



**FACULTY OF MUSIC
UNIVERSITI TEKNOLOGI MARA**

**MUF655
RESEARCH PROJECT**

**THERAPEUTIC DRUMMING: CURE FOR PHYSICAL,
MENTAL AND SOCIAL AILMENTS**

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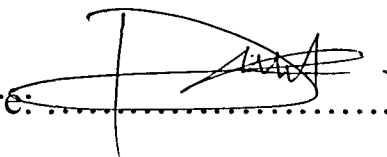
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AUTHOR'S DECLARATION

I hereby declare that the work in this project is my own except for quotations and summaries which have been duly acknowledged. The project has not been accepted for any degree and is not concurrently submitted for award of other degree.

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Abstract

This research presents the use of therapeutic drumming as an effective, less risky intervention designed as a complementary method in healing physical, mental and social ailments. Therapeutic drumming has demonstrated effectiveness in reducing physical pain, decreasing anxiety and increasing relaxation. In addition, therapeutic drumming has been used as a method which can help in reducing social issues. This research will look in depth about how therapeutic drumming can be a cure for physical, mental and social ailments, the methods used in therapeutic drumming and also the comparisons between therapeutic drumming and the conventional methods for curing such ailments.

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