

UNIVERSITI TEKNOLOGI MARA

**THE USE OF MUSIC THERAPY IN
TEACHING MUSIC IN THE
CLASSROOM**

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ABSTRACT

The purpose of this study by way of systematic literature review was to explore the use of music therapy in teaching music in the classroom. This case was important because studies have shown how music therapy elements can help in special education and this study delves into its uses in the general classroom. The importance of some music therapy elements and the relationship between music therapy and music education were explored. A fully qualitative study, data was collected from four journal articles and four educational videos. Findings showed that music therapy is important and its methods proved to be useful for both the educator and student. Both disciplines use the same musical activities to achieve inter-related goals and the three main themes discovered were communication, the relationship between music therapy and music education, and modification. This study is useful for music educators and contributes to future discussion on the topic. The implications identified are for the research, school administration, higher learning institution and music teachers support.

Keywords: Music therapy, music education and music classroom

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