SUGGESTIONS FOR FURTHER STUDY

In the present research work, only certain parameters of Music and Psychology were studied. It is advisable to study the effects of different ragas, different Bandishis of the ragas rendered in different layas by different artists and on different instruments. The effects of different songs in Bhakti-Sangeet and film Music can be studied. Thus a specific schedule for music therapy sessions could be evolved to use music as a therapy in depressed patients. It may eventually be possible to generalize a specific music for depression to a certain extent.

In the Western countries, music therapists are using different methods and techniques such as group therapy and active participation of the patients during music therapy sessions. The therapist could explore his skills by using different techniques, such as asking the patient to sing or play different musical instruments during music sessions or interacting with other patients in a group through music.

In this research work, the effects of music in certain psychological aspects were studied for depressed patients. One can study the effects of music in physiological aspects using modern equipments and techniques, which would help in standardization of the method and in measuring the therapeutic effects of music.

The research work to develop a scale to measure the therapeutic effects of music on depressed patients is advisable.

Further research is essential to investigate the effectiveness of Indian music on certain neurological and psychiatric problems – for example, the study of the effects of music on different areas of human brain and the perception of music in the brain, it could lead to a new approach in treatment of neurological problems.