

The effect of *Changbu-taryung* on stress management: An outstanding chef on *Changbu-taryung*, Korean traditional music, Tae-yong Jeon is cook on YouTube (<https://youtu.be/HKa8ds7PjKE>)

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ABSTRACT

Changbu-taryung has long been known as a one of the best folksong in Korea. There had been no report for music therapy on stress management. The purpose of this article debates that *Changbu-taryung* may has beneficial effect on stress management. As a wonderful food can make people recover of disease, listen to delightful music can be a healthy way of healing our emotions. People tend to listen to glad music when they want to progress their mood because peculiar qualities comprised in that music entertain us and promote emotional state. Tae-yong Jeon is a creative destroyer and an out-of-box singer on *Changbu-taryung*. He has a good command of melody and rhythm. And he was singing with diverse and sweet tunes. That is where he is at his strongest. He rejected the conventional singing that would confine him to particular skill. As if he does enjoy the pleasure of his own cooking. The author recommend you listen to delightful and shapeshifter music when you often feel stressed out. This article indicates that *Changbu-taryung* may have beneficial effect on stress management.

Keywords *Changbu-taryung*, Tae-yong Jeon. Han Ak (Korean music. 韓樂), stress management, music therapy

INTRODUCTION

Changbu-taryung has long been known as one of the best folksongs in Korea. There had been no report for music therapy on stress management. *Changbu-taryung* is a really glad and nice music. What's interesting is the cheerful cadence of the songs in every lyric. *Changbu* means a god of entertainer in shamanistic custom. After his death, his spirit became as a god of actor. *taryung* means rhythmic pattern, or a kind of tune or a ballad. Music is composed of various factors, including tempo, key, and melody (Kawakami et al., 2014). *Changbu-taryung* consists of sol-la-do-re-mi-sol-la-do-re sounds. It usually begins re-sound peacefully and finishes sol-sound. It is a piece of music in twelve-eight time, is also called gutgeori-jangdan (rhythmic pattern).

"Sing well" means sing a song with gusto in Korean traditional music world. In other words, do good express with voice at will, like a good at cooking. The attractive songs make peoples happy like a good meal makes us happy. As a wonderful food can make people recover of disease, listen to delightful music can be a healthy way of healing our emotions. Feeling a sense of well-being is very important. It is a good cure to listen joyful song, which will lead to an overall feeling of welfare and consequently heal the mind and the body. People listen music to regulate arousal and mood, to achieve self-

awareness, and as an expression of social relatedness (Schafer, et al., 2013). People tend to listen to glad music when they want to progress their mood because peculiar qualities comprised in that music entertain us and promote emotional state.

"Stress management" is an important keyword showing our zeitgeist, the spirit of our age. We cannot avoid stress in our daily lives. In 1996, Crofford noted stress is any disturbance that perturbs homeostasis and lead to activation of stereotypical stress-adaptation mechanisms referred to collectively as a stress response (Chlan et al., 2013). According to Rapoliene, in 2010 Maghout-Juratti and colleagues noted stress has a direct associated with fatigue and health.

Let's listen clearly. Now, author doesn't mean just the song, author mean really listen to that healing sound with shapeshifter tunes. So, author suggests that *Changbu-taryung* may have beneficial effect on stress management.

Who is Tae-yong Jeon?

Tae-yong Jeon (1922 - 1991) was born in youngjong-myun Gyunggi province (Fig. 1). He is known for his multi-faced talents including Haegum (a Korean fiddle) and p'iri (small bamboo flute) player. Haegum is a two-string spike fiddle and defines it as a string instrument (Howard, 1988). It has proved especially versatile findings its way into a wide variety of ensembles and performance genres in both the court and folk categories (Anderson, 2008). P'iri is a small cylindrical or slightly conical pipe classically made from a length of bamboo, with a normative eight finger holes and an oversize bamboo double reed (Howard, 1988). He had been playing music together for a long time. So, he learned how to breathe, express, control and practiced naturally. He liked music so much that he perceived a singing a song by himself. His song's a shapeshifter.

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Fig. 1. Tae-yong Jeon (<http://blog.daum.net/paulsong/15859923>).

He sings a song, *Changbu-taryung* just as the style takes him. His voice is stood out by his unique individuality. Therefore, he rejects the melody that would limit him to a conventional tune. Also, he is a creative destroyer and an out-of-box singer on *Changbu-taryung*. He has a good command of melody and rhythm. And he was singing with diverse and dynamic tunes. That is where he is at his strongest. He rejected the conventional singing that would confine him to particular skill. As if he does enjoy the pleasure of his own cooking. He sang a song at will as if he played improvisation notes. You will experience best music moments in unexpected melodies. Basically, he pursues Gyunggi (certain province) minyo (folksong), but not confined rule. Air is essential to human life and to sing a song, too. Sound is radiated to the surrounding air at the lips and nostrils (Pulakka, 2005). To facilitate the circulation of air in the body, he applies air to sing a song skillfully. His voice takes a fancy to his voice. He left a deep impression on the people with his personal voice too. Though his songs express both bright and seamy sides of life, it can also be sung cheerfully.

RESULTS AND DISCUSSION

In daily life, music listening can be used for stress reduction purposes, with the best product when it happens in the presence of others or when it is carefully listened to for the reason of relaxation (Linnemann et al., 2016). Stress is a significant affecting factor to an individual's quality of life, and high levels of stress, if not managed, can negatively influence an individual feelings, health, and suggestive well-being. Music has been shown to decrease stress, pain, anxiety and demand for analgesic and anesthetics drugs (Morris, 2013, Calcaterra et al., 2014). A stress-reducing outcome of music listening may be interpreted by music particularly affecting action in the hippocampal formation, which in turn influences the operation of the hypothalamus-pituitary-adrenal (HPA) axis (Linnemann

et al., 2015). We need distraction now and then. As we knew, listening music will actually refresh from your exhausted routine for sure and improve your overall health. Also, after an attractive cheerful music listening, we usually feel much better. We are tired of the same crazy routines. This is a problem we have to face. If you don't have to be unavoidable, let's often enjoy ourselves to the full with gusty music. Fortunately, listening to music is to cope with stressful situations. Also, listening to music a good way to stay fit and feel relaxed. So, listening to good music can be healthy, because it is delightful and refreshed. People tend to listens glad music when they want to progress their mood because special qualities contained in that music amuse us and improve our emotional state (Kawakami et al., 2014). As good nutrition keeps human body healthy, music is to be a vital nutrient to human mind. His gusty song makes us feel refreshed and is cheerful to our mental and physical health like a good meal. Listening *Changbu-taryung* with his unique singing can be a way to relieve stress and have fun. It helps the soul and body feel refreshed and improve stresstul state.

Han Ak (Korean music, 韓樂) is nature-friendly music that gives you a rest and allows you to be comfortable yourself. It based on the principle of the positive and negative and five elements. So, it has a mysterious power to understand the minds and feelings of people. Tae-yong Jeon is a creative destroyer and an out-of-box singer on *Changbu-taryung* He has a good command of melody and rhythm. And he was singing with diverse and sweet tunes. That is where he is at his strongest. He rejected the conventional singing that would confine him to particular skill. As if he does enjoy the pleasure of his own cooking. The author recommends you listen to delightful music when you often feel stressed out. This article indicates that *Changbu-taryung* may have beneficial effect on stress management.

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CONFLICT OF INTEREST

The author has no conflicting financial interests.

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