

Poetry, Quotations and Music in Medical Games for Depression and Rehabilitation

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Abstract – Most of the art is of the things people feel and is a way of expressing it. Depression makes people run away from the situation and even world in general. I this this loneliness can be used for their rehabilitation with the use of poetry, quotations and tranquil music in the online games and video games, developed specifically for therapy purpose.

Keywords – Depression, gaming, medical games, rehabilitation, music therapy

I. INTRODUCTION

In the modern times, as the stress level is increasing, people are distancing themselves from the culture of arts, poetry and pure music which brings peace.

In today's global world, competition is increasing at a fast pace and thus is solitude, one major cause of depression. Causes of depression include some kind of abuse (physical or emotional), death or loss, genetics and personal disputes. Nearly 30% people with substance abuse have also major depression cases.

Depression leads to ill mental state, abnormal life of the patient and awkward social behavior. A person who believes he's defeated in all facets of life doesn't know fear no more. Such emotionless conditions can be treated by taking the person back to himself. Memories of yore, instead of becoming regrets should be observed as reminiscences bringing smile to lips. There are particular music therapies available out there. However, a relatively new idea is gaming.

As complete work of Digital Monozukuri focuses of innovation via development of games including

game based education, our rehabilitation idea is no different.

We plan to create medical games i.e. games for treatment of diseases like autism, Alzheimer and depression.

II. BACK TO ART

Life is as uncertain. Another face is, there is an end to every good or bad stage of life. Imagination and dreaming is a different thing, but fantasies after anticipating the life truly is yet another.

When we say that human beings are social animals that does mean living life cheerfully and respectfully along with others. It also involves connection with the person himself. A connection of thoughts, through which he must live in harmony with himself. However, these internal and external connections are being left uncared for and even are ruined completely due to various factors like ego, low morale, regrets, unaccomplished desires and ignorance.

This henceforth leads to increasing stress level and more and more diseases. Increasing anger, fear and pity.

'Catharsis' is a term in dramatic art which means purification and purgation of emotions especially pity and fear through art. In psychoanalysis, it means bringing repressed ideas or experiences into consciousness, thus relieving tensions.

Poetry is an emotional purge for the poets. William Wordsworth defines poetry as "the spontaneous overflow of powerful feelings: it takes its origin from emotion recollected in tranquility".

In words of Victor Hugo, “Music expresses that which cannot be put into words and that which cannot remain silent”.

So, in our game concepts, we’re presenting and experimenting the arts.

A. Poetry

Poem therapy is done by adding particular paragraphs of poems in simple and lucid language with clear yet powerful meaning in the game. Philosophical poems oriented towards optimism and essential goodness of humankind and life are used.

When P B Shelley says “If winter comes, can spring be far behind” or Robert Frost tells about two roads diverging in wood then it does rejuvenate a person, no matter how stressed he is. Poems of Robert Frost, William Wordsworth, etc. are used.

Literature is a way of self-expression and self-awareness. Poetry improves perception and helps in differentiation of feelings.

B. Quotes

Inspirational quotes are very essential as they give very thoughtful idea in one or two lines. Quotes by world leaders like Swami Vivekananda, Nelson Mandela, Mahatma Gandhi and Osho.

Also, quotes from the *Bhagwat Gita* (Song of God) are used. Albert Einstein said about the book “When I read the Bhagavad-Gita and reflect about how God created this universe everything else seems so superfluous.”

“Those whose consciousness is unified abandon all attachment to the results of action and attain supreme peace. But those whose desires are fragmented, who are selfishly attached to the results of their work, are bound in everything they do.” – *The Bhagwat Gita*

Instead of saying “life is uncertain”, it’s better to see the other side, i.e. “Life is uncertain, and that’s the beauty of this journey”.

C. Music

“If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music.” – Albert Einstein

“Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness.” – Maya Angelou

Tranquil and mystic music is used as the background music of games for soothing mind and relieving tensions. Music is very powerful and has very special place in every culture. Special music therapies are widely used in trauma, depression and substance abuse cases.

III. CONCLUSION

Integrating various forms of poetry in different types of games can be a lot helpful for the depression patients. Medical games are powerful and have got great capabilities which we experiment developing those games. Games also focus on decreasing anxiety, enhancing social relationship, enhancing ability to titrate abreaction, self sooth, recognize and cope with traumatic triggers.

Self-esteem of the person is hence improved and with increased motivation and self-confidence, group cohesiveness is also improved. Because, human being is a social organism.

“Do not be proud; do not insist upon anything dogmatic; do not go against anything — ours is to put chemicals together, the Lord knows how and when the crystal will form. Above all, be not inflated with my success or yours. Great works are to be done; what is this small success in comparison with what is to come? Believe, believe, the decree has gone forth, the fiat of the Lord has gone forth.” – Swami Vivekananda

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