

MUSIC THERAPY AND VIDEO TRAINING AS METHODS OF DEVELOPMENT OF INTELLECTUAL ABILITIES OF 5-7 YEAR-OLD CHILDREN

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Background

Modern research in the field of psychology of music shows us that listening to the music influences on general child's development, on the processes of emotional sphere forming or intellectual sphere developing.

Aims

The main aim of our research was to figure out the influence of music therapy and video training on the development of intellectual abilities and intellectual operations of 5-7 year-old children. 30 children took part in the research (15 – correctional group and 15 – control group). The research was conducted in 2001-2002, Minsk, Belarus, kindergarten < 5.

Method

During the research *Edinburgh Pictures Test* was used to find out the level of development of intellectual abilities (before and after music therapy) and as therapeutic methods *films «Baby Mozart» and «Baby Bach»* were used. The statistical analysis was carried out in STATISTICA (Wilcoxon Test).

Results

As a result we find out that in correctional group, intellectual abilities' levels were $IQ_{med} = 113,2 \pm 10,09$ (before therapy) and $IQ_{med} = 118,4 \pm 9,08$ (after therapy). So, among 15 children – 14 showed the growth of intellectual abilities. We found positive changes ($T=11$, $p=0,005$). In the control group intellectual abilities' levels were $IQ_{med} = 97,27 \pm 7,23$ (first test) and $IQ_{med} = 99,93 \pm 9,15$ (retest). Among children in the control group the range of the results was wider, so we didn't find the positive change ($T=40$, $p=0,25$).

Conclusions

Our data allow us to make a conclusion that music therapy and video training give positive results. So, they can be applied in the kindergartens for the development of intellectual abilities of children alongside traditional developing exercises.