

Music Therapy (Media in the Socio-Cultural Space of Ukraine)

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Abstract

The development of music therapy is a relevant topic for research, given that this phenomenon is still in its infancy in Ukraine. The purpose of the study is to analyze the media use of music therapy in the contemporary socio-cultural space of Ukraine. The main research methods are comparison, analysis, synthesis, and specification. The main research tools are a survey based on Google Forms, interviews. The territorial scope of the study covers different regions of Ukraine. The experimental verification of the use of music therapy in the socio-cultural space of Ukraine took place in several stages: theoretical and methodological, experimental and generalized. In particular, at the first stage, the peculiarities of the interpretation of music therapy and other theoretical problems of its use in the socio-cultural space were identified. At the second stage (experimental), a scientific experiment was conducted to identify the key problems and prospects of using music therapy through the media in the socio-cultural space of Ukraine. At the third stage, the data obtained were compared with the results of other scholars, in particular, the peculiarities of using music therapy in Ukraine and other European countries were compared and summarized. The results describe the peculiarities of using media-based music therapy in Ukraine, identify the main tools of mass communication used by music therapists in Ukraine, characterize the main goals of media-based music therapy, and outline the main challenges of using media resources in the practice of music therapists in Ukraine. It is established that the introduction of music therapy has common and distinctive features in comparison with European countries. The conclusions emphasize the importance of music therapy in the modern socio-cultural space of Ukraine, and it is determined that music therapy continues to develop in view of the current demand for psychotherapists in Ukraine.

Keywords: music therapy, media resources, Ukraine, socio-cultural space, Europe, challenges, benefits

1. Introduction

1.1 Research Problem

Creating a harmonious artistic environment that aims to improve the atmosphere of interpersonal interaction, in the context of the information society and the formation of relevant knowledge, skills, and abilities, requires special skills and relevant therapeutic experience. Music, as an artistic phenomenon and cultural phenomenon, has the properties necessary to raise a person's emotional tone, alleviate fatigue and reduce mental stress, increase efficiency, intensify intellectual activity, create an atmosphere of psychological comfort, and optimally adapt the requirements of individuals to the environment. The invaluable experience of using musical art as a methodology for modeling and adjusting a person's internal states is to turn to a relatively new branch of psychotherapy - music therapy. An important area of its use is media, which involves the use of various media (Internet platforms, television, radio, etc.). In order to combine theoretical developments in the field of media and communication with the analysis of music therapy in the contemporary socio-cultural space of Ukraine, an integrative approach was used that combines the principles of both fields.

The importance of separating music therapy in the socio-cultural space of Ukraine into an independent branch of therapy is also due to several additional reasons. First of all, we are talking about the importance of health care and support for the professional activity of citizens, raising the cultural and educational level in the socio-cultural sense. Equally important is the fact that music therapy promotes the use of innovations in the artistic field in general, and the scientific understanding of theoretical and practical problems that will need to be solved in the future. The importance of this issue is also relevant from the point of view that the use of music therapy in the professional activities of future art professionals in Ukrainian universities is still poorly understood.

1.2 Theoretical Framework and Relevant Scholarship

1.2.1 What Is Music Therapy?

Currently, there is no unanimous interpretation of music therapy. The current conceptual theories underlying music therapy and methods of its use may differ in the current scientific literature (Tóth-Bakos, 2016; Kern & Tague, 2017). These possible variations are primarily related to cultural influences, as well as to the traditions of music therapy, which are emphasized by contemporary scholars (Shaw, 2022).

Music therapy is a form of therapy in which music is used to improve people's physical, emotional, cognitive, and social well-being. It is based on the use of musical instruments, singing, rhythm, melody, and sounds to stimulate different parts of the brain. Norwegian scientist Bonde (2015) defines music therapy as a profession in which a professional music therapist uses music and musical activities to meet specific therapeutic needs of clients based on a relationship that is formed through shared musical experience between therapist and client. At the same time, Hrynyova (2015) interprets music therapy as “a process of interpersonal communication in which a qualified music therapist uses music and all aspects of its influence - physical, emotional, intellectual, social, aesthetic, and spiritual - to improve or maintain health” (p. 22). Therefore, music therapy can be used in a variety of contexts, including healthcare, psychotherapy, education, rehabilitation, and special needs (Aigen, 2013). It can be used as a stand-alone therapeutic practice or in combination with other therapies.

Music has been proven to have a powerful effect on our emotions, mood, and physiology. It can evoke certain emotional responses, promote relaxation, reduce stress, improve mood, and increase energy. In addition, music can improve cognitive functions such as memory, concentration, and attention (de Witte et al., 2022). Music therapy can be individual or group, depending on the needs and goals of the client (Bong et al., 2021). A licensed music therapist uses musical instruments, singing, improvisation, and other techniques to promote physical, emotional, and psychological healing in their clients. The scientific results of modern scientists have proven the emotional impact of music on the psychological, physiological, and mental state of a person (Ridder et al., 2015; Spiro et al., 2017). Musical art contributes to the development of personal qualities (communication skills, creativity, emotional stability, stress resistance, etc.) At the same time, it has been proven that music therapy is an effective means of preventing the syndrome of “emotional burnout”. Accordingly, music therapy is a kind of mechanism for the formation of emotional stability in professional activities, influences a stable mental state and health. At the same time, music therapy is important in the socio-cultural space, as it uses music as a language that unites people for the purpose of social integration.

1.2.2 What Is Sociocultural Space?

Therefore, given the problems of this study, the analysis of music therapy in Ukraine will be conducted within the framework of the modern socio-cultural space. In modern theoretical studies, the concept of “socio-cultural space” is used as a certain initial category that does not require additional theoretical explanation. Therefore, the socio-cultural space is a kind of collective image that contains all the diversity of the existing reality. In particular, researcher Chervinska (2020) believes that “...the meaningful orientation of time is set in many aspects by socio-cultural space. Space should be understood as the relations of extension and coexistence that arise in the process of human life” (p. 150). At the same time, according to Tereschenko (2022), sociocultural space is a term used to describe the totality of social and cultural influences that are formed in a particular geographical, social, or cultural context. In other words, this multifaceted concept reflects the complex relationship between society, culture, groups of individuals, ideas, and values. For this reason, socio-cultural space as a multidimensional phenomenon cannot be limited to the context of a narrowly specialized scientific field (Ursutiu et al., 2019). At the same time, the complexity of the theoretical substantiation of sociocultural space lies in the ambiguity of its interpretation and use in different scientific fields due to different methodological principles (Rickson et al., 2016).

We believe that music therapy in the sociocultural space is one of the parameters of the social and cultural development of society, which should be analyzed from the perspective of the key features of this society. The development of music therapy can be studied by analyzing the activities of special therapeutic associations, public organizations, educational organizations, programs, and other important parts of the socio-cultural space that use music therapy as a way to achieve a goal. Plaksina (2020) emphasizes that one of the important functions of music therapy in the Ukrainian socio-cultural space is recreational recreation, which facilitates the expression of emotions and encourages people to engage in non-verbal communication. Therefore, given the Ukrainian realities, music therapy in wartime is an important means of preserving and restoring the psychological and emotional state of a person.

1.3 State Hypotheses and Their Correspondence to Research Design

The purpose of the article is to reveal music therapy based on mass communication in the socio-cultural space of

Ukraine. To achieve this goal, the following tasks are proposed to be realized:

1. Describe the theoretical foundations of the study.
2. Analyze the results of empirical research.
3. Compare the data obtained with existing practices of using music therapy.

2. Method

2.1 Research Design

In the digital era, in which the media play a significant role, digital methods are important. Accordingly, the study used digital media to conduct the experiment. In particular, an online survey based on Google Forms was created to collect basic data on the perception and effectiveness of music therapy among music therapists. The design for the experimental study of music therapy in Ukraine used a control group design of music therapists to determine the main means, as well as the medians, that influence the implementation of therapeutic services. The design of the exploratory study of music therapy among music therapists in Ukraine used a mixed methods approach, combining quantitative and qualitative data collection methods. The study includes both surveys and semi-structured interviews.

2.2 Participants

The study involves adult participants (18 years of age and older) who have experience in using music therapy among different categories of the Ukrainian population. Therefore, the study participants are practicing music therapists in Ukraine. Selection criteria include individuals who are certified music therapists or have completed a recognized music therapy training program. Participants were recruited through professional networks, music therapy organizations, and educational institutions that offer music therapy programs. In total, there are 250 participants in the study. All of them were of different ages and, accordingly, had different lengths of experience using music therapy. (See Table 1).

Table 1. Respondents' data (age and educational level)

Age of respondents	21-25 years	26-35	36-45 years	46-60
%	17%	44%	20%	19%
Educational level	Bachelor	Master	Incomplete education	higher PHD
%	45%	32%	10%	13%

Source: compiled by the author

Informed consent was obtained from all participants prior to their involvement in this pilot study.

2.3 Sampling Procedures

A combination of purposive and snowball sampling methods was used to identify potential participants who met the inclusion criteria.

The initial participants were identified through purposive sampling. They were also asked to refer other music therapists they knew who might be interested in participating (snowball sampling technique). The study made efforts to ensure diversity of participants in terms of experience, specialization, and geographic location.

2.4 Instruments

A questionnaire was developed to collect quantitative data. The questionnaire included items related to participants' demographics, professional qualifications, experience, areas of specialization, and approaches/methods used in music therapy practice (see Table 2 for an example of the questionnaire). Modern Internet resources were used to distribute the questionnaire. In particular, the survey was conducted on the Google-forms platform and distributed through popular social networks in Ukraine (Facebook, Telegram, Instagram, Viber).

Table 2. Questionnaire for respondents

<i>Question</i>	
Part 1: General information	What are your professional qualifications? Where do you work as a music therapist (name of organization, institution)? What form of therapy do you implement?
Part 2. Features of using music therapy	<ol style="list-style-type: none"> 1. Who mostly comes to you for domestic help? 2. How often do different categories of the population undergo music therapy? 3. Do you use mass media in your practice? 4. How often do you use music therapy through media in your practice? 5. What media do you use for music therapy? (Select all that apply) 6. • Radio 7. • Television 8. • Music platforms (e.g., Spotify, YouTube Music, Apple Music) 9. • Web resources and applications 10. • Specially created audio programs for music therapy 11. • Other (please specify) 12. What goals do you pursue when using music therapy through media? 13. What types of music do you usually use for music therapy through media? 14. What advantages do you see in using music therapy through media in your work? 15. What challenges or limitations do you face when using music therapy through media?
Part 3. The Impact of Music Therapy in the Socio-Cultural Space of Ukraine	<ol style="list-style-type: none"> 1. How do you observe the impact of music therapy on your clients? What positive changes do they notice after participating in music therapy sessions? 2. Do you observe any peculiarities or differences in the responses and reactions of clients to this method of music therapy?

Source: compiled by the author

At the same time, semi-structured interviews were conducted with a subgroup of participants to collect qualitative data. The interviews explore the participants' views on the effectiveness of music therapy, the problems faced in practice, and suggestions for improving this area for the further development of the socio-cultural space of Ukraine. The material was collected from 02.03.2022 to 20.06.2022, i.e., during almost the entire second semester of the 2022-2023 academic year.

2.5 Data Analysis

Descriptive statistics were used to analyze the quantitative data obtained from the survey questionnaire. This analysis included a summary of participant characteristics, professional qualifications, and practices. The qualitative data collected during the interviews were subjected to thematic analysis to identify common themes and patterns in the experience of implementing music therapy. The results were interpreted to determine the overall impact of music therapy interventions in shaping the relevant socio-cultural space of Ukraine.

2.6 Ethical Considerations

Informed consent was obtained from all participants prior to their involvement in the study.

The confidentiality and anonymity of participants is ensured throughout the research process.

The study complies with ethical principles and rules for research involving human subjects.

There is no discrimination based on gender or age.

3. Results

Today, music therapy in Ukraine continues to develop and find application in various fields. Qualified music therapists implement a variety of methods and techniques, using the Ukrainian musical heritage and modern approaches to improve both the physical and psychological well-being of people in Ukrainian society.

A separate area of music therapy development in Ukraine is media therapy. Music therapy through the media in Ukraine is used at various levels, including clinical practice, education, and promotion of a healthy lifestyle.

The overwhelming majority of respondents (about 55%) indicated at least one additional professional qualification, mostly music, pedagogical or psychotherapeutic. Of the 250 currently working music therapists, 43 indicated that they work as music therapists in one institution, 110 in two, 69 in three, and 28 in four. Regardless of the number of institutions they work in, 25.9% of respondents work only as employees, 33.6% as freelancers under service contracts, and 40.5% of music therapists have more than one form of employment.

When asked where the respondents obtained their music therapist qualifications, the majority answered that they had studied certain elements of music therapy at universities and improved their skills by participating in certain additional qualification courses and music therapist training programs.

It should be noted that the training of music therapy specialists in specialized educational institutions in Ukraine is available, although it is inferior to foreign models (Baines et al., 2019; Poplavskyi et al., 2020). In particular, under the leadership of O. Bezklinska (head of the All-Ukrainian Association of Music Therapists of Ukraine), the first music therapy curriculum for general education institutions was created and approved by the Ministry of Education and Science of Ukraine. Such programs for introducing music therapy into general education institutions were also created by researchers at the Drahomanov University of Kyiv and the National University “Taras Shevchenko Chernihiv Collegium”.

The Hryhorii Skovoroda Pereiaslav-Khmelnitskyi State Pedagogical University is also engaged in music therapy research. The educational process at Lesya Ukrainka Eastern European National University also includes special programs for training music therapy specialists. In particular, the educational process of this university uses the methodology “Synergistic Interactive Music Therapy”, which is based on the interpretation of M. Luscher's color test - on sound and color simultaneity, as well as verbal psychodiagnostic tests to establish the correspondence between different musical pieces and psycho-emotional states of a person.

The Ivan Franko National University of Lviv has also developed special training silabuses on the specifics of music therapy, which contribute to the professional development of music therapists in Ukraine (see Table 3).

Table 3. Research and study of music therapy in Ukrainian educational institutions

Name of the educational institution	City
National Pedagogical Dragomanov University	Kyiv
National University “Chernihiv Collegium named after Taras Shevchenko”	Chernihiv
Pereiaslav-Khmelnitskyi Hryhorii Skovoroda State Pedagogical University	Pereyaslav-Khmelnitskyi
Lesya Ukrainka Eastern European National University	Lutsk
Ivan Franko National University of Lviv	Lviv

Source: compiled by the author

Taking into account the type of institution where music therapy is provided, the most common form of employment is private practice (43.8%). Other institutions include hospitals (13.2%), educational and research institutions (18.7%), rehabilitation institutions (14%), and educational institutions (10.3%).

It was found that in the practice of music therapy, Ukrainian specialists use a variety of media during sessions. Based on the experiment, it was found that media channels such as radio and television are included in special programs with music therapy. Respondents noted that they are used both by clients at home and during sessions. At the same time, another important area of media-based music therapy is music platforms and streaming services. This means that such popular music platforms and streaming services as Spotify, YouTube Music, Apple Music, and others include special

playlists or sections with music therapy that therapists use in their practice. These can be playlists with relaxing music for calmness and stress relief, music to increase concentration and productivity, or playlists to maintain a positive mood and emotional well-being. On the other hand, the survey showed that an important resource for Ukrainian music therapists is web-based platforms and apps that can provide access to music therapy tools and resources. For example, there are meditation apps that combine sound effects and relaxing music to achieve a deep state of calm and relaxation.

Table 4. Media tools used in music therapy

Media tools used in music therapy	Number of responses	Percentage ratio
Music platforms and streaming services (Spotify, YouTube Music, Apple Music)	125	50%
Radio and television	180	72%
Specially created audio programs.	78	31,2%
Web resources and applications	113	45,2%

Source: compiled by the authors

Music therapy based on media resources is useful for different categories of people with different needs. Here are some groups that often seek the help of music therapists in Ukraine.

1. Children with special needs. Music therapy can be an effective tool for children with autism, Down syndrome, behavioral disorders, and other developmental and emotional disorders.
2. Adults with mental and emotional problems. Music therapy can help people dealing with depression, anxiety, stress, post-traumatic stress disorder, and other mental and emotional problems.
3. People with neurological diseases. Music therapy can be useful for people with Alzheimer's disease, parkinsonism, cerebral palsy, and other neurological disorders.
4. People rehabilitating from trauma, both physical and moral. Given the realities of the Russian-Ukrainian war, respondents noted that the number of adult male victims of violence (military) who seek psychotherapy has increased (25%). Therefore, we believe that music therapy can support physical and emotional rehabilitation in the case of certain traumas.
5. People facing stress and burnout. Music therapy can help relieve tension, build stress resistance, and improve overall mental and emotional well-being (see Table 4).

Table 4. Frequency of using media-based music therapy with different population groups in Ukraine

Category	Children with special needs	Adolescents and young people with special needs	Civilian adult population	Military
	Frequency	Frequency	Frequency	Frequency
Daily	10%	4%	6%	1%
Several times a week	45%	36%	37%	20%
Once a week	25%	28%	23%	25%
Several times a month	28%	26%	30%	41%
Once a month	2%	6%	4%	3%
Total	100%	100%	100%	100%

Source: compiled by the author

Obviously, music therapists pursue different goals when using media, depending on the needs of their clients and the context of their work. The respondents noted that relaxation and stress relief, as well as anxiety reduction (30%), are important goals they want to achieve. Therefore, music therapy through media helps to create a calm, relaxed mood, reduce stress levels, and promote an overall sense of relaxation. The participants of the experiment noted that as a result of the complex events of the Russian-Ukrainian war, many civilian adults are turning to us with this problem. Another important goal is to support physical recovery and rehabilitation, which has also become particularly relevant since the beginning of the full-scale invasion of Ukraine (28%). At the same time, media-based music therapy can be used to improve mood and emotional well-being. This appeal was emphasized by 23% of respondents. Thus, the use of music

with positive energy and expressive melodies can help to improve mood, create positive emotions, and support overall emotional well-being. Other important goals are to increase concentration and focus and improve sleep quality (19%). Thus, appropriately selected music can help improve concentration and focus in work or study. At the same time, some music can help create a calm atmosphere before bedtime, calm the brain, and promote healthy sleep.

Therefore, the goals of using media in music therapy may vary depending on the personal needs and priorities of each client (Pérez-Eizaguirre & Vergara-Moragues, 2020; Skakun, 2022). At the same time, it is important to take into account the individual characteristics and needs of each person, select music that matches their preferences and condition, and establish approaches that are most effective in achieving their goals (Li et al., 2021; Aalbers et al., 2020).

However, music therapists in Ukraine who use media tools in their practice face some challenges (see Table 5).

Table 5. Challenges of using media-based music therapy in Ukraine

Challenge	Explanation
Limitations of some media resources	Not all music platforms are publicly available. Some of them require a fee.
The problem with choosing the right material:	The wide variety of media resources makes it difficult to find exactly what is right for each individual client. Different people have different musical preferences, so it's important to choose a material that stimulates and supports their individual needs and goals.
Dependence on technology	The use of media technologies can create dependence on technical devices and programs.
Insufficient interaction	The use of media can reduce direct face-to-face interaction between the music therapist and the client. Interaction and communication may be limited, especially if the music therapist uses pre-recorded music or web-based platforms to conduct therapy sessions
Insufficient control over external influences	When using media materials, it is difficult to control external influences such as advertisements, distractions, or unexpected changes in sound. This can affect the therapeutic process and the client's focus

Source: compiled by the author

Despite these challenges, however, music therapists who use media are working to address them through careful selection of materials, supportive technology, and active collaboration with clients to ensure an optimal therapeutic experience.

4. Discussion

In general, modern researchers emphasize the importance of using media resources in the practice of music therapists. In particular, Kern & Tague (2017) and Matney (2015) emphasized that digitalization has influenced the use of various

digital media in the practice of music therapists. This has led to the fact that the provision of these services has become more accessible and widespread (Li et al., 2021). Accordingly, modern scholars emphasize a number of important advantages of using media in music therapy (Sofilkanych, 2022). Many researchers emphasize their accessibility (Matney, 2015). Thus, media platforms, music programs, and applications facilitate wide access to a variety of music resources, which allows music therapists to have a large selection of music to use in their work. On the other hand, an important advantage is that media resources contribute to the formation of a personalized approach. This aspect is emphasized by a number of other researchers (Spiro et al., 2017). In particular, it is stated that the use of media allows music therapists to create individualized playlists or choose music that meets the needs and preferences of each client. On the other hand, the use of media allows clients to have access to therapeutic music at any time and place that is convenient for them. They can use music at home, at work, or even while traveling (Suvorov et al., 2022). Thus, convenience and flexibility are important characteristics of media-based music therapy (Suvorov et al., 2022).

However, we believe that the use of a wide range of effects and cost-effectiveness are separate important appeals. Obviously, compared to other forms of music therapy, the use of media-based music therapy can be more cost-effective. Many media resources are available for free or for a moderate fee, which can reduce the cost of therapeutic services.

However, in contrast to the Ukrainian reality, in Europe, America, and Asia, music therapy, including media-based music therapy, is receiving increased attention as an effective way to deal with psychological challenges (Del Moral et al., 2014; Graham-Wisener et al., 2018; Bong et al., 2021; Rickson, 2021). Probably, the leader in this field is Austria, where music therapy has been legally recognized as a medical field along with other branches of psychology for more than a decade (Geretsegger, 2012; Phan Quoc et al., 2019). In this country, music therapy is actively promoted through digital media resources. As a result of such recognition at the state level, the practice of music therapy has received very real professional requirements that are necessary during the process of education and practical training of higher education students in this field. According to the current Austrian law on music therapy, every person who intends to practice music therapy professionally is required to have an appropriate education and be registered in special lists of music therapists. These registers are controlled by the Federal Ministry of Labor, Social Affairs, Health, and Consumer Protection (Phan Quoc et al., 2019).

The law also defines two types of persons with the appropriate professional qualifications who have the right to practice medicine: music therapists working with shared responsibility and therapists who have received permission to work independently. Working in a team with shared responsibility requires a music therapist to have a bachelor's degree or equivalent in music therapy. This enables the young music therapist to be employed by relevant healthcare organizations and to work under the supervision of senior colleagues who are authorized to work independently. Independent work requires a minimum of a master's degree (or equivalent) in music therapy, which allows a music therapist to be either an employee in a relevant organization or to offer their own services individually as a private practitioner (Phan Quoc et al., 2019). Thus, in Austria, unlike in Ukraine, music therapists constitute a separate professional medical group whose functioning has a clear framework defined by law. Specialized training is provided at universities, in particular in Graz, Krems, and Vienna (Vienna University of Music and Performing Arts, Krems University of Applied Sciences, Graz University of the Arts).

Thus, a comparison of the role of music therapy in the socio-cultural environments of Austria and Ukraine has demonstrated certain differences and similarities. In particular, in both Ukraine and Austria, private practice significantly prevails among music therapists (48.3% and 25.8%, respectively) (Geretsegger, 2012; Phan Quoc et al., 2019). Since music therapy is not officially recognized in Ukraine, it is used much less in hospitals (probably as experiments), while in other sectors (educational and research institutions, rehabilitation centers) the use of music therapy is similar. The average weekly workload per music therapist in Austria is 13.2 hours, which is 1.2 hours more than in Ukraine. Freelance work in Austria accounts for almost 80% of employment, while in Ukraine this figure is lower. In terms of earning opportunities, respondents indicated additional professional qualifications (70% in Austria and 55% in Ukraine) (Geretsegger, 2012; Phan Quoc et al., 2019), which demonstrates the need for more stable earnings. According to other researchers, the need for multiple qualifications is important for modern therapists as participants in a flexible labor market (Matney, 2015; Matney, 2018).

Among the main categories of the population that most often seek the services of music therapists are children with special needs, adults with mental and emotional problems, people with neurological diseases, and people rehabilitating after trauma, both physical and moral. In general, this list of patients is typical for many countries (Mula & Trimble, 2009; Ansdell & Stige, 2018). The largest category of patients in both Austria and Ukraine is adults over 19 years of age (Geretsegger, 2012; Phan Quoc et al., 2019). In Ukraine, it is likely that the number of such patients will increase, as the realities of the Russian-Ukrainian war will continue to prompt the rehabilitation of military personnel. In general, music therapy has a positive impact on the rehabilitation of the military (Gooding, & Langston, 2019), which is not sufficiently appreciated by other specialists (Roberts, 2022). It should be noted that the study did not reveal the interest

of therapists in the rehabilitation of complex seriously ill patients. In general, in other countries, this experience is quite standard (McDermott et al., 2018; Corey et al., 2019; Kelly et al., 2023). In addition, it is necessary to take into account the digitalization of the modern therapeutic process (Knott & Block, 2020; Suvorov et al., 2022; Zinchenko et al., 2023), which has its own negative aspects (Wilhelm, 2020). Obviously, these trends will also be used in Ukraine in the future.

Accordingly, the functioning of music therapy in Austria is in better condition than in Ukraine. However, a comparison of the results allows us to identify some prospects for further strengthening the position of music therapy in the socio-cultural environment of Ukraine, including against the backdrop of Russian aggression.

The retrospective nature of the survey conducted in Austria is extremely important. First of all, the sociological study covered almost $\frac{3}{4}$ of music therapists, who are a professional group whose activities are regulated by law (Geretsegger, 2012; Phan Quoc et al., 2019). This survey also demonstrates certain limitations, as it does not indicate the extent to which music therapy provides an opportunity to earn a living only from this work (is there a need to find a part-time job?), how satisfied music therapists are with their work, and the question about the duration of rehabilitation courses is not clearly formulated.

At the same time, in the Ukrainian context, the survey had other difficulties, as music therapy is not officially recognized, so it is used by people who have received private education. The survey also had limitations in terms of the number of music therapists covered, as it is extremely difficult to determine the exact number of specialists who use music in rehabilitation activities in the context of military operations and the unofficial status of music therapy. Nevertheless, the results are quite presentable and important for the development of music therapy in Ukraine, where higher education institutions are at the beginning of recognizing and effectively implementing music therapy in the educational space.

5. Conclusions

Thus, media-based music therapy in the socio-cultural space is one of the important markers of the social and cultural development of society. A comparison of the role of this type of music therapy in the socio-cultural environments of Austria and Ukraine has demonstrated certain differences and similarities: in both Ukraine and Austria, private practice significantly prevails among music therapists. Since music therapy is not officially recognized in Ukraine, it is not often used in public hospitals, while in educational and research institutions, rehabilitation centers, the use of music therapy is similar. At the same time, if compared to the experience of other developed countries, the use of music therapy in Ukrainian realities will require more attention in the education system.

It has been determined that music therapy based on media resources is important in the socio-cultural space of Ukraine at different levels. First, it promotes psychological well-being. Music therapy can be useful for improving people's psychological well-being and emotional state. In Ukraine, where there is a rich musical heritage, using music as a therapeutic tool can help with trauma recovery, stress reduction, mood, and well-being. Second, music therapy through the media can be used to rehabilitate people with physical or mental disabilities. In Ukraine, this may include people who have suffered as a result of war or those with various forms of disability. Music therapy helps to improve motor skills, promotes socialization and restores functioning. On the other hand, music therapy can play an important role in the social integration of different social groups in Ukraine. It creates opportunities for communication, joint musical activities and cooperation.

Therefore, media-assisted music therapy can be an effective complement to traditional music therapy or used as an independent approach. It is important to keep in mind the individual needs and preferences of the person, as well as to work with qualified music therapists who have experience and knowledge in this field. It is important to note that for the effective use of music therapy through media in Ukraine, it is necessary to have access to appropriate resources, to establish cooperation between media platforms, music therapists, and health professionals. This will help ensure the quality and proper supervision of the music therapy process and make it accessible to a wide range of people throughout the country.

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