

## **MUSIC THERAPY TO REDUCE STRESS ON STUDENTS**

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### **SUMMARY**

**Background:** Music therapy is a planned process, which is preventive in the effort to cure sufferers who experience physical, motor, social, economic and mental intelligence obstacles. This musical method is oneway to help deal with stress. Overall music can affect physically and psychologically. The benefits that are definitely felt after doing music therapy are feeling relaxed, and the body is more energetic and the mind is fre sher. Besides that, music is aunity of a collection of melodic sounds, rhythm and harmony that can evoke emotions. Music can make the mood happy or evenbring tears to your eyes. Music can also invite you to sing and dance, leading to a relaxed atmosphere. **Method:** This booklet media is used as a means of promotion to convey information to students, physiotherapists and the general public in solving related problems to reduce stress on students. **Result:** This booklet will be distributed directly to students, physiotherapists and the public. **Conclusion:** Booklet as a medium of information, communication, education on the effect of music therapy to reduce stress on students.

**Keywords:** Students, Effect of Music Therapy, Stress