

## Brief Communication

## Depression, what should we be doing?

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## ABSTRACT

Depression is common psychiatric diseases characterized by diverse physical and emotional symptoms including low mood, loss of interest in pleasurable activities, and feelings of worthlessness. Depression causes of death and disability. The first antidepressant was created by the idea that central serotonin mechanism. Selective serotonin reuptake inhibitor, fluoxetine is the first-line drug in the treatment of depressive disorder and their few side effects as opposed to tricyclic antidepressants. Not all people with depression respond adequately to standard treatments. Korean music playing/listening actions appear to be a reliable approach to developing recovery from depression.

**Keywords** depression, Korean music playing/listening

The help of music in the therapy of mental disorders are recognized (Hillman Boxhill E, 2007). Music stimulates the attention and memory etc areas of brain and has power as a safe and low-cost (Särkämö T, 2012).

Deep sorrow exhaust a modern people much more than hard work. Cases of Kim, author of this paper are introduced here. "About 13 years ago, my heart was almost broken with sharp pain. I could not sleep that night wondering and passed every day lost in uncontrollable sorrow. Actually, I made several attempts to catch up my depression. I also danced myself to exhaustion for one year every day. However, I could not overcome the painful scars in my heart. By the merest chance, I happened to hear the sorrow tune of Korean music, Pansori. I cried my heart out repeatedly. Sorrow healed sorrow. What's more surprising is that I have never heard a Sanjo rhythm of Korean traditional music before, but I can play difficult pieces by players such as Won Janghyun of Daigeum, Sung Gumyeun of Gayageum, Baek Inyoung of Ajaing (<https://youtu.be/GTfOIJ7bZbo>), Seo Yongsuk of Haigeum, and Han Gabdeuk of Geumungo etc without a problem! Now, my phobia was miraculously cured. No words can fully express my gratitude for marvelous our Korean music. In order to repay the gratitude, I decided to help others and joined charity performance by using Korean music in the sanatorium etc."

His efforts to overcome depression were tearful. He tried many ways, but the most effective thing was the tragic element of Korean music to heal sorrow with sorrow and to assimilate music with him. It would also have worked with the spirit and faith to overcome, as the process he has lived through has been countless challenges and confrontations.

In summary, we recommend the Korean music for the regulation of depression and irrecoverable sorrow.

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## CONFLICT OF INTEREST

None

## REFERENCES

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