

Brief Communication

The effect of oral sound *Daseureum* of *Jindo Ssitgimgut* on anxiety disorder: Soul therapist Byung-cheon Park oral sound, *Daseureum* is revived on YouTube (<https://youtu.be/k98ENbsIp7o?list=RDk98ENbsIp7o>)

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ABSTRACT

Jindo Ssitgimgut has been known as a funeral ritual for a long time in Korea. However, there is no study for music therapy on anxiety disorder. The aims of this study were to argue that Oral sound *Daseureum* of *Jindo Ssitgimgut* may have meaningful effect on anxiety disorder. *Jindo Ssitgimgut* is literally a cleansing soul. *Jindo Ssitgimgut* is designated as the Intangible Cultural Property No. 2 by the Korean government. *Jindo Ssitgimgut* is transmitted from generation to generation, not the descent of God. So, the accent is on art and one's sincere sympathy. So, with careful listening Youtube, this music *Daseureum* exhibits an exquisite balance between the human voice and the sounds do the instruments. The author think a good combination of his voice, Jing (Korean gong), and Ajaeng (Korean cello) can help with anxiety disorder.

Keywords Byung-cheon Park, *Jindo Ssitgimgut*, oral sound *Daseureum*, Han Ak (Korean music, 韓樂), anxiety disorder, music therapy

INTRODUCTION

Jindo Ssitgimgut has been known as a funeral ritual for a long time in Korea. However, there is no study for music therapy on anxiety disorder. The aims of this study were to argue that oral sound *Daseureum* of *Jindo Ssitgimgut* may have meaningful effect on anxiety disorder. *Jindo* is Island, South Jeolla Province. *Ssitgim* means cleansing, *gut* is shaman rites. It is literally a cleansing soul. This means that cleansing the soul is the best way to the living and the dead the therapy to comfort. It was widely used in Korea to heal the dead and the living. *Jindo Ssitgimgut* is designated as the Intangible Cultural Property No. 2 by the Korean government.

Noll (1983) noted the "shamanic journey" of the shaman's "soul" that takes place during his visions. "Healer and psychopomp, the shaman is there because his soul can safely abandon his body and roam at enormous distances, can pass through the underworld and rise to the sky" (Noll, 1985). Shamanism is the earliest spiritual practice, dating back 100,000 years (Peters, 1989). Humanity's first profession is said to be the shaman/ healer/ psychotherapist (Peters, 1989) whose duties included other equally significant magic-religious responsibilities including the hunt and realm of the dead (Peters, 1989). Contact with the supernatural world may be the soul of shamanism (Shields, 1978). It is believed that shamanism is at least 20,000 years old and was mostly present in all traditional and gathering groups (Pollmen et al., 2002). A number of anthropologists have considered the social role of the possessed

priest or 'shaman', and the manner in which religious ecstasy may serve as the basis for a charismatic leader's authority (Lewis, 2003).

In 2004, Demyttenaere and colleagues reported The World Health Organization (WHO) has reported that up to 50% of those with psychiatric illness worldwide, including the perniciously common (and commonly comorbid) feeling and anxiety disorders, do not get enough treatment leaving a considerable gap that could be partially filled by the soundness and development of music-based remedies, particularly for these more common disorders (Carlson et al., 2015). In 1983, Spielberg and colleagues noted anxiety is mainly characterized by feelings of tension, apprehension, nervousness and worry about potential negative outcomes and events (Seinfeld et al., 2015). Anxiety disorders are related to increased blood pressure and heart rate (Seinfeld et al., 2015).

Jindo Ssitgimgut is transmitted from generation to generation, not the descent of God. So, the accent is on art and one's sincere sympathy. So, with careful listening Youtube, this music *Daseureum* exhibits an exquisite balance between the human voice and the sounds do the instruments. The author think a good combination of his voice, Jing (Korean gong), and Ajaeng (Korean cello) can help with anxiety disorder.

Jindo Ssitgimgut and biography and art of Byung-cheon Park

Jindo Ssitgimgut is a funeral ritual. *Jindo* is island, South Jeolla Province. *Ssitgim* means cleansing, *gut* is shaman rites. It is literally a cleansing soul. This means that cleansing the soul is the best way to the living and the dead the therapy to comfort and soul therapy. So, it can also help with anxiety. It can even cure psychological health problems such as guilty and sorry about that regarding the dead for the living. People believed that purification cleansed the soul and body. It was widely used in Korea to heal the dead and the living. Shaman seeks to act as a trouble-solving broker and bridge-builder between the living

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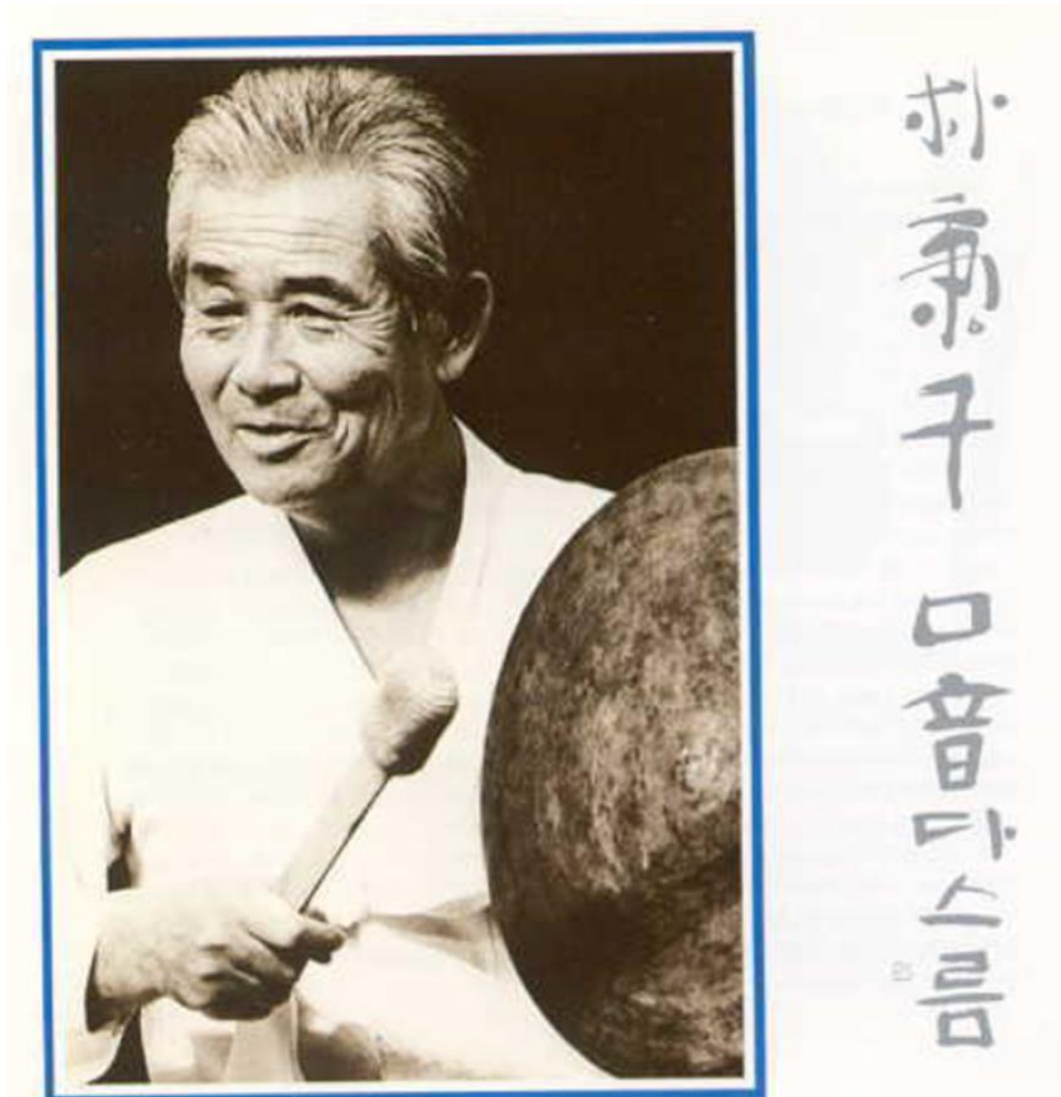


Fig. 1. Byung-cheon Park and Oral sound Daseureum of Jindo Ssitgimgut (<http://blog.daum.net/mimoon/16088304>).

and the dead on the spot. People believed that purification cleansed the soul and body. Nevertheless, peoples had even disrespected and ignored shamans for a long time. *Jindo Ssitgimgut* is designated as the Intangible Cultural Property No. 2 by the Korean government.

Byung-cheon Park (1932-2007) was born Jindo-gun Jisan-myun in Jeolla province (Fig. 1). He succeeded to his father's business. His father is shamanistic musician, who is a hereditary occupation. For 250 years, his families have been deciding to have a family occupation. *Jindo Ssitgimgut* is transmitted from generation to generation, not the descent of God. So, the accent is on art and one's sincere sympathy. His grandpa, Park, Jong-ki, is the founder of Daegeum-sanjo. Daegeum is a horizontal bamboo flute (Howard, 1999). The genre, 'sanjo' is a highly developed form of instrumental solo with folk roots (Paek-Howard, 1989). They want to transmit and maintain marriage with a partner having a similar background. Jindo-shamans are called "naerimmudang" (hereditary shaman) or "tangol mudang". They transmit it from generation to generation. He has a very high opinion of himself for his shamanic job. He had an apparently inborn talent for art. He was good at singing a song, dancing as well as playing musical instruments. He is known for his multi-faced talents. He kept trying to popularize Jindo folk art through music, dancing and more.

To celebrate the beginning of the LA Olympics, he performed special events in 1984. He performed in Berlin music Festival in 1985. Since then he conducted a performance tour in six countries. Since 1960, his performances were thrilling enough to mesmerize a great number of people in Korea and many countries.

His oral sound cleans slur from our soul and also makes our soul peaceable. His oral sound, *Dasureum* tries to comfort the dead and music an ensemble, *shinawi* wishes the living luck. In 2000, BS, Song noted the word *shnawi*, in its broadest sense, means the shamanistic music of Korea which is performed during a shaman's ritual dance performance to console and to entertain deities *Daseureum* is made of *shinawi*, especially, *Jing*, the large hand-held gong, (Hesselink, 2004) and *Ajaeng*, the raspy sound of the bowed zither (Anderson, 2008) stand out would be better. He is judged a master of the Korean traditional art world. He held the title of a Human Cultural Property No. 72 for *Jindo Ssitgimgut* in 1980 from the Korean government.

RESULTS AND DISCUSSION

Shamanism is a cross-cultural phenomenon. Shamans were the first to research spiritual part in a practiced way and they used "embodiment" as well as "soul journey" skills (Peters, 1989).

In 1999, Good and colleagues and in 2007, Ferrer noted music is known to decrease pain, anxiety and fear in several stressful states (Archana et al., 2016). Various experimental studies have showed that listening to music results in subjective, behavioral, and physiological alterations associated with stress and anxiety reduction (Seinfeld et al., 2015). In 2008, Nilsson reported music listening has been utilized as a means for relaxation and anxiety management in a wide range of settings, e.g., hospitals, dentist clinics, and work office. In 2003, Almerud and Petersson have noted that music stimulates the central nervous system to generate endorphins. Endorphins are endogenous morphine-like substances, which can reduce BP, HR, and respiratory rate and improve relaxation through alleviating fear and anxiety (Forooghy et al., 2015).

Jindo Ssitgimgut is transmitted from generation to generation, not the descent of God. So, the accent is on art and one's sincere sympathy. So, with careful listening Youtube, this music *Daseureum* of *Jindo Ssitgimgut* exhibits an exquisite balance between the human voice and the sounds do the instruments. The author think a good combination of his voice, Jing (Korean gong), and Ajaeng (Korean cello) can help with anxiety disorder. Match for wind Jing sound plays a sweet part in *Daseureum*. As if the wind blew affliction of people's anxiety and Ajaeng is a warm instrument that embraces people. Also, he is a sincere soul therapist and perfect to let people all over the world know uniqueness and artistry of Han Ak (Korean music, 韓樂). Furthermore, the author believe he had a very high opinion of his shamanic job which wishes the dead and the living comfort and multi-faced talent for *Jindo Ssitgimgut*, so his voice of the cleansing soul is the best music therapy on anxiety disorder.

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CONFLICT OF INTEREST

Author has no conflicting financial interests.

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