

Effectiveness of Music Therapy Using National Instruments and Adapted Nomadic Games

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The study confirmed the effectiveness of music therapy based on traditional Kazakh instruments – the kobyz and dombra – combined with adapted nomadic games for children, including children with special needs.

The research covered 200 children, of whom 175 showed a positive effect. The process involved background music played on the kobyz and dombra from the moment the child approached the classroom and during lessons. For the first five days, both instruments were used, after which only the kobyz remained. Observations indicated a significant impact on the emotional state of both children and their parents, helping to reduce anxiety, improve adaptation, and increase engagement in the activities.

Music therapy proved especially beneficial when children arrived at the session in an emotionally unstable state due to various external factors (fatigue, irritation, or stressful situations). In such cases, children might initially experience emotional tension or even cry during the first 10–15 minutes of the session, making interaction with the specialist more challenging. However, the kobyz-dombra therapy method facilitated their emotional stabilization and improved communication.

Additionally, the program incorporated adapted nomadic games such as tug-of-war, various types of darts, games with stones, motor skill exercises for the legs, and horseback riding. These activities contributed to children's physical and emotional development, enhancing coordination, focus, and social adaptation.

As a result of the study, the effectiveness of this comprehensive approach—combining national musical traditions and adapted nomadic games—has been confirmed in working with children aged 1.5 to 6 years, including those with special needs. This method improves emotional well-being, enhances social adaptation, and supports cognitive development in children while also having a positive impact on their parents.

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