

Original article

The study of the change of life with Kim's Ajaeng Sanjo Music Playing (ASMP) played by Hyung Min Kim (<https://youtu.be/GTfOIJ7bZbo>)

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ABSTRACT

The purpose of this article is to discuss that ajaeng sanjo music playing (ASMP) can change a person's life. Ajaeng is often called a Korean cello and is the largest and lowest-pitched instrument in the string instrument family in Korean music. From far away it has a deep, low sound. Its low sound adds to its comfort and peace. Listening to a low tone music can help you calm down and heart-easing. As soon as he listened ajaeng sanjo music he felt that low sound is mildly under his patronage. He felt much more interesting energy and vitality about our minds and bodies are in ajaeng sanjo music. He could immerse himself in playing ajaeng sanjo music (ASMP) for several years. The Korean music, tune is one of expression, meaning it is inseparable from the feeling. Many studies show that low tone music not only activates brain power, but soothes minds. Music always stood by him during difficult times. In a word, ASMP leads him to change of life and music is the language of emotion to him.

Keywords Ajaeng sanjo music playing (ASMP), Hyung-Min Kim, change of life, Han Ak (Korean music, 韓樂), music therapy

INTRODUCTION

Ajaeng is a deeply toned instrument and has a rich bass voice. Ajaeng is often called a Korean cello and is the largest and lowest-pitched instrument in the string instrument family in Korean music. Ajaeng is a bowed seven-stringed instrument. It is a wide zither with strings made of twisted silk, played by means of a slender stick made of forsythia wood, which is scraped against the strings in the manner of a bow. From far away it has a deep, low sound. Its low sound adds to its comfort and peace. The tune of ajaeng is naturally woven into the main fabric of the music, as if were a melodic instrument. According to the oriental medicine theory, the internal organs, emotions and sounds can be described by adaptation to the five phases (Wood, Fire, Earth, Metal, and Water) (Lim et al., 2017). The Korean music, tune is one of expression, meaning it is inseparable from the feeling.

Nowadays think of health while even listening to the music. Listening to a low tone music can help you calm down and heart-easing. The playing of melancholy music has been reported to facilitate positive mood changes in depressed patients (Bailey, 1983; Nucci, 1978), because sorrowful music cleanses the soul and provides strength through catharsis. Research insists that the physiological effects of music involve sensorial, hormonal and physiological-motor reactions, such as metabolic changes, adrenaline release, respiratory rate regulation, blood pressure changes, reduction of fatigue and muscle tone, enhance of threshold sensory stirring, and

betterment of attention and concentration (Geórgia et al., 2018; Mohammadi et al., 2014; Ni et al., 2012). It is becoming suddenly evident that music can provoke both physical and emotional changes. Many studies show that low tone music not only activates brain power, but soothes minds. Music always stood by him during difficult times. In a word, ASMP leads him to change of life and music is the language of emotion to him.

A topic of Hyung-Min Kim (Fig.1)

Prof. Hyung-Min Kim who serves under department of pharmacology, college of Korean medicine, Kyung Hee University. About 10 years ago, he was depressed so, he has begun studying Korean music. There are many ways to relieve stress but his case resisted all treatment. As soon as he listened ajaeng sanjo music he felt that low sound is mildly under his patronage. He felt much more interesting energy and vitality about our minds and bodies are in ajaeng sanjo music. He could immerse himself in playing ajaeng sanjo music (ASMP) for several years. ASMP was not the most important thing but it did offer peace of mind for him. He played to release his feelings such as anger, anxiety, sorrow, and depression. He struggled to overcome all of his difficulties. He learned the joys of playing music since he overcame his difficulties. He plays ajaeng sanjo music to make their bodies and their minds peace. Listening and playing to ajaeng sanjo music was his only consolation. He insisted that ASMP is the best medicine for the mind and in addition, music playing can even cure some health problems such as depression and anxiety without having dangerous side effects. After just one year-long session, his depression miraculously cured. He insists that it is an honest, down-to earth expression of how he feels. He has been giving a benefit performance for seven years at a nursing home. He also insists that ASMP may be a great way to take advantage of the people spotlight in merciful and selfless ways. So, it had been its therapy for him. They are experimentally proven to comfort

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Fig.1. Prof. Hyung-Min Kim

grief-stricken minds and alleviate the sadness in Korea.

Sanjo

The term ‘sanjo’, literally meaning ‘scattered melodies or tunes’, refers to a particular instrumental form of music found on the Korean peninsula. Sanjo has been orally transmitted from one generation to another. Sanjo is the unique in the musical traditions among the folk music of Korea. Researcher Bang-song Song reported sanjo music is marked by the diversity of melody lines and their subtlety based on various modes (cho or -jo), and also by the sophisticated rhythmic configurations based upon different rhythmic cycles jangdan. The basic sanjo rhythm can be classified as commetric or contrametric, commetric rhythm is predominant in slow and moderate movements, and contrametric rhythm is found in fast movements (Kolinski, 1973).

RESULTS AND DISCUSSION

This article focuses on the power of music and how it heals wounded hearts and leads to change of his life. There are so many other directions that people can go in in their lives. Many research found that music playing works as a solution for life's stressful cases and music playing can result in improving someone's life. The article showed how one small choice can change your life forever. The purpose of music therapy is to improve, maintain, remediate, or prevent clinical issues, as determined by need for habilitation and rehabilitation (Dileo et al., 2009). Book of Music (樂記) of the Book of Rites (禮記), the Confucian scriptures, commented the effects of sounds on the human emotions, ajaeng (<https://youtu.be/IHnjCQNXXOU>) helps to decrease lung diseases by easing sorrow (Lim et al., 2017). The effects of peaceful music are decreasing stress hormones, metabolic rate, heart rate, blood pressure, free fatty acids, and oxygen consumption through neurophysiological

mechanism (Kemper and Danhauer, 2005; Tipsuda et al., 2018). Music has been identified as a supplementary therapeutic resource in the tending practice, for care and control of signs and symptoms, as well as in the patient-nurse communication and relationship, making care more humanized (Geórgia et al., 2018; Loosman et al., 2015; Silva et al., 2014). Music is often applied as a supplementary therapy in a variety of clinical terms (Biasutti and Mangiacotti, 2018; Degli Stefani and Biasutti, 2016; Rafael et al., 2018).

Koreans tended to think of music and medicine in metaphysical terms. It means that man's relation to nature. Nature is a macro universe, man is a miniature universe. So, Koreans used melody and rhythm to co-opt the spirit world to their purposes-to try and make sense of a miniature universe. Researcher Adams Jr reported the body heals itself and the body has much more powerful mechanisms to recover itself than can be served by drugs.

Playing ajaeng sanjo music plays a meaningful role in the increase confidence to him. Therefore, the author can presume that ASMP has changing of his life.

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CONFLICT OF INTEREST

None.

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