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APPLICATION AND EXPERIMENTATION OF ARTISTIC- MUSIC LANGUAGE AS ALTERNATIVE THERAPEUTIC PROCEDURE FOR INDIVIDUALS DIAGNOSED WITH ALZHEIMER'S PATHOLOGICAL CONDITION

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Abstract: With the increasing life expectancy, the number of individuals diagnosed with Alzheimer's, a progressive degenerative disease that causes linguistic, mental and social deficiencies in individuals, has increased. In view of the non-availability of drug treatment to the whole society, it is urgent to identify and make viable alternative treatment measures. Thus, the research aims, mainly, to prove the effectiveness of the application of artistic-musical language for therapeutic purposes in patients with Alzheimer's. For this, also, the properties inherent to the musical resources that enable their use in the treatment of the consequences of the disease will be analyzed. Furthermore, in the field phase of the study, the resonances provided by this employment will be mapped and categorized. Data for such procedures will be collected through bibliographic research and the application of music therapy by the researchers. Therefore, the methodology is seen as qualitative, ethnographic in nature and characterized as action research, as the researchers will be intrinsically related to the process. The research locus is Abrigo Nosso Lar, a philanthropic institution in Vitória da Conquista that provides housing and medical care to the elderly, housing forty-three individuals, six of whom are eligible for the position of research subject. The expected results are based on the significant improvement in the subjects' lifestyle, thus attesting to the effectiveness of this treatment. Furthermore, the preliminary results are mainly based on the ease of negotiation with the research locus, a fact that reveals the essentiality of intervention in this context. Finally, it is hoped, therefore, to make this therapeutic alternative visible to the community and, at the same time, to collaborate for its dissemination.

Keywords: *Alzheimer.* Artistic-Musical Language. Seniors.

INTRODUCTION

It is known that, since the beginning, music has accompanied humanity, predating language itself and agriculture (LEVITIN, 2008 apud ROCHA; BOGGIO, 2013, p. 132). Over the years, however, new possibilities for the use of this resource were originated, concomitantly, with the process of human development, such as music therapy, object of the presented study, which is defined as the use of music in procedures that aim at the development and /or restoration of functions intrinsic to man's behavior in society. (WORLD FEDERATION OF MUSIC THERAPY, 2011, our translation).

In addition, the significant increase in the quality of life over the years, as argued by Cramês (2012, p. 1), aging, despite being a great success for humanity, has also become a significant challenge, due to its resonances in the economic, social and political contexts. Thus, it is noted that there is also, as a consequence, an increase in the rate of Alzheimer's neurodegenerative disease, since the greatest known risk factor is increasing age, with most people conditioned with the pathology present in the same age group. aged 65 and over (ALZHEIMER'S ASSOCIATION, 2018, our translation).

According to data that were published in an article in the Brazilian Journal of Epidemiology, containing analyzes by researchers from the Federal University of Rio Grande do Sul (UFRGS), Federal University of Pelotas (UFPe) and University of Queensland, in Australia, the existence of an epidemiological scenario in which an increase of 127% in the proportion of Brazilians with Alzheimer's was recorded in three decades (FETER et al., 2021, p. 9), thus proving Cramês' thesis.

In addition, with regard to access and democratization of drugs prescribed to combat the pathology, concrete data in the public domain at the national level were not

made explicit. The only state in which there is a study aimed at drug influx is Minas Gerais, pointing out the difficulties reported by 165 patients with the pathological condition, chosen at random and listing the obstacles with geographic accessibility, accommodation and the user's purchasing capacity. Thus, making an almost unprecedented research, due to the tireless search of the researchers with regard to the investigation of these data at national, state and regional levels, agglomerating gaps in the consulted bibliographic platforms.

This research is, therefore, primarily motivated by the interest in examining the resonances provided by the applicability of music therapy in a subject with the degenerative neurological condition of Alzheimer, characterized by being a form of presentation of dementia that affects beyond memory, thinking and behavior (ALZHEIMER'S ASSOCIATION, 2018, our translation), which, according to the Ministry of Health, affects about 11.5% of Brazil's growing elderly population (BRASIL, 2019).

The concern for the development of this study comes mainly from the impetus to make visible, in the local community, the possibility of applying a resource inherent to human daily life to address an issue that is directly related to the functioning of neural structures related to cognition. human, since there is a significant scarcity of national studies that deal specifically with the resonances that music evokes in the complex and developed mind of man and how it can be used in order to guarantee the promotion of health.

Therefore, the question is: in what ways is the application of artistic-musical language regarding the therapeutic procedure of patients with the pathological condition of Alzheimer's, in fact, effective?

That said, the general objective of the research is how to experiment and prove the effectiveness of processes that involve the

application of artistic-musical language for therapeutic purposes of patients with the pathological condition of Alzheimer's. To this end, specifically, the objective is (i) to analyze the properties inherent to musical resources that allow their use in therapeutic procedures of the consequences generated through the complications of Alzheimer's in the individual, in addition to (ii) mapping and categorizing the resonances provided by the use of music in the treatment of an individual who has the disease, as well as the structure in which this process takes place.

Therefore, for the proposal to continue in execution and with coherence, it is essential that the members of LinTec1 remain committed, demonstrating dedication to the project, aiming to effectively apply these procedures, which involve the artistic-musical language in individuals with Alzheimer's, in the research locus, Abrigo Nosso Lar, and, from that, to analyze the resonances raised by this process.

METHODOLOGY

The research will be qualitative, as there will be observations and behavioral analyzes from the direct application of artistic-musical language with people with *Alzheimer's* pathology. The collation, recording and analysis of the results promoted during the development of the research will be developed with the production of reports, as a result, the qualitative methodology research is the best choice, because:

Qualitative research works with the universe of meanings, motives, aspirations, beliefs, values and attitudes, which corresponds to a deeper space of relationships, processes and phenomena that cannot be reduced to the operationalization of variables (MINAYO, 2001, p. 21).

The choice of action research as a method, which also composes the methodological paths, was due to the choice and prioritization

of the researchers' interaction with the research subjects, favored by this type of research. Thus, it becomes essential when considering the objective of intimately perceiving the relationship established by the application of artistic-musical language and the resonances raised in the subjects.

Action research is a type of empirically based social research that is conceived and carried out in close association with an action or the resolution of a collective problem and in which researchers and participants representing the situation or problem are involved in a different way. cooperative or participatory (THIOLENT, 1997, p. 14).

The preference for the ethnographic nature, in turn, is characterized by the indispensable relevance of observing the effects, promoted through the application of the methodological procedure of action research, on the subjects included in the research.

Ethnography is a process guided mainly by the ethnographer's questioning sense. Thus, the use of ethnographic techniques and procedures does not follow rigid or predetermined standards, but rather the sense that the ethnographer develops from fieldwork in the social context of the research. (MATTOS, 2011, p. 50).

The choice of exploratory research is based on the need to question secondary sources, which are based on bibliographic, documentary and statistical surveys.

The main objective of exploratory research is to help understand the problem faced by the researcher. Exploratory research is used in cases where it is necessary to define the problem more precisely, identify relevant courses of action, or obtain additional data before an approach can be developed. The required information is defined only at random at this stage and the research process adopted is flexible and unstructured. (MALHOTRA, 2001, p. 105).

Regarding the research instruments, a music therapy method is a particular type

of musical experience in which the client engages for therapeutic purposes (BRUSCIA, 2000, p.123). In light of this definition, the world scenario presents music therapy methods with particularities that expand the field of work of the music therapist depending on the context and the pathology that will be treated. Thus, in order to record, in detail, the post-application results, it is necessary to collect data directly. For that, the receptive perspective of music therapy was chosen by the group, based on the music therapy path of Bruscia, which is configured as the most used in Brazilian territory.

Bruscia (2000) separated the main types of musical experiences and transformed music making into therapeutic potential, determining the four types of musical experiences: improvisation, performance (or recreation), composition and listening. Thus, in an active way by the researchers and passively by the subjects, the artistic-musical application in the auditory technique will occur, with a repertoire centered on songs that the research individuals are already familiar with, granted by the locus, with processes of addition and alteration of tracks proposed by the researchers who, based on action research, will carry out the applications.

For the collection and generation of data, audiovisual recordings will also be carried out in order to analyze the posture and reactions of the elderly in relation to the physical stimuli raised by the application of therapeutic procedures involving music. Since, according to Erick (2013, p. 13), the questions are answered through observation and long-term participation of the researchers and, in most of them, through recording, either in audio or video. Thus, it is essential to apply this technique with regard to the development of ethnographic research.

Furthermore, discursive questionnaires

will also be used (such instruments will be improved during the field phase of the research, according to the first analyzes developed by the researchers of the data fostered at the beginning of the process) with the responsible professionals, to identify the differences, positive and/or negative, evidenced in the daily lives of individuals. According to Cervo and Bervian (2002, p.48), the questionnaire is the most used way to collate data, as it makes it possible to find out exactly what you want. Furthermore, according to the aforementioned authors, the essentiality of the impersonal approach in the preparation of the instrument is also evident, to ensure the establishment of a uniform conjuncture in the evaluation of different scenarios.

In addition, another means that is part of the methodological instruments chosen is based on the interview(s), which will be transcribed according to academic requirements, whose scope(s) are directly directed at the problem¹, lexical perspective originating from German psychology, which determines a way of delving into the processes related to data collection in the course of research development, from the application of a specific guide for it (FLICK, 2009, p. 154). Thus, he remembers the semi-structured form of this procedure to apply it, to the research subjects, in the best possible way in order to collect the desired data. This type of interview is based on three central criteria, which are based on:

Problem-centeredness (ie, the researcher's orientation to a relevant social problem); object orientation (ie, that methods are developed or modified with respect to a research object); and, finally, process orientation in the research process and in the understanding of the research object. (FLICK, 2009, p.154, author's emphasis).

Therefore, it appears that this interview model allows researchers to collect important

¹ In this context, there is a problem not as a pejorative lexical item, but with its definition inserted in a perspective of the science of German psychology (ROCHA, 2018).

data with a smaller number of questions, in the sense that the topics are essential and relevant to reach the answers necessary to support the researcher in what is proposed (ROCK, 2018).

In addition, another tool that is useful, at this juncture, is the field diary, as it provides the recording of impressions of the researcher(s) regarding the aspects observed in the qualitative and ethnographic analysis of the evidenced scenarios. Such instruments present extensive and detailed descriptions that can be organized and separated according to criteria such as themes, research problems or even methodological or theoretical categories (MONTERO, 2006, p. 302-303). In these media, researchers will record whatever is necessary in order to add impressions that are relevant to the context.

Finally, there is also that the information collected will go through the process of data triangulation, since, with regard to the panorama of analysis, according to Marcondes and Brisola (2012, p. 3), the use of this technique conjectures distinct perspectives that are dialectically articulated, providing the existence of a broader perception regarding the object of study and the unity between the theoretical and empirical aspects.

Therefore, this process applied to the information gathered by the analysis of the audiovisual recordings, answers to the questionnaires and transcripts of the interviews, plus the impressions recorded by the researchers in the field diary, will provide the establishment of a deeper and broader understanding inherent to the conjuncture(s) visualized in relation to the course of the research development.

The research universe consists of the residents and collaborators of Abrigo Nosso Lar, a philanthropic institution located in the municipality of Vitória da Conquista, founded in 1951 by the Spiritist Union of Vitória da Conquista and registered in 1954,

where 44 elderly people live and 43 employees work, among which are doctors, caregivers, coordinators, nurses and psychologists. There are also volunteers who interact at the research locus.

Among which, 45 individuals were elected as research subjects: 6 elderly residents of the research locus who have the pathological condition of Alzheimer's, 16 doctors, 4 psychologists, 2 coordinators and 23 caregivers who work at Abrigo Nosso Lar voluntarily.

Therefore, it is essential that the methodological procedures are applied together, in order to ensure the effective and productive development of the research.

RESULTS

As it is a research project and is in the phase of ethical appreciation, it is expected to find results that ratify the positive resonances of the application of artistic-musical language, as a therapeutic alternative to drug treatment in relation to individuals diagnosed with the pathological condition. of Alzheimer's, observed in the bibliographic analysis, in order to prove the effectiveness of its use in this context.

In addition, it is hoped that, from this, this treatment measure, unconventional and little discussed in national scientific studies, a factor that, according to Barcellos and Santos (2021, p. 31), makes the growth of the reach of music therapy in women difficult. country, can become visible in Brazilian society, in view of the growing number of individuals identified with the disease.

This way, it is also expected that the objective of the study of collaborating with the community can be achieved, and, thus, the way and quality of life of these people, from the inclusion of this measure in their daily lives, will be significantly improved.

Therefore, the preliminary results are based on the ease that was observed during

the process of communication with those responsible for the research locus, a fact that not only reveals the fundamentality of an interventional action at this juncture, but also the significant urgency with which she is attached.

CONCLUSION

After the experimentation and application of artistic-musical language in the six individuals diagnosed with Alzheimer's residents of Abrigo Nosso Lar, it is expected to prove positive and favorable resonances raised by this process, since it is assumed that music is a resource used, many sometimes, in a banal way in the daily life of a large part

of society, in processes that promote benefits to self-expression, individual and collective, to communication and to physical, mental and spiritual well-being (DARNLEY-SMITH; PATEY, 2003, p. 10, our translation), and, this way, it will not cause disruptions in the routine that are harmful to the quality of life.

Finally, from the diffusion of this new point of view in relation to it, its use can be applied, by the community, in a more targeted way, providing to the social portion diagnosed with Alzheimer, not only a moment of leisure, but also a significant improvement in their daily lives, positively affecting the quality of life of these elderly people.

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