

Establishing Music Therapy as an Alternative to Reducing Compassion Fatigue among Health Workers

Dwi Sri Rahayu;^{1,2}  Adi Atmoko;¹ M. Muslihati;¹ Arbin Janu Setyowati;¹ Fransisca Mudjijanti²

1. Universitas Negeri Malang, Indonesia
2. Universitas Katolik Widya Mandala Surabaya, Indonesia

Correspondence:

Dwi Sri Rahayu Universitas Negeri Malang
Guidance and Counseling
Jl. Semarang No.5, Sumbersari, Kec
Lowokwaru Malang 65145 Indonesia
E-mail: dwi.sri.2201119@students.um.ac.id

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Abstract

Compassion fatigue is a condition that occurs in individuals who are continuously involved in providing care or emotional support to others who are experiencing suffering or difficulties. This condition can affect the physical, emotional, and psychological well-being of health professionals. The results of a literature review show that music therapy can effectively reduce stress levels, emotional exhaustion, and burnout symptoms associated with compassion fatigue. This article proposes the use of music therapy as an effective alternative to reduce compassion fatigue.

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Dear Editors,

The most recent article “Interventional Effect of Music Therapy on Mental and Psychological Diseases of Legal Scholars” is a fascinating article. The article made clear that the treatment is successful in treating mental and psychological disorders.¹ Mental health issues can impact people from all walks of life, including legal scholars and health workers. The problem of mental health among health workers and their coping mechanisms necessitates a thorough examination. The study of music therapy is intriguing because it possesses several characteristics that make it a universal, distinct, and effective therapeutic approach. In light of this, music therapy is advised for addressing mental health conditions, including compassion fatigue.

Music therapy is the use of all musical elements by a qualified therapist to meet the physical, emotional, mental, social, and cognitive needs of the patient receiving therapy.² Compassion fatigue is a psychological effect that occurs when individuals are emotionally involved in providing care or assistance to others who are suffering, experienced trauma, or having difficulties.³ This can affect the physical, emotional, and psychological well-being of individuals and the quality of care provided.⁴ Compassion fatigue can be overcome by listening to music. Because music is the language of emotions,⁵ it has the unique ability to affect mood, reduce stress, and promote relaxation and emotional well-being.⁶

For mental health recovery, music therapy has been proven effective. Music therapy is an innovative technique that can be used to alleviate stress,⁷ burnout,⁸ anxiety, and depression,⁹ and enhance psychological well-being.¹⁰ All of these symptoms will be experienced by those suffering from compassion fatigue. They could experience feelings of sadness, anxiety, depression, nightmares, difficulty sleeping, dizziness, daily activity disruption, obsession, and withdrawal from the environment.¹¹ It is anticipated that music therapy will be able to alter the psychological dynamics of individuals with compassion fatigue.

The implementation of music therapy consists of three phases: (1) evaluating and mapping needs to determine the nature of compassion fatigue; (2) implementing music therapy by singing, playing musical instruments, listening to music, or improvising; and (3) re-evaluating the level of compassion fatigue. This is used to assess the efficacy of the music therapy approach employed and, if necessary, to modify the planning and execution of music therapy sessions.¹²

In a broader sense, music therapy can be used holistically to restore mental health, because music is a universal language¹³ that people of all cultures, backgrounds, and ages can understand and appreciate. Therefore, music therapy is accessible and enjoyable to nearly everyone, including those with limited verbal communication.¹⁴ Considering that music

therapy can have a positive effect on the well-being and quality of life of health workers by helping them deal with stress, improving emotional balance, and increasing interaction with patients and co-workers, it is strongly recommended that health institutions pay

more attention to the mental health of the health workers under their supervision by incorporating music therapy into their work program. Consider inviting qualified music therapists to collaborate with mental health professionals.

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