adolescent" nowadays and the family's glance on adolescence. In this perspective, in 2014, the extension project "Promoting the health of the child and the adolescent through music" was born in the Nursing undergraduate course of a university in the West of Santa Catarina, in partnership with a state school, located in a poor neighborhood. One of the actions of this project was the creation of the Coral Encanto, which includes approximately 45 participants.

This project is still in effect and in this three-year pathway, many questions have arisen involving the use of music in the promotion of health by the coordinating team, mainly on the view of the adolescents' relatives, such as: have they perceived differences in their children, after they joined the choir? What have been these changes? How have family members been able to relate health to music? Can they understand why nursing has used music through choral singing to promote health?

In this perspective, this research was developed, aiming to know the perception of the relatives of adolescents about the use of music as a tool for health promotion.

## METHOD

This is a qualitative, descriptive and exploratory research carried out in the municipality of Chapecó - SC, with members of Coral Encanto. The choir group has conducted weekly rehearsals at the partner school of the project, in which the adolescents are enrolled, and it has also made performances in various sectors of society, led by the project coordinator, who besides being a nurse, has also experience in the musical area.

Participants were ten family members (six mothers, three fathers and a grandmother) of adolescents who have integrated the choir for more than a year, attending regularly the rehearsals and presentations. Therefore, of all members of the choir, only 10 family members were invited to participate in the research because their children had greater experiences and contact with the music in choral singing in comparison to the other members, who had joined in the activity less than a year ago.

The ten family members were invited to a meeting at the school and the research goals were shared at that time. Thus, all relatives accepted, spontaneously, participating in the research by signing the Informed Consent Term. Afterwards, it was shown a video of a presentation of the Coral Encanto to motivate the discussions and start collecting the data.

Data collection was carried out in the second half of 2016, using the focus group with a script of guiding questions about the concept of health and music on people's health, reasons for adolescents' ingress and stay in the choir, as well as on the effects of choral singing on their lives and health. At the end of this meeting, the family and the project team enjoyed a delicious coffee, which was prepared by the school principal.

The relatives were identified by the name of musical instruments in order to guarantee the secrecy of their names. It should be noted that the research complied with the requirements established by Resolution 466/2012, which deals with ethical aspects with research involving human beings.

Treatment, analysis and interpretation of data occurred according to Bardin's content

analysis<sup>(4)</sup>. Thus, two categories emerged: "Health and adolescence" and "Benefits of music in adolescent health", which will be presented and discussed below.

## RESULTS AND DISCUSSION

### Health and adolescence

Health is "a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity"<sup>(1)</sup>. However, some family members of adolescents defined health as:

"It means not being sick..." (Piano).

"It means the availability of good doctors who meet the population ... " (Saxophone).

The concept of health of Saxophone evidences the relation with the biomedical model, in which the man is compared with a machine, believing that having health is to have good doctors to provide care to the population<sup>(5)</sup>.

The Federal Constitution of Brazil<sup>(6)</sup>, in article 196, states that "health is the right of everyone and the duty of the State, guaranteed by social and economic policies aimed at reducing the risk of disease and other complications and at universal and equal access to actions and services for the promotion, protection and recovery".

Thus, health goes beyond the absence of disease; it encompasses recovery, but also health promotion and protection. In this perspective, for some relatives, participation in choral singing is something healthy, that goes beyond the issue of not having disease:

"The choir is a healthy, cultural thing that makes you happy; you are happy, you are healthy." (Guitar)

"I think it's nice for her to come and sing in the choir ... It puts some culture in her head and also brings health." (Cello)

The concept of health, according to the VIII Brazilian Conference of Health<sup>(7)</sup>, encompasses the human being in a comprehensive manner, their physiological needs, including leisure and the conditions to have a good and healthy life, which is in line with some reports of the family members of the research:

"Through good nutrition we seek to improve our health. Physical exercise, I think it is good for health and well-being, too." (Violin)

"I think health, besides eating and exercising, is doing what you like ..." (Flute)

"Health is to be happy with life, it's being healthy." (Guitar)

For healthy living in adolescence, there is the need to know about the propositions of this social group, which lives around fragilities, fears, anguish, curiosities and questions of life, seeking models to follow<sup>(8)</sup>. Adolescence is a phase of transformation that goes beyond the physiological modifications of the body, changing the world view of the individual, who experiences a period of fragility, which can result in social isolation and generate many questions about their parents, friends and society<sup>(9)</sup>.

The participation in the choir, as reported by a family member, influences the promotion of adolescent health:

"Music helps in health and for them to develop well and think of good things ...". (Piano)

During adolescence, the social relations in group are strengthened and the individual initiates a constant search for acceptance of those with whom they relate. However, acceptance is not always quick and easy, and sometimes the adolescent needs to change his or her attitudes, values and even his or her personality to adapt to group ideals. It is at that moment, then, that conflicts, especially family conflicts, and the possibilities for developing depression and other psychic changes resulting from the non-adaptation to the reality proposed arise<sup>(8,10)</sup>. Relatives have also talked about their concerns on adolescents' mental health, as exemplified with the following account:

"My greatest concern is when they close in on themselves and we do not know what they are thinking, thinking about life, the questions they have, and they are not able to open up. So this is already a problem for us and it generates a problem for health, because depression may arise..." (Harp)

Families play a key role in the biopsychosocial well-being of an adolescent. The relationships established in this environment are determinants of future behavior of its members. But the excess of changes in all spheres of modern life and the absence of the family as the basis to which to resort can cause damages to adolescents with health problems related to emotional and psychological imbalance<sup>(10)</sup>, thus corroborating with the report of Harpa:

"The bond of old times has been broken, of coming home and asking how our child's day was because we are always in a rush". (Harp)

Another important factor to note is that the ease of access to technologies, at the present

time, has contributed to the adolescents' estrangement from their relatives and friends<sup>(11)</sup>.

The present generation, unlike the older generations, has grown in households based more on media than on the parents themselves; the central elements of domestic life are the computer and the television, which strengthens in young people the idea of individuality and social isolation<sup>(12)</sup>. This reflects the Harpa's speech, described below:

"It's no use for us to get away from technology because it's there, we ourselves are a bad example, because we use it... sometimes, I'm in my room and my daughter is in the living room, and she sends me Whatsapp messages ..." ( Harp)

The modern reality provides a technological bombardment that can hinder the relations with the social environment. Some mechanisms, such as music, can be used to facilitate the involvement of adolescents with the environment in which they live, because in addition to providing moments of fun and leisure, music helps in the development of cognition, in improving social interaction and in overcoming problems, such as vices often confronted by increasingly young people in society<sup>(13)</sup>.

However, often the parents themselves influence the mechanization of communication in families. Parents are the most influential social agents in shaping the values of their children, and this influence does not only encompasses what they say is the correct or ideal to be done, but also their attitudes toward everything around them, thus subsidizing the construction of both individual and cultural values of those for whom they are responsible to form the character<sup>(13)</sup>.

For family members, besides adolescence being a critical period of life, the current reality contributes to a greater distance of interpersonal relations by these individuals, which emphasizes the importance of the family in being attentive to the use of technologies, in order not to lose the humanized contact. It is necessary to emphasize that the adolescence process affects not only the individuals who are going through this period, but also the people who live directly with them, since the family is formed by a set of relationships and the modification of any element will transform all the rest.

### **Benefits of Music in Adolescent Health**

Music connects us with the world in which we live. It has both physical and psychological

benefits. From ancient Greece, the therapeutic value of music has been recognized, as it was used for praises, rituals and songs for children to fall asleep, thus becoming of language created by man to express their feelings, ideas and reflections<sup>(14)</sup>.

In this way, it is extremely important to address the musical language with adolescents, and one way to do so is through choral singing, because besides providing musical learning, it causes sensations and amplification of capacities for their affective, motor and neurological development<sup>(2,14)</sup>. Participation in choral singing helps the adolescent in revealing their personality, maturing their character and their behavioral attitudes, favoring the rapprochement and relationship with people<sup>(15)</sup>.

For the family members, music provides benefits for adolescents, as reported below:

"I think music is well-being for the person; it both contributes to health and to emotional well-being because often a person sings because he or she is happy." (Drums)

"The fact that she comes to sing in the choir is a good thing, as it takes her out of home a little and it is healthy too; she leaves the cell phone a little and gets distracted by other things; it occupies her mind."(Guitar)

Music favors the improvement of sociability and the learning process, bringing improvements to health<sup>(16)</sup>. But faced with the various vulnerabilities in "adolescence", music can also help in learning and avoid the excess of technology, as reported by some relatives:

"I think that parents have to invest in this because it stimulates more and more their learning and leae them away from computers or cell phones, and this also contributes to the health of families."(Guitar)

"Music helps not only in the emotional aspect, but even in learning because they are learning to focus; they have to memorize that music to perform. This, in a way, will contribute in the classroom because they will be able to focus more on the subjects." (Piano)

With the use of music, it is possible to facilitate the development of cognitive, motor, linguistic, socio-affective and psychomotor aspects, thus influencing young people in a positive way to overcome difficulties and limits<sup>(17)</sup>. In the focus group, many family members have reported how their children's ingress in the choir helped to make them more sociable, attentive, focused and expressive:

"The challenge of getting into the rhythm and singing, getting in front of a lot of people and singing." (Drums)

"The choir is a form, I think, of interacting with other people and getting over shyness; it is different and cool for the relaxation that it brings." (Mandolin)

"She used to suffer a lot from her shyness, now she's a bit uninhibited; I already felt a very good evolution." (Guitar)

Choral singing is an activity that has benefits in relation to the integration and cooperation among its participants because the breathing technique is used, thus promoting a process of relaxation and energization that contributes to physical and mental health.

This activity interferes in the daily life of adolescents for the organization of thinking, movement, coordination, lessening of shyness and relaxation, thus being something challenging and interesting, and as it is a group activity, it favors cooperation, personal harmony and communication<sup>(16)</sup>.

Another relevant factor is the difference between the styles, lyrics and melodies of the songs rehearsed in the repertoire of the Coral Encanto, as evidenced in Piano's speech:

"The way music is addressed here at the choir, it is very good. Nowadays, music has no content and here they learn good quality music that makes them reflect on life outside ..." (Piano)

It should be noted that the songs of Coral Encanto are previously selected by the team, and they address themes about love, family, friendship, citizenship, respect for others, work, dreams and happy living, among others, with the objective of reflecting on various situations that adolescents experience daily.

Nevertheless, adolescents usually search for rhythms or songs with poor lyrics, but participation in the choir can change this by enabling knowledge of new rhythms, beats, different genres, singers and composers, which may arise interest in old songs that have made part of their parents' lives in the past, also allowing an approximation between the members of the families through the singing of rediscovered songs.

With the various stimuli that music provides, it is evident that it is an interesting path in the healthy development of the adolescent, and it can be used by both nursing and other health professionals.

## FINAL THOUGHTS

The present study highlights music as an important tool to promote the health of the adolescent public. Music, through choral singing, can contribute to the development and growth of adolescents, encompassing different aspects, such as health, entertainment, culture, leisure, integration among choristers, fun and happiness, among others.

For the relatives, the use of music through the choir helps to make the school environment more attractive, fun and enjoyable. It also makes it easier for adolescents to express their feelings and emotions, to overcome their limits, to develop interaction, communication and relationship, and to broaden culture from the perspective of the diversity of musical styles.

It is hoped that sharing the nursing experience on the use of music, in search of healthy living, can contribute scientifically to the proposed theme. It is emphasized that the scientific production involving the use of music as a tool to promote health is scarce and, generally, old, which was a limiting factor for the accomplishment of this research, especially for the discussion of the results.

It is suggested that nursing and other health professionals can also use music in the care provided not only to adolescents, but also to children, adults and the elderly, in order to broaden the horizons of care with quality, in a creative and fun way.

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