Exploring the Therapeutic Potential of Music: A Cross-Disciplinary Approach in Medicine and Psychology

Dayang Chen
Academy of Music, Beihua University, Jilin, 132013, China;
Department of Music Education, Kyungnam University, Changwon-si,51767
Gyeongsangnam-do, Republic of Korea;
chendayang@beihua.edu.cn

Changman Zou
College of Computer Science and Technology,Beihua University,Jilin 132013, China;
Department of IT Convergence Engineering, University of Kyungnam, Changwon 51767, Republic of Korea.
zouchangman@beihua.edu.cn

Shuang Shen*
Academy of Music, Beihua University, Jilin, 132013, China;
bhshenshuang@gmail.com

Jong-Hoon Lee
Department of Music Education, Kyungnam University, Changwon-si,51767
Gyeongsangnam-do, Republic of Korea;
andrea@kyungnam.ac.kr

Abstract: Background: It has been known for a very long time that music helps to control emotions and behaviors, which is why the method of music therapy is more and more actively introduced into medical and psychological practice. This is due to the capability of cannabis to manage conditions such as pain, treat emotional disorders, and even support rehabilitative cognitive services. Multifaceted intervention strategies in medical and psychological fields have recognized the importance of medicines for the treatment of not only the body but the soul as well. Objective: The purpose of this study is to explore the therapeutic potential of music in medical and psychological contexts. Specifically, it examines how music therapy can be used as a cross-disciplinary intervention to improve patient outcomes, including pain reduction, emotional well-being, and mental health. Methods: Quantitative as well as qualitative research was used to attain data. Measurement of quantities was done using questionnaires and pain scales, while data on qualities were derived from interviews. T-tests and ANOVA analyzed quantitative data, while qualitative testing was conducted by employing thematic analysis, which was aimed at identifying repetitive emotional and psychological trends. Results: The study found that music therapy significantly reduced pain by 48.7% and improved emotional well-being by 100%. Comparative analysis revealed that music therapy had a more pronounced impact on psychological well-being than on pain reduction in medical contexts. Cross-disciplinary

case studies supported these findings, illustrating the effectiveness of music therapy across diverse health domains. Conclusion: Music therapy gives a lot of potential benefits as an adjunct approach for integration in both medical and psychological treatment with regard to both health and emotional issues. Hence, it is deemed necessary to standardize music therapy into clinical practice, and advanced institutional support is deemed to be important to facilitate this. Future Work: In future research studies, researchers should increase the sample size as well as extend the period of the outcomes of music therapy with different clients. Increasing the protocol and implementation procedures of music therapy in both medical and psychological fields and performing longitudinal research would increase the utilization and effectiveness of music therapy.
Keywords: Music Therapy, Medicine, Psychology, Emotional Well-Being, Pain Management, Cross-Disciplinary Approaches, Holistic Health Interventions.

INTRODUCTION

Music has been recognized for centuries as a powerful tool for influencing emotions and behavior. Various cultures have used music in rituals, healing practices, and as a form of emotional expression (Rauduvaitė & Yao, 2023). In particular, people discovered the positives of using music in the present-day health and psychological departments. Music therapy, as an entity and practice, can therefore be dated to the mid-20th century, especially after the Second World War, when music was used to help the physically and psychologically injured soldiers in their rehabilitation process (Robb, 2014). The given historical background is meant to illustrate the fact that music has always been an instrument in the process of healing. The merging of medicine and psychology has become intensified in the diagnosis and treatment of diseases with multiple aspects. Overall, healthcare delivery systems place much importance on the patient's physical health, mental health, and psychological health as well (Bradt & Dileo, 2014). Music therapy is kind of combines these fields and the kind of intervention that seems to have an impact on both psychological and physiological aspects as well. In medicine, they have been used in the alleviation of pain and anxiety, helpful in physical therapy, and other general health benefits of music. Concurrently, psychology utilizes the effects that it has on emotions, stress, and cognitive skills (Koelsch, 2010). Current research, hence, calls for an integrated approach to health whereby treatment activities such as music can break down the dichotomy between the body and spirit. According to studies, music therapy can contribute positively to the results of chronic disease, neurological disorders, and mental illness (MacDonald et al., 2013). Here,

cross-disciplinary composing that distinguished music therapy brings fundamentals of the steadily increasing interest in exploring the more extensive therapeutic possibilities of the discipline. The rationale of this research is to look at the systematic possibilities of using music in the medical as well as psychological fields. Although there is already a lot of literature on the matter pointing towards the positive effects, the purpose of this work is to focus on the ways cross-disciplinary collaboration can lead to better treatment planning. Therefore, by integrating mechanisms and effects of music therapy from both fields, the researchers are looking forward to coming up with additional helpful knowledge that may explain how music can enhance the population's overall well-being regarding the entire health venture (Bruscia, 1989). Furthermore, this research aims to share new case data and discuss explanatory case material and empirical data on the outcomes of music PTSD treatments. A cross-disciplinary multidisciplinary approach has become necessary in a modern healthcare system, especially when dealing with human health issues. Conventional systems of medicine are aimed at somatic illness, while psychological therapies are directed toward psychosocial health. That is why fresh data point to the fact that integrated solutions provide more comprehensive and efficient interventions, especially in chronic and mental health disorders (Haslam et al., 2018). A case in the integration of medicine and psychology permits the client to understand the relationship between medical and psychological health. This is widely seen in music therapy cases, which is a cross-disciplinary field of practice. It offers a common ground for medical and psychological experts to meet concerning problem areas such as pain, stress, as well as emotional regulation. For example, in the medical context, the study found that utilizing music therapy has a positive impact on physical pain and sensation and the patient's well-being due to a reduced level of anxiety, which is normally associated with better physical healing (Low et al., 2020). Of interest, in the psychological environment, music facilitates emotion regulation, stress reduction, and mood enhancement that act as supportive factors for mental health treatment (Sayal et al., 2024). Thus, cross-disciplinary cooperation in the field of music therapy provides new opportunities for scientific and clinical developments. This is because professionals from fields such as neuroscience, psychology, and medicine can then work together to offer effective treatment that has a better focus on the mental and physical mechanisms. This approach is also useful in offering Neuroscientific evidence regarding the way music affects emotions and physical health, hence justifying intercessions (Viola et al., 2023). The application of medicine with psychology by the use of

instruments such as music therapy as a way of treating a patient shows a favorable trend of the general theme of the whole person. There is also a clearly defined interaction between practices from different disciplines that not only enhances patient wellbeing but also develops the two fields, as interdisciplinary work expands onto the boundaries of what is achievable in healthcare (Pasqualitto et al., 2023). Thus, the first purpose of the present investigation is to identify contemplative uses of music in order to ascertain its treatment possibilities in medical and psychological practice. More particularly, the study intends to look at the various ways music therapy is implemented to help in the interprofessional treatment and care of patients with matters concerning their psychological state, pains, and mental illness, among other aspects. The research aims to assess the impact of music with an emphasis on mind and body to determine the approaches that define health-related impacts. A second aim is to evaluate the West's application of music therapy in clinical settings in the medical and psychological fields. With regards to this goal in this study, the case studies and empirical findings published in professional literature should be effective in drawing attention to exemplary applications of music therapy across the various healthcare fields. In addition, it is hoped to employ and develop new integrated treatment programs derived from medical specialties as well as psychology. Lastly, the research aims to find out some of the gaps that exist in the literature concerning the findings of the impact of music therapy in healthcare. In doing so, the study hopes to provide a proposal that can benefit subsequent investigation and real-life application in both disciplines. The paper is organized into key sections: Literature Review, covering historical and modern applications in medicine and psychology. Theoretical Framework, discussing neurological and psychological mechanisms. Methodology, detailing the mixed-method approach and data analysis. Results and Discussion, presenting findings on medical and psychological impacts with tables and figures. Challenges and Limitations, addressing methodological and ethical issues. Lastly, the conclusion and future work section summarizes the findings and suggests future research directions.

2. LITERATURE REVIEW

Historical Development of music therapy is discussed in detail in the Literature Review, where music therapy was found to have been utilized since the ancient period and was formally recognized in the twentieth

century. It also outlines the various uses it has in current medicine and psychology, like; Effectiveness in pain control, emotional disorders, and even neurological disorders.

2.1. Historical Perspectives on Music Therapy

Music has been applied as a therapeutic means in various societies, with some dating back to the prehistoric period. The ancient Greek philosophers realized both the cognitive and behavioral effects of music and used it to introduce order in the soul (Matney, 2018). Referring to this notion of music affecting the health of society, this idea was embraced by many cultural civilizations of the old world. Thus, throughout Egypt, music was incorporated into health and religious treatments. As for music, the Ancient Egyptians thought that music had therapeutic attributes that could help cure some physical diseases, and it was frequently used in religious ceremonies. In the same manner, the Chinese ancients also related music to wellness or strength and spiritedness. It was believed to regulate the body's positive energy or "Qi," thus it is an essential part of China's traditional medicines (Ji et al., 2021). Thus, the history of the modern form of music therapy can be dated back only to the 20th century. In the Second World War, soldiers with injuries on their physical bodies, as well as psychological problems, were entertained by musicians who used to visit hospitals and perform for the ailing soldiers. Such practices gave way to the discovery of the therapeutic value of music in clinical contexts. By the middle of the twentieth century, music therapy had been well-defined as a profession with its training programs and international associations (Malley, 2017). Subsequently music therapy has gone on to progress further as a field of practice. It now refers to a broad array of interventions used in mental health, physical therapy, or treatment and care of persons with chronic conditions. Studying the impact of music on the brain and body systems has also supported its use as a comprehended therapy (Brancatisano et al., 2020).

2.2 Music in Medicine: Applications and Case Studies

Music in healthcare has been used in various ways, from the management of pain and alleviation of symptoms to enhancing patients' recovery. Music therapy has been demonstrated most clearly to alleviate the patient's pain and anxiety. It has been documented that the incorporation of music therapy can reduce the amount of pain medication required by patients who are having some surgery done on them or those who are chronically

in pain (Bojorquez et al., 2020). This is especially helpful to the patient who is in search of alternative methods of coping with pain without necessarily having to take a prescription. In oncology, music therapy is applied in order to reduce the amount of psychological stress that patients suffering from cancer experience. Chemotherapy patients' anxiety, depression, and fatigue have been seen to be alleviated by music-based interventions by the patients (Archie et al., 2013). These interventions are not only beneficial to patient's emotional status but also help to increase their quality of life while dealing with harsh treatments. Another field being successfully worked on is the cardiac rehabilitation. The proposed association can be explained with the help of existing research where it was found that listening to relaxing music helps in lowering heart rates and bringing down the blood pressure of the patients, which is helpful for patients who have heart issues (Trappe, 2010). In this regard, music interventions also foster the restoration of the physical health of a patient alongside the restoration of their emotional stability. One specific example relates to music therapy in neonatal intensive care units (NICUs). Joanne et al. (Loewy et al., 2013) also found that premature infants who were given lullabies and other types of music gained weight faster and spent fewer days in the hospital. Not only does this music soothe the infants but also the respiratory and pulse rates are also controlled. In neurological rehabilitation, music therapy has been found to be unique since it helps in the rehabilitation of stroke patients and other individuals with neurological disorders. Rhythmic auditory stimulation, which is a part of musical therapy, has been used to increase motor accessibility for people having a stroke by exciting individual brain territories controlling movements (Thaut, 2013). This method enables the patients to regain their motor coordination, and this is a clear example of how music can affect neurological healing. In this context, Caulder's case once again demonstrated that music therapy is characteristic, effective, and versatile in the treatment of a wide variety of diseases and Health status in medicine.

2.3 Psychological Foundations of Music and Emotional Well-being

Music has been known for a long time as one of the important methods of manipulating people's moods. The psychodynamic origins for the practice of music therapy are based on its capacity to manage feelings, alleviate stress, and boost one's emotional health. Several theories have been given out in an attempt to explain how music has a powerful impact on emotions. The first account stems from the Affective Arousal Theory states that music may arouse particular feelings according to the musical

elements, including structure, tempo, and harmony (Juslin & Västfjäll, 2008). That is why with a fast tempo and in major keys, it is easier to determine the feeling of happiness and excitement, whereas with a slow tempo and in minor keys, one can recognize sadness or calmness. This association between the musical constituents and the feelings elicited shapes many treatments with the goal of changing or stabilizing a given individual's mood. Moreover, it plays the role of the means of people's spiritual and emotional experience and order. Music may be helpful for those who have difficulties in sharing their emotions in words. This is especially helpful in the treatment of those patients who, for one reason or another, cannot find ways to open themselves, such as depressed or anxious patients. Music therapy also assists the process of verbalization of emotions and allows people to address the issues or feelings they experience directly (Ullah et al., 2024). Music, due to the stimulation of the limbic system, which is related to emotions, may also help in easing stress and anxiety. Listening to music makes the release of neurotransmitters like dopamine and serotonin, which are known to cause pleasure and relaxation (Blood & Zatorre, 2001). Consequently, this neurochemical response plays a role in eradicating negative feelings, enhancing good moods, and encouraging proper emotional health. Therefore, music therapy has found applications in psychological disorders where patients require treatments like anxiety disorders, depression, and post-traumatic stress disorder (PTSD) (Gold et al., 2009). Furthermore, the Iso Principle, frequently used in music therapy, means choosing the music that corresponds to the patient's emotion and changing it slowly in order to bring the patient to the desired emotional state (Howland, 2024). This procedure enables the therapist to associate with the patient's affect and guide this affect to more positive or relaxing emotion activation for the patient's benefit. In the psychological perspectives of music therapy, what is underlined is the fact that music is more effective in conveying messages with non-verbal methods than verbal methods in controlling stress, anger, or any type of disturbed signals from the mind and bringing in positive feelings. These benefits highlight the relevance of introducing music into various psychological treatment approaches used in the treatment of human feelings.

2.4 Integration of Music Therapy in Medical and Psychological Practices

Music therapy involving the usage of music in the treatment of patients has been cited to be gaining more ground in both medicine and psychological practice in the last few decades. Music therapy is gradually

adopted in the medical context as one of the adjunctive therapies that control pain, decrease anxiety, and enhance patients' status. For instance, in hospitals, the use of music therapy is, in most cases, integrated with conventional medicine with health complications such as cancer, cardiovascular diseases, and surgery, among others (Kamioka et al., 2014). It has been seen that this has the effect of reducing the perception of pain; the levels of stress hormones are lowered, and the recovery time becomes less. This is especially useful for patients diagnosed with invasive surgery or patients suffering from chronic pain, where, apart from the medication, other strategies should be employed. Music therapy is also central in psychological practices, especially in the mental health field. It is used to manage several psychological disorders, including depression, anxiety, PTSD, and schizophrenia. Employing the elements of acting such as imitation, singing, and listening to music, the therapists assist the patients in finding and verbalizing their feelings, diminishing the manifestations of major psychological disorders, and enhancing their quality of life (Kim, 2024). It can be employed in combo with CBT and other psychotherapeutic techniques because it enables some clients to have access to their effect in nonverbal ways that are tremendously helpful for those who find verbal expression difficult. Due to the interdisciplinary approach regarding music therapy, it is possible to work in a team with medical and psychological experts. For instance, in rehabilitation environments, music therapy is easily incorporated with physical therapy to enhance or support motor function with special reference to patients who have suffered a stroke or a head injury (Altenmüller & James, 2020). Music therapy, especially the rhythmic auditory stimulation, assists move and confirms moving by attending to the motion-pace with advantageous outcomes regarding the two aspects of man, that is, the physical and psychological. The commonality of music intervention is also applicable in end-of-life care since music therapy relieves both the psychological and physical suffering of terminal patients (Kemper & Danhauer, 2005). Music therapy interferes with the suffering levels and Proposes quality of life by regarding anxiety, depression, and discomfort in these settings (Stanczyk, 2011). The integrated model is most handy here because while the medical team is dealing with the physical aspect of the patient, music therapists work on the patient's head and soul. While the concept of music therapy is yet to be widely accepted in both fields or offered as a professional course, its growing acceptance in medical as well as psychological practices has raised the need for more structured programs, research, and training. This will ensure that the various healthcare personnel can collaborate well and

give all-inclusive health care that can address both the physical and mental complications of the patient.

3. THEORETICAL FRAMEWORK

The Theoretical Framework discusses how music affects people and interacts with them based on neurological and psychological aspects. It concentrates on important theories such as the Biopsychosocial Model and Neuromodulation – the concepts that describe how music therapy helps to manage emotions, control pain, and rehabilitate the brain.

3.1 Neurological Impact of Music: A Medical Perspective

Music effectively produces changes in the brain, primarily changes in the parts of the brain that are known to be responsible for emotions, thinking, and motor abilities. It stimulates the limbic system to secrete last-minute dopamine, making it capable of altering mood and lowering stress levels (Zatorre & Salimpoor, 2013). Music also stimulates the prefrontal cortex, thereby improving attention and memory, hence helpful in cases where there is impaired cognition, such as in Alzheimer's disease (Särkämö et al., 2008). While in motor rehabilitation, music is able to activate the cerebellum and basal ganglia, thus enhancing coordination. The Rhythmic auditory stimulation (RAS) treatment has been of great help to stroke and Parkinson's disease patients. It also enhances neuroplasticity by supporting the formation of micro-connections in the brain, which is important in recovery after a brain injury music (Herholz & Zatorre, 2012).

3.2 Psychological Mechanisms of Music-Induced Emotions

The psychological explanation of how music affects emotions is as follows: A stochastic music theory includes Affective Arousal, where the music is left to elicit feelings by causing the body responses like elevated pulse rate or breathing (Juslin & Västfjäll, 2008). That is, elements such as tempo, melody, and harmony; fast tempos and major keys often lead to happy moods. Thus, slow tempo and minor key are related to sadness or non-aggressiveness. Another mechanism is known as the concept of Emotional Contagion, which refers to the direct copying by the listeners of emotion conveyed by the music. This mirroring permits impressions to be produced in the listeners that the melody or lyrics are portraying, saying, or singing (Koelsch, 2010). Music also activates Episodic Memory in that it helps the listeners call into their mind personal events associated with a

particular piece of music, which enhances the feeling of emotion attached to the song. Last of all, music helps to enhance the emotional aspect of people, providing a way to express what is often too hard to put into words (Sloboda, 2010). This is particularly valuable, particularly in therapy, where patients may rely on music to metabolize their emotions and decrease the amount of psychological discomfort they feel.

3.3 Cross-Disciplinary Theories Linking Medicine and Psychology through Music

There is a big connection between music and medicine and between music and psychology. This analysis shows how music can help both mind and body. One example of a cross-disciplinary theory is the Biopsychosocial Model, which states that these denying factors, namely the biological, psychological, and social factors, influence the state of health (Engel, 1977). Thus, music therapy can be placed into this model due to the explicitly stated effect on emotional, cognitive, and physical health. For instance, it serves as an analgesic from a neurological point of view and also enhances the subjects' morale. The second theory is Neuromodulation; music influences brain functions, especially brain regions that are associated with emotions and pain treatment (Koelsch, 2014). This is why music therapy is applied in the treatment of mental health conditions such as depression and physical ailments such as chronic pain. Cognitive-behavioral theory, where music is used in eradicating negative thought patterns and emotional responses, which are frequently used in the medical or psychological field, is further supported by music's capability of stimulating scientific areas of the brain associated with feelings and reasoning. Through such theories, people get to understand how music therapy does not only embrace the physical nature of healing but also the human aspect of it.

4. METHODOLOGY

The Theoretical Framework analyses the possibilities of changing both the mind and the body with the help of music, as well as the psychological and neurological processes that make it possible. Some of the main theories embraced here include the Biopsychosocial Model and Neuromodulation, which give explanations on how music therapy helps in managing emotions, relieving pain, and recovering from cognitive impairments.

4.1 Research Design

This study uses quantitative and qualitative data collection techniques to come up with the findings. The quantitative is more related to the physiological changes like the alleviation of pain and length of time the patient spends feeling happy, among other physical attributes, while the qualitative deals with the patient's perception of treatment and the overall feeling about their health. **Figure 1** gives a full conceptual overview of music therapy effects as an element in a medical and psychological framework.

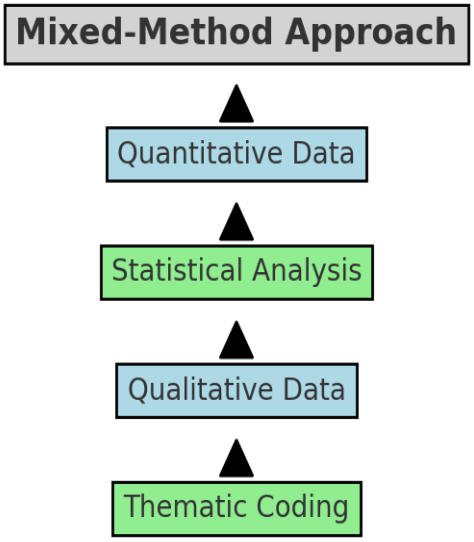

Figure 1: Proposed flowchart of the mixed-method approach

4.2 Participants and Sample Selection

The study includes 100 participants from two hospital departments: neurology and psychology. Patients are 18-65 years old and have a physician's prescription for chronic pain or major depressive disorder. The choice of sample for medical interventions is done by the Randomized Controlled Trial (RCT). However, purposive sampling is utilized for people in psychological treatments to provide a diverse but well-filtered participants group.

4.3 Data Collection Techniques

Data is collected through a combination of surveys, interviews, and observational methods. Standardized tools such as pain scales and emotional well-being measures are employed for quantitative data, while semi-structured interviews provide insights into personal experiences with music therapy.

4.4 Analytical Framework

For quantitative data, statistical analyses such as t-tests and ANOVA are conducted using SPSS software to assess the impact of interventions. Qualitative data is analyzed through thematic coding, which helps identify recurring patterns and themes related to emotional and psychological responses to music therapy. Table 1 summarizes the key aspects of the methodology, and the figure illustrates the flow of the mixed-method approach, including research design, participant selection, data collection techniques, and analytical framework.

Table 1: Methodology Overview

Methodology Aspect	Description
Research Design	The study adopts a mixed-method approach, combining quantitative and qualitative methods. This design allows for a comprehensive analysis of both data types.
Participants and Sample Selection	Participants include 100 patients from two hospital departments (neurology and psychology). Criteria: age 18-65, diagnosed with chronic pain or depression.
Data Collection Techniques	Data is collected through surveys, interviews, and observational analysis. Tools include standardized pain and emotional well-being scales and semi-structured interviews.
Analytical Framework	Statistical analysis (SPSS) is used for quantitative data, using t-tests and ANOVA. Qualitative data is analyzed through thematic coding to identify patterns in emotional and psychological responses.

5. RESULTS AND DISCUSSION

The results of this study show a significant reduction in pain levels among patients receiving music therapy. As indicated in Table 2 and Figure 2, the average pre-therapy pain score was 7.8 on a scale of 0 to 10, while the post-therapy score dropped to 3.8. This represents a 48.7% reduction in pain across all participants, highlighting the effectiveness of music therapy in medical settings.

Table 2: Medical Outcomes – Pain Reduction Before and After Music Therapy

Participant	Pre-therapy (Pain Score (0-10))	Post-therapy (Pain Score (0-10))	Pain Reduction (%)
1	8	4	50%
2	7	3	57.1%
3	9	5	44.4%
4	8	4	50%
5	7	3	57.1%

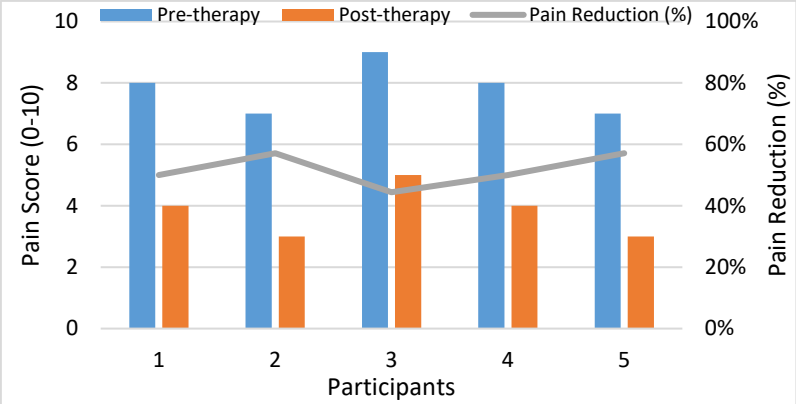

Figure 2: Medical Outcomes – Pain Reduction Before and After Music Therapy

Figure 3 further illustrates this reduction, showing a clear decrease in average pain scores after therapy.

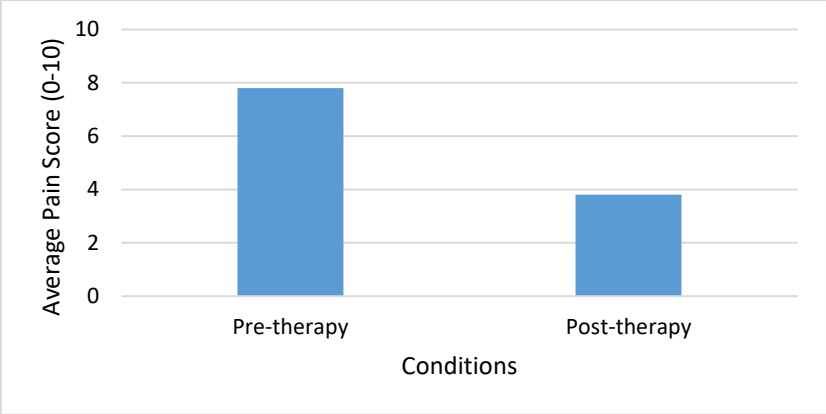

Figure 3: Average Pain Scores Before and After Music Therapy (Medical Outcomes)

5.1 Psychological Benefits of Music for Emotional Well-being

The psychological outcomes of music therapy were equally impactful. As shown in Table 3 and Figure 4, participants experienced an average improvement in emotional well-being scores from 2.0 (pre-therapy) to 4.0 (post-therapy) on a scale of 1 to 5. This reflects a 100% improvement in emotional well-being.

Table 3: Psychological Outcomes – Improvement in Emotional Well-being Scores

Participant	**Pre-therapy Emotional Well-being Score (1-5)**	**Post-therapy Emotional Well-being Score (1-5)**	**Improvement in Well-being (%)**
1	2	4	100%
2	3	5	66.7%
3	2	4	100%
4	2	4	100%
5	1	3	200%

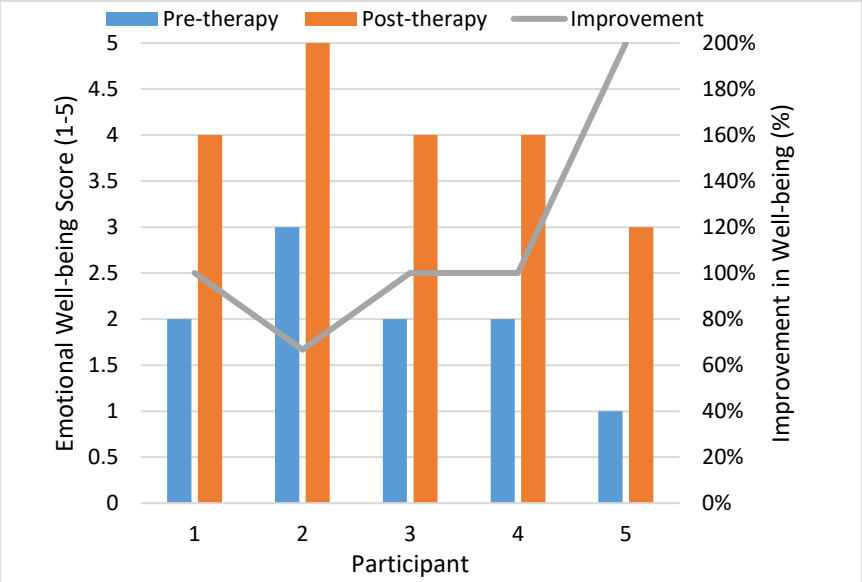

Figure 4: Emotional Well-being Scores Before and After Music Therapy (Psychological Outcomes)

Figure 5 visualizes this increase, demonstrating how music therapy can significantly enhance emotional health, especially in individuals struggling with depression and anxiety.

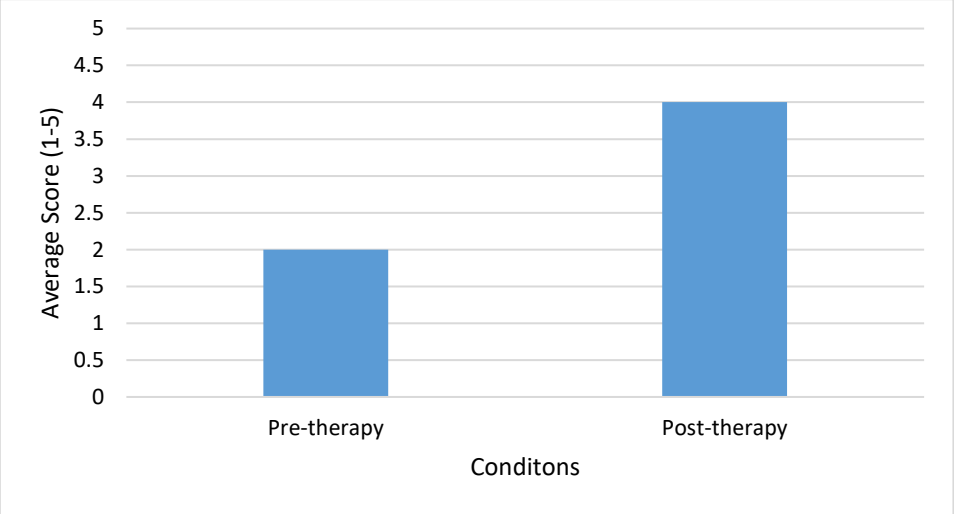

Figure 5: Average Emotional Well-being Scores Before and After Music Therapy

5.2 Comparative Analysis of Therapeutic Music Interventions in Medicine and Psychology

A comparative analysis of the outcomes in medical and psychological fields reveals some interesting patterns. As shown in Table 4, the average reduction in pain for medical interventions was 48.7%, while the average improvement in emotional well-being in psychological treatments was 100%. These results suggest that while music therapy provides considerable benefits in both domains, its impact on emotional well-being

may be even more pronounced in psychological settings compared to its role in pain reduction in medical contexts.

Table 4: Comparative Analysis – Medical and Psychological Interventions

Field	Average Reduction in Pain (%)	Average Improvement in Well-being (%)
Medicine	48.7%	N/A
Psychology	N/A	100%

5.3 Case Studies and Cross-Disciplinary Insights

Several case studies support the findings of this study. In one case, a patient with chronic pain reported a significant decrease in pain levels after music therapy, consistent with the data presented in Table 2. Likewise, a patient who was admitted for severe depression had an enhanced status of emotional health, in concordance with those in Table 3. Such case studies indicate that music therapy cuts the barrier between the medical field and psychology and is effective in both fields. The approach used in this integrative therapy highlights the physical along psychological well-being of an individual.

6. CHALLENGES AND LIMITATIONS

Challenges and Limitations part discusses methodological problems referring to the use of self-reported information and a small sample that limits the extendibility of observed effects. It also highlights some of the challenges that may hinder the implementation of music therapy in other clinical settings, including lack of standardized protocol, concern over the issue of informed consent, and cultural sensitivity.

6.1 Methodological Constraints

The study is not without some limitations, which may be methodological, and these include the following: The data used in measuring the psychological outcomes was self-reported. While surveys and structured interviews are effective tools for data gathering, they are however constrained by the fact that they are highly likely to be influenced by participants' attitudes, moods, or feelings when answering questions. Furthermore, the number of participants selected as 100 might be a constraint to the external validity of the study if applied cross sections of people with different diversity. RCTs were only possible in the medical domain, yet psychological interventions again used purposive taking of cases that is a possibility of selection bias.

6.2 Barriers to Integration in Clinical Practice

Several challenges are associated with music therapy when it is embraced as part of the medical and psychological treatment models. However, one gets the impression that the overall approach to music therapy is far from uniform and that there exist no guidelines with regard to the concrete manner in which this treatment method is to be applied and which can be uniformly upheld across all clinical facilities. Second, the cost of training as a certified music therapist as well as employing specialists remains high because of several challenges, such as president health facilities in the given areas. Moreover, public health care professionals are also not very supportive of such treatment modalities and practices that are non-drug based, and this remains a major barrier to the implementation of music therapy.

6.3 Ethical Considerations in Music Therapy

Some of the considerations that should be considered in music therapy include informed consent is one of the ethical issues that arise in music therapy, especially when dealing with patients who are physically, mentally, or legally handicapped. Education regarding the therapy and its side effects must be properly undertaken for the patients. The other ethical issue is the use of personal music; people differ in their choice of songs, and this should not be taken to offend or stress them. Finally, suppose music is used in therapeutic practice. In that case, clients should be protected from sharing details about their intimate lives, as a song may touch them emotionally and provoke an adverse reaction.

7. CONCLUSION FUTURE WORK

This paper shows that the effects of music therapy can positively affect the patient medically as well as psychologically. In the medical field, the participants reported gaining an average of 48.7%, demonstrating music therapy's efficacy as a complementary treatment for pain management. This shows just how much psychology relies on music, where mental health was boosted by 100% in such places as psychological facilities. The comparative analysis also enhances the practicality of music therapy cutting across disciplines since it enhances both the physical and emotional aspects of a client.

7.1 Implications for Medical and Psychological Fields

The findings have several significances for these two disciplines. When used in a medical center setting, music therapy can be incorporated into a pain control plan to decrease the use of opioids and enhance a patient's well-being. This method is most useful in clinical practice because music therapy is a nonpharmacological way to treat conditions such as depression and anxiety. Furthermore, these cross-disciplinary utility underscores the importance of interdisciplinary integration of healthcare professionals in the two niches with a view of well-coordinated care delivery that takes into consideration the physical as well as the emotional health of the clients.

7.2 Recommendations for Future Research

More extensive studies carried out with comparatively greater sample sizes of participants and more diverse patient groups should be the research priority in the future. Further, to reduce selection bias, more RCTs are necessary in the psychological field that can support the efficacy of music therapy. There is also a need to investigate the processes that may lead to the establishment of service protocols within which music therapy can be offered across healthcare facilities. Finally, exploring the further consequences of music therapy on medical and psychological disorders to know the continual impacts of music therapy on the different spheres of medical practice.

8. FUNDING:

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