

# Zeneterápiás jellegű beavatkozás hatásvizsgálata asztmás gyermekeknél

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## **Abstract**

Asthma represents a major health problem in the entire world. Music has the capacity to affect physical, emotional, and behavioral change. It also has the ability to move us in ways that are not clearly quantifiable. The research had as a prime objective the experimental verification of the efficiency of a musictherapeutic intervention in the case of asthmatic school-aged children. We had three main aims to achieve during this program: strengthen of self-esteem, reduction of anxiety and the development of the emotional self-expression, these being the psychic characteristics that could create more health problems. At the end of the intervention there were much better results in the secondary application of the projective tests that were especially created for children (Fairy Tale Test, Picture Frustration Test). The hypotheses of the research were partially demonstrated through the expected change of some of the evaluated factors as well as through the great difference of the level of indicators from the group research and the control one. At the end of the program there was also an amelioration of the symptoms but we believe that for the procurement of some permanent results this intervention should still continue.

## **Keywords**

asthma, music therapy, self-esteem, anxiety, emotional self-expression, school-aged children