



## THE ROLE OF MUSIC AND PLAY FOR HEALTH ACADEMICS: THE AESTHETIC-PHENOMENOLOGICAL APPROACH

### O PAPEL DA MÚSICA E DO LÚDICO PARA ACADÊMICOS DA SAÚDE: ABORDAGEM ESTÉTICO-FENOMENOLÓGICA

### EL PAPEL DE LA MÚSICA Y DEL LÚDICO PARA ACADÉMICOS: ABORDAJE ESTÉTICA - FENOMENOLÓGICA

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#### ABSTRACT

**Objective:** to understand the role of musical and play activities for students in the health field. **Method:** a descriptive study, based on the qualitative approach and on the Phenomenology of Perception, by Maurice Merleau-Ponty, and in Aesthetic Education, by Shiller, based on a Public University Hospital of Niterói (RJ), Brazil, and, as participants, ten students of Boa Noite Bom Dia extension program. Data collection will be done through an open interview. Data analysis will be carried out by categorizing data interpreted in the light of Maurice Merleau-Ponty's Phenomenology, and Shiller's Aesthetic Education. **Expected results:** this study, is expected to bring a new perspective to educational health research and to use play and musical activities as an awareness tool. **Descriptors:** Humanization of Assistance; Music; Education; Esthetics.

#### RESUMO

**Objetivo:** compreender o papel das atividades musicais e lúdicas para os estudantes do campo da saúde. **Método:** estudo descritivo, pautado na abordagem qualitativa e na Fenomenologia da Percepção, de Maurice Merleau-Ponty, e na Educação Estética, de Shiller, tendo como cenário um Hospital Público Universitário de Niterói (RJ), Brasil, e, como participantes, dez alunos integrantes do programa de extensão Boa Noite Bom Dia. A coleta de dados será feita por meio de entrevista aberta. A análise dos dados será realizada através da categorização dos dados interpretados à luz da Fenomenologia, de Maurice Merleau-Ponty, e da Educação Estética, de Shiller. **Resultados esperados:** espera-se, com este estudo, trazer uma nova perspectiva para a pesquisa educacional em saúde e utilizar as atividades lúdicas e musicais como instrumento de sensibilização. **Descritores:** Humanização da Assistência; Música; Educação; Estética.

#### RESUMEN

**Objetivo:** para entender el papel de las actividades musicales y recreativas para los estudiantes en el campo de la salud. **Método:** estudio descriptivo, basado en un enfoque cualitativo y Fenomenológico de Percepción, de Maurice Merleau-Ponty, y en la Educación Estética, de Shiller, en el contexto de un hospital público universitario de Niterói (RJ), Brasil, y, como participantes, diez estudiantes miembros del programa Buenas Noches Buenos Días. La recolección de datos se hará a través de entrevistas abiertas. El análisis de datos se hará por categorizar los datos interpretados a la luz de la fenomenología, de Maurice Merleau-Ponty y Educación Estética, de Shiller. **Resultados esperados:** se espera, con este estudio, traer una nueva perspectiva a la investigación de la salud educativa y utilizar el juego y las actividades musicales como herramienta de sensibilización. **Descriptores:** Humanización de la Atención; Música; Educación; Estética.

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INTRODUCTION

This study is justified, based on the National Humanization Policy (NHP), created by the Ministry of Health (MH), in 2003. The NHP seeks to transform labor relations by broadening the degree of contact and communication between people and groups, taking them out of isolation and hierarchical power relations.<sup>1</sup> In this way, because it is a project that seeks to sensitize participants to the human issues that permeate the health-disease process, it was necessary to support it In this policy. In addition to this, the diversity of strategies, the complexity of relationships and the different dimensions of health and life of people addressed in health promotion impose a political and methodological challenge for the conduct of evaluation processes in this field of action.<sup>2</sup> The process of implementing the national humanization policy, progress and setbacks have been observed.

Since its inception, the policy has provided an awakening for all professionals involved in the health area. However, there have been many gaps that have led several health researchers, in the search for fulfillment, towards a true understanding of this topic. Regarding the problems faced in the current health scenario, which the Ministry of Health's National Humanization Policy proposes to address, are the fragmentation of the work process and the relationships among the different professionals, the precarious interaction in the teams and unpreparedness to deal with the subjective dimension in care practices, and a model of care, centered on the complaint-behavior relationship.<sup>3</sup>

By means of the above, it is possible to perceive that there is a great crisis in health. The origin of this crisis is also in poor professional training. That is why it becomes necessary to return to the discussion of curricular reforms in health. It is based on these questions that this work arises with the proposal to use play and musical activities as mediator of the teaching-learning process. Knowledge generated from play activity can be transported into the realm of reality, characterizing transcendence.<sup>4</sup> Music and play activities contribute significantly, to Health Education. Using music and play is a great challenge, but it is also a challenge. Brings a new perspective to educational health research. This challenge will serve to cause, sensitize, impact, and make the one who acts be touched, shaped by this differentiated teaching-learning process.

OBJECTIVE

- To understand the role of musical and play activities for students in the health field.

METHOD

Field research, descriptive, qualitative approach. The research scenario will be the University Hospital Antônio Pedro. Data collection will be done through an open interview, in the months of March and April 2016. It is considered phenomenological for bringing a guiding question, guided by script, seeking to learn from the narrative and the actions.

Participants will be interviewed students, members of the Boa Noite Bom Dia UFF program, having as inclusion criteria, being academics of the health field of the UFF, and, as exclusion criteria, they are not attending the last year of the undergraduate course. The script of the interview will consist of the question: which are, for you, the play and musical activities, considering your training in health? The selection of the research participants will be made according to the criteria of inclusion and exclusion. Students will be selected to sign the Free and Informed Consent Term, in agreement with the participation in the research.

The analysis of the statements obtained will be done through the categorization of the data, interpreted in the light of Maurice Merleau-Ponty's Phenomenology, seeking to identify the invariant nucleus of the interviewees' speeches. The categorization of the data will follow the steps of Giorgi's methodological proposal. The research was submitted to the Research Ethics Committee of Hospital Universitário Antônio Pedro, CAAE 45480715.8.0000.5243.

EXPECTED RESULTS

This study, is expected to show a new perspective for educational health research and to use play and musical activities as an awareness tool. Using music and play is a great challenge, it will serve to cause, sensitize, impact, and make the one who acts be touched, shaped by this differentiated teaching-learning process. The one who acts in this study is both what teaches and what is taught, and transmits this learning to the other, thus, forming a web of relationships. In the web of relationships, the being-in-the-world, the phenomenological body of this being will be observed, and the relationships that will be established in this process.<sup>5</sup>

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