

Promotion of mental health by PungmulPanGut (one form of K-culture) -focusing on the ensemble Better Than Medicine (eBTM) performance. YouTube; https://youtu.be/SSenbSwI_5c

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ABSTRACT

Mental health is attributed to person's well-being, abilities and productivity. The purpose of this study is to suggest the effects of K-culture to people in adversity. It is PungmulPanGut, represented by traditional Korean play culture. Pungmul is a performance with four percussion instruments, Janggu (Korean hourglass drum), Buk (barrel shaped drum), Jing (large gong), Kkwaenggari (small gong), and play. In Korean, "pan" means that it's a place to do something. Gut means to make a wish. The ensemble Better Than Medicine (eBTM) is a team that has trained and worked with Gamuak (歌舞樂; singing, dancing, playing) for a long time, but is not perfect (we refer this as 2% lacking in music). The characteristic of our team is that we share joy while voluntarily participating and doing what we like. It is a combination of singing, dancing, playing musical instruments, and exciting people. There is wind-like energy and there is mutual cooperation, not competition. As we concentrate, we become immersed in each other's breathing and movement. So it makes us forget the hard situation, the hardships, the pain, and so on. In the meantime, our pleasures peak and share happy energy with each other. Even though we are two percent less skilled, our sense of happiness doubles. Music together is not competition but cooperative work and healing. Therefore, we suggest that PungmulPanGut can be better K-culture than medicine in promoting mental health.

Keywords K-culture, PungmulPanGut, the ensemble Better Than Medicine (eBTM), 2% lacking in music.

INTRODUCTION

Today's COVID-19 situation is a great difficulty for many people. Its worries and fears make it reluctant to meet people in person. Moreover, the contraction of cultural activities makes our mind and body devastated. In the non-face-to-face era, the spread of K-culture may be foreseen. This is because in an era where the whole world is connected through SNS (Social Network Service), K-culture freely communicates across borders and across barriers. So, we think K-culture has become a world-class word these days when Korea's various cultures are flourishing. As the means of non-face-to-face communication becomes stronger due to COVID-19, we think it is rapidly spreading its stronger charm to the entire world. This paper introduces a culture that the general public can participate and enjoy, not an idol culture represented by BTS. It

is PungmulPanGut, represented by traditional Korean play culture.

PUNG MULPANGUT

Our performance is called PungmulPanGut. Here, Pungmul is a performance with four percussion instruments, Janggu (Korean hourglass drum), Buk (Korean drum or barrel shaped drum), Jing (large gong), Kkwaenggari (small gong), and play. In Korean, "pan" means that it's a place to do something. Gut means to make a wish. The biggest feature of Pangut is participation. Audience participation is important for many performances in Korea. In fact, in addition to the person performing in front of you, the person playing the instrument also constantly communicates with the performer. There are also cheering chants that cheer you. In Pangut and Gutpan, it is natural for the audience to participate in wishing for blessings and healing. Of course, participation is made because it is praying for one's own blessings, family blessings, village blessings, and country blessings. Not to mention if you or your family are sick. Pan is a healing space. It's a place of consolation. It's a good site of empathy. It's a space where you cry, laugh, and relieve old emotions. PungmulPanGut is a

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performance of healing and energy that connects everyone together.

The ensemble Better Than Medicine (eBTM)

The eBTM is a team that has trained and worked with Gamuak (歌,舞,樂; singing, dancing, playing,) for a long time, but is not perfect. In other words, it is a team that lacks 2%. The word "two percent short" in Korea is used to mean that everything is close to perfection, but a little short. Therefore, we work together through regular meetings and training, put our heads together to create works together. So, they borrow roles and ideas suitable for each individual's capabilities and develop stories.

RESULT AND DISCUSSION

Lately psychological and neuroscientific evidence intimate that music is peculiar in the combination of sense, cognition, behavior and emotion (Paulo and Joydeep, 2018). Music induces powerful emotions and evokes pleasure and rewarding experiences which arise from enhanced revitalization of the mesolimbic reward system (Koelsch, 2014; Blood and Zatorre, 2001).

The characteristic of our team is that we share joy while voluntarily participating and doing what we like. That is to say enjoying Poonglyu (arts). The dictionary definition of Poonglyu is to play with dignity and style. In other words, it is a combination of beauty, full maturity (it's a high-quality), and excitement. It is a combination of singing, dancing, playing musical instruments, and exciting people. There is wind-like energy and there is mutual cooperation, not competition. As we concentrate, we become immersed in each other's breathing and movement. So it makes us forget the hard situation, the hardships, the pain, and so on. In the meantime, our pleasures peak and share happy energy with each other. Even though we are two percent less skilled, our sense of happiness doubles. The most fascinating aspect of music is its deliverability (Paulo and Joydeep, 2018). Music together is not competition but cooperative work and healing. Regular musical works have been indicated to efficiently promote the structure and function of many brain section (Teppo Särkämö *et al.*, 2014). Therefore, we suggest PungmulPanGut is a better comfort than medicine for those in adversity.

Unfortunately, there have been no clinical studies on the effects of PungmulPanGut so far. Nevertheless, it is touching to see the positive changes and improvements of the people together.

So we suggest that it be a clinical trial in the future.

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CONFLICT OF INTEREST

The authors have no conflicting financial interests.

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