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MUSIC, HEALTH, NURSING: FAMILY PERCEPTION ON THE CORAL CORNER IN CHILD DEVELOPMENT

MÚSICA, SAÚDE, ENFERMAGEM: PERCEPÇÃO FAMILIAR SOBRE O CANTO CORAL NO DESENVOLVIMENTO INFANTIL

MÚSICA, SALUD, ENFERMERÍA: PERCEPCIÓN FAMILIAR SOBRE EL CANTO EN CORO EN EL DESARROLLO INFANTIL

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ABSTRACT

Objective: to analyze the perception of the family about the use of music as a tool to promote health for the children participating in a choir. **Method:** exploratory descriptive study, with a qualitative approach, carried out with six relatives of the choristers. For the data collection, the Focal Group (FG) these were evaluated using the Content Analysis technique. **Results:** family members cited several benefits promoted by music in their children's lives, such as: greater organization and discipline; improved behavior; sociability; school performance; culture, and children's mental and physical health. **Conclusion:** music has a strong influence on the development and health of children. In this way, choral singing can be an important working tool for nurses. **Descriptors:** Health; Child; Music; Nursing.

RESUMO

Objetivo: analisar a percepção da família sobre a utilização da música como instrumento de promoção da saúde para as crianças participantes de um coral. **Método:** estudo descritivo, exploratório, de abordagem qualitativa, realizado com seis familiares dos coralistas. Para a coleta dos dados, foi utilizado o Grupo Focal (GF), e esses foram avaliados a partir da técnica de Análise de Conteúdo. **Resultados:** os familiares citaram vários benefícios promovidos pela música na vida de seus filhos, tais como: maior organização e disciplina; melhora no comportamento; na sociabilidade; no desempenho escolar; na cultura e na saúde mental e física das crianças. **Conclusão:** a música possui forte influência no desenvolvimento e saúde das crianças. Dessa forma, o canto coral pode ser um importante instrumento de trabalho para enfermeiros. **Descritores:** Saúde; Criança; Música; Enfermagem.

RESUMEN

Objetivo: analizar la percepción de la familia sobre la utilización de la música como instrumento de promoción de la salud para los niños participantes de un coro. **Método:** estudio descriptivo, exploratorio, de abordaje cualitativo, realizado con seis familiares de los corolarios. Para la recolección de los datos, se utilizó el Grupo Focal (GF), siendo analizados a partir de la técnica de Análisis de Contenido. **Resultados:** los familiares citaron varios beneficios promovidos por la música en la vida de sus hijos, tales como: mayor organización y disciplina; mejora en el comportamiento; la sociabilidad; el desempeño escolar; la cultura y la salud mental y física de los niños. **Conclusión:** la música tiene una fuerte influencia en el desarrollo y en la salud de los niños. De esta forma, el canto en coro puede ser un importante instrumento de trabajo para enfermeros. **Descriptores:** Salud; Infantil; La Música; Enfermería.

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INTRODUCTION

Throughout the evolution of the history of mankind, music has been present, operating in the most different cultures, being considered a universal language, overcoming the barriers of time and space.¹ In this sense, it is evident the strong cultural aspect that surrounds the music, which represents different peoples and their varied beliefs, customs, religions, habits and social contexts. The fact is that the human being is deeply adapted to the music, appearing objectifiable physiological responses, where music has a broad therapeutic potential.²

Music is an important resource in caring for others and also in self-care, promoting relaxation, well-being and pleasure.³ At the same time that music enables this diversity of stimuli, it can also, from its relaxing character, stimulating the absorption of information, that is, learning.¹ Thus, musical language has been pointed out as one of the most important areas of knowledge to be worked on in Early Childhood Education, alongside oral and written language, movement, visual arts, Mathematics, and the human and natural sciences.¹ In addition to this, music also plays a fundamental role in the development of children, for with musical contact the child can lose his fears and anxieties that disturb him.

In turn, the child is built by interacting with the other and with the world, where play has a fundamental role in its growth and development. When the child interacts playfully with the world, it discovers the world and itself, it organizes its interior from the experiences in its outer environment.⁴ In this sense, choral singing is an interesting musical expression that promotes social interaction of any individual, regardless of age. Some authors affirm that choral singing is a pleasurable activity capable of providing diverse effects, such as memory maintenance, externalization of emotions, strengthening of self-esteem and social conviviality, contributing to the quality of life of those involved.⁵

Since music, especially choral singing, plays an important role in promoting health and in the integral formation of the child, this article aims to:

- Analyze the perception of the family about the use of music as a health promotion tool for the children participating in a choir.

METHOD

A descriptive, exploratory, qualitative study, conducted in the West of Santa

Catarina State, Brazil, in the municipality of Chapecó, with the relatives of the participants of Encanto Charm. It is important to note that Coral Encanto was born through the actions of the extension project "Promoting the health of children and adolescents through music", developed by the Nursing course of the Federal University of the South Frontier (UFFS) since 2014. Coral Encanto integrates Approximately 45 children and adolescents enrolled in a state school in Chapecó-SC. And through the several promising results of the extension project, the research project in the same institution called "Music as an instrument for health promotion for children and adolescents: family perception" emerged, where some of the results will be presented and discussed later.

From a special invitation, the members of Coral Encanto members were invited to participate in this research, giving preference to those who were in the choir more time and for the more participatory ones in the rehearsals, as well as the presentations, being careful to schedule the Meeting at night, since most of the family members had daytime work hours.

On the day scheduled, six family members attended and, in a classroom of the school itself, the meeting, began with a brief presentation on the activities of the extension project and the need to carry out a research project about the importance of music as a promotion tool of health. In order to do so, a video was presented with presentations and essays by Coral Encanto itself and, afterwards, the objectives of the research were presented and the reading and signing of the TCLE was performed, correcting the doubts that arose. To ensure the confidentiality of their identity, the research participants were identified by musical instrument names.

Among all the methodological possibilities of a qualitative research, the Focal Group (FG) is a data collection technique, through the interaction of the participants of a group, promotes a wide problematization of the subject in question.⁶ In this case, the FG With the families of the children was composed of six mothers, with the help of a script of guiding questions about the concept of health, the music in the health of the people, the reasons for insertion and permanence of the children in Coral Encanto, as well as the effects of choral singing on children's lives and health. All the speeches of the focus group were recorded and later transcribed and analyzed using the Content Analysis technique, being a set of communication

analysis techniques, aiming to obtain, through systematic procedures and objective description of the content of the messages, the Inference about the conditions of production / reception of these messages.⁷

After the transcription of the speeches, these were organized first according to the guiding questions. Afterwards, in a more detailed analysis, the information was reorganized, thus emerging two categories: "Health and Music" and "Factors that contribute to the permanence of children in choral singing", which will be presented and discussed together in the next topic.

From these categories and subcategories, it was possible to analyze the data collected in a more organized way, searching in the current scientific production, fomenting for this study. It is also worth noting that the research in question was only carried out after the approval of the Research Ethics Committee of UFFS, with opinion number 1,290,150.

RESULTS AND DISCUSSION

The FG was characterized in a very rich moment in the exchange of experiences between the participants, as well as of information of extreme importance on the influence of the choral song in the life of the choir children and their families.

When observing the speeches of the FG participants, it was realized that they believe that music can influence the life and health of people, especially, in mental health:

It is said that those who sing their evils are astonished. Certainly, music is involved with health. The music only brings an air of inspiration, a good thing. (Guitar)

[...] and the music also brings people closer together, and this is very good, for those who have depression or have had some trauma, I think the music also snuggles. (Flute)

Most people have their lives marked by songs. Music that brings memories, people, moments, sensations, victories or difficulties [...] The fact is that music has a strong potential to provoke different feelings. Music can cause different sensations and effects in those who come into contact with it, and can cause innumerable benefits as it interacts with different human dimensions.⁸

In this way, some authors cite the benefits of music in people's health, emphasizing care for others and also self-care in promoting relaxation, well-being and the pleasure of being with oneself and with others.³ Therefore, music works in people's health, providing various benefits, such as: reducing uncomfortable sensations, favoring positive feelings, contributing to the communication

and integration of individuals, and reducing physical and mental pain.⁸

Music can contribute to the feeling of welcoming and active listening; Create a space to demonstrate emotions such as crying, anger, sadness and joy; Provide relaxation and decrease of agitation, resulting in psychological well-being.⁹ Another study also cites the contributions of music in cases of depression, anxiety and post-traumatic stress, since music activates limbic and para-limbic structures involved in creation, maintenance, and modulation of emotions in the central nervous system.²

It is interesting to highlight the speech of one of the mothers, who claimed to have depression. She recounts her experience with illness and music, saying that music "transforms," helping to overcome difficulties and health problems:

For example, I have depression, so, there are days that I'm more excited there until I sing, like that, at home [...] Music brings a lot of joy and happiness to the person, transforms know, helps to overcome even health problems. (Violin)

In addition to acting in cases of depression, the benefits of music also extend in cases of hyperactivity, decreased anxiety and shyness, which is quoted by FG participants:

[...] in the case of my son, he is electric, he never stops and the choir manages to keep him more attentive there than even in the classroom. (Clarinet)

[...] now he's become more participatory at home as well. He talks, he seems to have evolved this way. (Violin)

[...] I stopped taking her (daughter) to the psychologist because I think she's getting better with the choir. (Flute)

Attention Deficit Hyperactivity Disorder (ADHD) is a behavioral disorder that compromises at different levels the social, emotional, school and family life of the child.¹⁰ Interference in school life ends up imposing a difficulty in paying attention and learning, Because they are easily distracted, however, despite the difficulty of learning, children with hyperactivity are usually very intelligent.¹¹

It is important to note that music, especially choral singing, can become an instrument for channeling this energy and intelligence of children with ADHD. Another study shows that music can be used in the school space as a way of promoting interest, concentration, attention, sensitivity and self-control.¹²

In addition to the decreased anxiety and shyness of some children, mothers also cited the important role of music in the teaching-learning process:

[...] music makes you work your head and, working your head, I think this goes to the whole body [...] you can learn Portuguese better, better math, that organization [...]. (Trumpet)

Even at different stages of development, music can positively influence the awakening of creativity, body and artistic expressions, of imagination, of attention, of socialization, of memorization, and children's learning.¹³ This aspect cited by the interviewees shows that they recognize the Importance in music in the process of learning their children and report the changes perceived after insertion of these in the Coral Charm. In the speech, the mothers say that the children, who were shy, started to loose more, and the children more agitated, began to pay more attention. Thus, in order to meet the participants' reports, music can act in an integrating way, since children get to know each other better and get to know each other, interacting with the environment and with other colleagues.¹³

Besides the benefits in children's development and learning, music is also a way of expressing culture, being present, in many ways, in different people and at different times. Her relationship with culture was also remembered by one of the FG participants, who said she had noticed in her daughter the interest in researching and learning about Brazilian culture:

[...] she has the issue of culture, that she (daughter) comes home, she knows the name of the author of the song, who sings the song, she wants to go there and research her life. (Flute)

Music is determined by culture, but it can also be a determining factor because music teaching preserves not only culture, but also cultivates personal and social values.¹⁴ In addition to culture and the important benefits of children's learning, as discussed above, Choral singing also instigates the responsibility and discipline of children. This fact is confirmed by the statements of the relatives who perceive the choristers' concern with the rehearsals, the presentations, uniforms, letters and choreography:

It is the commitment, the responsibility [...] When you have a presentation, you have the anxiety, the care with the coral clothing. So, it is this responsibility that he (son) had not acquired, he (son) is acquiring with the choir. (Clarinet)

[...] if she (daughter) does not know the song [...] she stays singing all week long the song for Monday she knows, you see. So, it's a responsibility, it's something that encourages them. (Piano)

[...] for them (son and daughter), the choir is everything, you see. I think it's them

having a schedule responsibility of what they came for, which is already a responsibility for the child. It is already an incentive, that you encourage the child to be someone. (Piano)

In this sense, discipline is also one of the benefits of music in early childhood education. According to the author, the use of children's music in school promotes not only sensitivity to music, but also concentration, memory, socialization and self-discipline.¹⁵

In addition to these benefits, the presentations made by Encanto Encanto in the western region of the state of Santa Catarina-Brazil, also promote great joy for the choirists, being one of the main reasons that influence the permanence of the children in the project. Besides the presentations, the form of development of the essays and the integrative activities were also mentioned by the mothers, as ways of encouraging the children's stay in choral singing:

I think they like the performances very much, they like how they are treated, they like different activities, they like to leave, they like it and that is what encourages them to continue. (Guitar)

[...] that day of the gymkhana, for them it was [...] happiness. Another thing they liked was also that class that came the brother or the sister of the teacher ... They spent a week commenting "Mother, the sister of the teacher sings well, she plays that instrumen. (Piano)

[...] Here it is organized, she (daughter) said: "mother is organized. We learn the lyrics of the songs, we learn to sing, I'm going to be a singer [...] And we have a lot of presentation. " So they feel like a "star", right. And it's a reason. (Trumpet)

In fact, music is able to provide several benefits for children, as previously quoted. However, the way music is taught and its lyrics and content are essential for a positive outcome. Nowadays, in which the media offer an immense variety of rhythms and musical lyrics, it is important to rescue, in choral singing, songs that cultivate love of neighbor, teamwork, joy of living, respect for the motherland And the environment in order to contribute to the development of children.

In this aspect, the choice of songs should take into account the culture of the family and society in which the child lives, but always prioritizing the songs that are significant for their development and learning.¹³

The choice of songs and the methodology used during the trials directly influence the development of the child in and out of choral singing. This can be seen from the above statements, where relatives say that the form

of rehearsals and presentations are the main reasons why children stay in the choir. This shows that the presentations have a very strong meaning for the children participating in the Encanto Charm, and for their families, as it is a way of recognizing the work done and encouraging its continuity.

However, it is worth noting that the positive results obtained through the Encanto Charm are also consequences of family support, which prestige the presentations and support the children to attend the rehearsals. This family involvement is also quoted in the lines:

It's beautiful [...] I went that day in the South Frontier, my God of heaven, I held myself so I did not cry as exciting as it is. (Flute)

In the Center of Events was to cry not ... [...] Each encounter of corals is an emotion different from the other [...] it is a different song [...] it is they that get excited and thrill you together. (Piano)

So they feel good here, and I'm so happy, if I ever need to come to meetings or anything, I'll never stop coming to encourage them. (Piano)

[...] I encourage my child to everything. Everything I think is good, I encourage very, very, very [...] and the choir is a good thing. All that is project that the college offers [...] "tamo" participating. (Guitar)

In this way, it is worth mentioning the participation of the family, not only in the presentations, but in all the activities of Coral Encanto, remembering that the family plays a fundamental role in the development of the child. Family is extremely important for all moments and spaces in a child's life, being his first social contact and where his base of values is built.¹³ Family relationships are essential for the personal, social and ethical development of the child, influencing Also in their healthy living.³

Another study also reaffirms the importance of family relationships in the cognitive development and language development of children living in disadvantaged communities.¹⁶ Therefore, considering the reality of the community in which the children of Encanto Encanto live, which is also in unfavorable conditions, reinforces The importance of actions, as well as choral singing, that are capable of promoting the health of those involved and also contribute to the family and social life of children.

Another important aspect to be highlighted is the higher female participation, since the FG was composed only by mothers. The lack of paternal participation, in children's school activities, is an observable fact in other

situations in society, where the mother ends up taking sole responsibility for child development. However, the father's participation in the development of the child is essential, being important also in the care and growth of the children, in the financial support and help in the activities of the house.¹⁷ The father figure has already assumed different positions in society when the children were considered As their properties, or when the parents were responsible only for the financial support of the family. However, this stigma of paternal presence is changing, due to cultural, social and family changes.¹⁸

In this sense, it was noticed through the statements of the participants of the research that the families have supported the continuity of the children in Coral Encanto, attending meetings and prescribing the presentations whenever possible. This is essential to produce positive results in the lives and health of children and their families. In this way, children's choir becomes an important tool to promote the health of children and their families and community.³

In addition to clearly perceiving the benefits of music in their children's lives, families also understood, during discussions of FG subjects, the relationship between Nursing and music. Interestingly, during the FG, a question was raised by one of the participants:

What does Coral Nursing have to do with it? (Guitar)

The answer to this question was immediately presented by the family members themselves, who recognized the importance of the use of music as a tool to promote health, understanding the relationship between Nursing and music. In this aspect, the nurse professional is highlighted, which has a strong commitment to the health promotion of the population of its territory. Nursing, given its four dimensions of action (assistance, research, teaching and management), must be constantly updated and in search of alternative measures to raise awareness about their health.

Some authors also point out the need to overcome the biomedical and disease-centered model that still insists on acting in health actions, seeking to innovate and plan strategies that involve individuals in order to contribute to the healthy living of the community.¹⁹ In this perspective, the Study shows that music, through choral singing, can be a great working tool for nurses and other health professionals, in favor of promoting

health not only for children, but for a whole community.

The importance of the training of these professionals for the correct use of music is emphasized, since this needs to be worked with coherence and knowledge. In this sense, it is necessary to educate the professionals themselves, since lifelong education, through reflections on work practices, will result in an improvement in the quality of care.²⁰

CONCLUSION

The music acts in aspects essential for the integral and healthy development of a child. In this research, it was evidenced that music, through choral singing, is capable of acting in the organization, commitment, behavior, sociability and in the mental and physical health of choristers. In addition to the direct benefits to children, choral singing also promotes indirect benefits to their families, especially in relation to mental health and family life. It was also noted that choral singing can be an important working tool for nurses and other professionals in the area in order to promote the health of a population that requires innovation, creativity and commitment to the community.

And because it is an innovative instrument in the health area, there is little literature that deals with music in the promotion of people's health. Thus, the lack of scientific studies contemplating this theme was characterized as a challenge for the construction of this article. But, at the same time, it also instigates action in the community, using music, through choral singing or other modalities, to promote citizenship, culture and the health of the population. In the same way, it also stimulates and suggests a greater literary production of studies that scientifically prove the use of music in the scope of health promotion.

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