

The Role of Music Therapy in the Healing Process of Traditional African Society: A Case Study of Igbo Area of Nigeria

Dr Sunday N. Nnamani

Faculty of Humanities & Social Sciences, Federal University Ndufu-Alike Ikwo

P.M.B. 1010 Abakaliki, Ebonyi State, Nigeria

sundaynnamani2010@yahoo.com

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Abstract. Music had been one of the most important and expressive human activities in all cultures around the world for thousands of years. It has been effectively coupled with words in chants and songs, and vocal music has been an important accompaniment to worship, work, recreation, and a broad spectrum of other activities. A major advantage of music is that it can reflect and enhance human moods, emotions and activities, even though it cannot communicate specific ideas or thoughts without the help of words. This is actually the main objective of this work which was centred on the ability of music (therapy) to improve on the mental, physical, emotional, social, aesthetic and spiritual health of patients. Music in Nigeria essentially derives its origin and versatility from the oral traditions or the folklore of the different ethnic groups that make up the Nigeria nation. The Igbos are one of the three major ethnic groups in Nigeria.