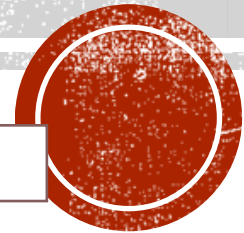
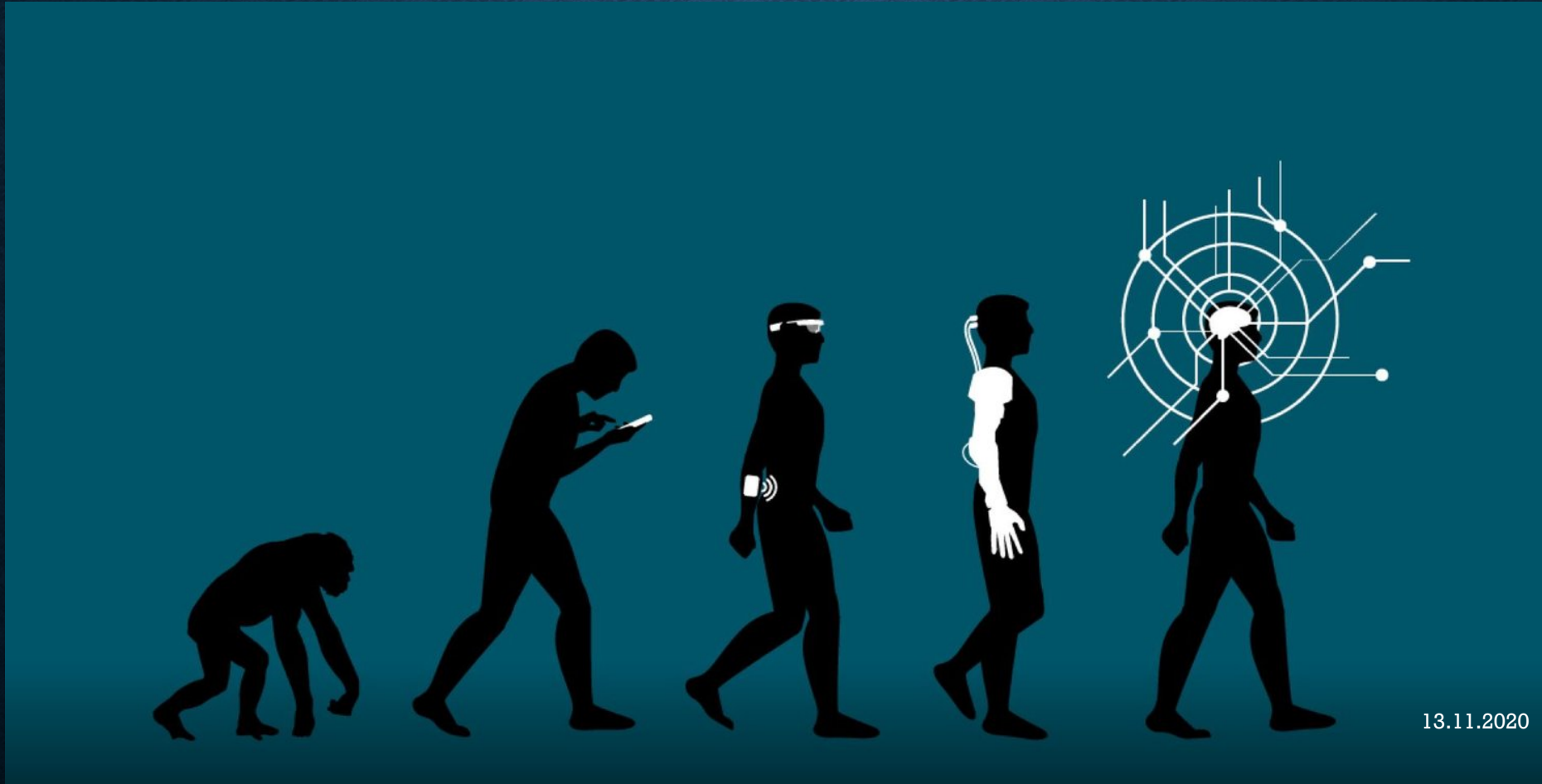


IMPACT ON THE PSYCHE THROUGH POETRY AND SOOTHING MUSIC.

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AS THE TECHNOLOGICAL AND INFORMATION SPHERE IS DEVELOPING VERY FAST, PEOPLE'S PROBLEMS ARE CHANGING AT THE SAME TIME. IT MEANS THAT PSYCHOLOGY IS DEVELOPING VERY FAST AS WELL. NOWADAYS PSYCHOLOGISTS HAVE DEVELOPED MANY WAYS TO INFLUENCE THE BODY AND IMPROVE



WITH THE INCREASING DEVELOPMENT OF THE TECHNOLOGICAL SPHERE, PEOPLE FEEL ALONE, THEY FEEL DEVASTATION, LOSS OF MEANING OF LIFE, TENSION, AND ANXIETY. NOW SUCH THERAPIES ARE USED IN WHICH A PERSON CAN COMPLETELY RELAX, SURRENDER TO ANY BUSINESS, AND FEEL HIMSELF NATURALLY.



THE INNOVATIVE APPLICATION I PROPOSE, BY COMPARING THE PROBLEMS AND EXPERIENCES OF A PERSON, WILL GIVE OUT AN INDIVIDUAL THERAPY THAT WILL HELP A PERSON EXPRESS HIS CONDITION USING WORDS AND NOTES. A PERSON DRIVES INTO A SPECIAL APPLICATION A PROBLEM THAT WORRIES HIM, THE PROGRAM SELECTS FOR HIM A NUMBER OF POEMS AND WORKS THAT CAN EXPRESS HIS CONDITION AND HELP HIM UNDERSTAND HOW TO GET RID OF A PARTICULAR PROBLEM.

In any poem invested any emotion, and if you add music to it, which will help you go deeper into yourself, a person will begin to think about the chain of the occurrence of his problems and, in fact, with the help of expressing his thoughts to a psychologist, their solutions.





Such innovation will help people immerse themselves in themselves not in complete silence and depression or alone with a psychologist, but by speaking out their problems, because of which they fell into depression. A person does not have to tell his experiences to a stranger whom he does not trust the first time. The application will help him find himself in the reality that a person himself wants to see, in this case, to represent. The application will give you the opportunity to open up in a new way for yourself, find your "I" with the help of poems that express problems and at the same time with the help of soothing music that helps them to relax.



There are many examples of such innovations in psychology applications in which a person can keep a mood journal, or recognize the first signs of depression. Also, in the treatment of psychological trauma, modern psychologists use VR glasses, which help a person to see themselves from the outside and conduct psychological counseling for themselves.

The atmosphere created by the innovative application I propose will give a person understand what worries him now and what needs to be changed to become happier.

