

Music and Healing: Perspectives of HCPs in Kenya

Music and healing in traditional Kenyan societies is a phenomenon that has been in existence for centuries. Music and healing or Music Therapy as popularly known in the conventional medicine in contemporary Kenya has however been shrouded in mystery. It is arguably true that when individuals in Kenya hear the phrase music therapy for the first time, they usually make some guesses as to what may be implied by the phrase. It is never clear what the music therapist does in Kenya, what is involved in the process, when and in what context music therapy is practiced, what kind of clinical approach is used, and what would one explain as the efficacy in healing of some specific music genres. This study will endeavor to address the foregoing questions from HCPs perspectives. The objectives of the study will include:

1. To determine the Socio- demographic characteristics of participating HCPs
2. To demonstrate the level of awareness regarding music and healing among HCPs in Kenya
3. To find out the socio-cultural perspectives on Music and healing among HCPs in Kenya
4. To make recommendations regarding music and healing for the Kenyan context

Methodology

This is a quantitative study. It is being carried out online via survey monkey using a self-administered questionnaire. Purposive sampling technique has been employed. The link has been shared out to various health professional cadres to share in their network. Data will be analyzed online via tools within survey monkey app.

Results

Results will be presented in a report in narrative and graphical format. Each aspect of the HCPs perspectives will be presented in tables, pie-charts. Music and healing awareness will be computed and represented as a percentage.

Conclusion

Based on the findings, relevant conclusions will be drawn.

Keywords

Music therapy, health care providers (HCPs), Healing, Medicine, Therapist, Socio-demography

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