

Music Therapy for the Treatment of Patients With COVID-19 *Psychopathological Problems Intervention and Well-Being Improvement*

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To the Editor:

Nowadays, it is noted that patients affected by COVID-19 are increasing in various countries.¹ It has resulted in many people experiencing multiple psychopathological problems, such as anxiety, fear, depression, and stress.^{2,3} This psychological problem also turns out to be experienced by COVID-19 patients when they have to be treated in a hospital or outpatient at home.⁴ Many of them experience low self-esteem, feel guilty, feel hopeless, and feel helpless.⁵ Psychologically, this can make their lives even more unhappy and will have an even more impact on their health because their immunity eventually decreases.⁶

According to Herbert and Cohen,⁷ a healthy body always starts with a healthy psyche. From the past until now, there have been many studies explaining that there is a simple and inexpensive therapy, namely, through music.^{8–12} Music has been shown to reduce anxiety, fear, depression, and stress.¹³ In addition, music has been shown to increase feelings of happiness and well-being.¹⁴

Based on this, practitioners in health (nurses, doctors, and counselors/psychologists in hospitals) should start using music as an alternative intervention to intervene in psychopathological problems and improve well-being. There are several things that can be done to help COVID-19 patients in this regard:

1. Play sedative music in their room

Nurses, doctors, and counselors/psychologists at hospitals can play sedative music in the treatment rooms for COVID-19 patients to feel calmer and sleep well. In addition, sedative music is very useful for refreshing the body when patients wake up from sleep.

2. Invite them to sing a song that they love

Nurses, doctors, and counselors/psychologists at the hospital can invite them to sing a song that they love. That is a form of active music therapy. In this way, patients can increase their happiness and well-being.

3. Invite them to watch a music video

Nurses, doctors, and counselors/psychologists at hospitals or families can invite them to watch music videos through their gadgets. This activity can be done simultaneously for the second point, inviting them to sing the song they like.

These are tips that nurses, doctors, and counselors/psychologists at hospitals can do to intervene in psychopathological problems and improve the well-being of COVID-19 patients. Hopefully, this article can be an input for health professionals in helping COVID-19 patients around the world.

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