TANG [HUMANITAS MEDICINE]

Original Article

The effects of Korean double-headed drum janggu rhythm on the life forces for the elderly made by In-seok Seo

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ABSTRACT

The aim of this article is to argue that rhythm of janggu may have meaningful effects as a form of vitality for the elderly. Janggu is the most popular and soft pitched instrument in the percussion family in Korean music. It is warm and soft makes very deep and exquisite sounds. Janggu is a source of Korean national pride because of unique, manifestation of yin-yang five-elements represented in Korean music. The meaning and influence of rhythm in human is in essence and natural. This style paper is a course of happy life and a basic step toward in the world. Music therapy has been employed as a therapeutic intervention to facilitate healing across a many of clinical populations. A cheerful rhythm of janggu promotes the vitality of the elderly. This joining has contributed to the vitality, health improvement and the whole body for the elderly. Instead of visiting hospital, they sit in front of the janggu what could be better than a daily dose of exercise. Therefore, the author thinks this might help them forget their anxieties, this very moment, janggu music rhythm therapy lays the foundation of a more vital lifestyle.

Keywords janggu, In-seok Seo, rhythm, percussion, vitality, music therapy, Han Ak (韓樂)

INTRODUCTION

Since 1949, the World Health Organization has explained health as "a condition of complete physical, mental, and social well-being and not only an absence of disease and infirmity". The meaning and influence of rhythm in human is in essence and natural. Therefore, it is very successful in improving health. Janggu is the most popular and soft pitched instrument in the percussion family in Korean music. It is warm and soft makes very deep and exquisite sounds. The body of jaanggu is generally made of wood which were mainly paulownia. Music, with its several elements, such as rhythm, sound and melody had the different ability even in prehistoric, ancient and medieval times to have a peculiar enchantment for humans (Gasenzer and Leischik, 2017). Therapeutic attribution of percussion is a rhythmical characteristics.

The word of rhythm is derived from Greece word 'rhythmos'. That means balance and calculated motion. Rhythm is the basic being that there is breathing, walking, heart beat and daily rhythm according to life-cycle, so, everyone remains friendly. Rhythm is the world's common language. Because percussion sounds can relatively easily get over their foreignness, it is like a heartbeat to everybody. Rhythm-centerejd music making (RMM), defined as the active playing of drums and diverse other percussion instruments, has been found to have useful in areas of emotional, psychological and social results (Bittman et al., 2004; Ho et al., 2011; Yap et al., 2017) with enhancements in mood, drop in anxiety, stress relief and relaxation (Bittman et al., 2003; Bittman et al., 2004; Smith et al., 2014; Yap et al. 2017). In music, the beat is the regular, sensitized emphasis to which listeners tend to synchronize their actions (e.g., by clapping their hands or tapping their feet).

As we know, playing percussion with breathing boosts your heart rate and strengthens the muscles in the whole body. In addition, vibration of percussion may be a good to make people feel better. Music interventions are often said to have an influence on motor, language, social, cognitive, and academic capabilities (Costa-Giomi, 2004; Dumont et al., 2017; Forgeard et al., 2008; Ho et al., 2003; Jentschke and Koelsch, 2009; Schellenberg, 2004; Southgate and Roscigno, 2009; Standley, 2008; Strait et al., 2010; Yazejian and Peisner-Feinberg, 2009). Areas for music and language are drivingly interconnected in the brain (Fachner et al, 2013; Haslbeck et al., 2017; Patel, 2008). Vitality is always an essential factor for the elderly that promoted a healthy improvement. Vitality can be one of consolation of elderly's old age. Also, providing join artistic activities for the elderly is the very basis of keeping in good mental and body health. Therefore, the author thinks the rhythm of janggu makes them more vital and healthful.

Each color and material has its own beauty and symbols. Match for rain is Janggu and Janggo (or changgo, chang = stick; -go = drum, or Jang = deer; -gu= dog) is a double-headed drum with a body shaped like an hourglass. It is used the most widely among all Korean instruments. It accompanies vocal music such as sanjo (sung three line poems), kagok (lyric songs), and many minyo (folksongs), is essential to every contemporary school of sanjo (literally, "scattered melodies" for solo instrument and drum), and is found in many shaman

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Fig. 1. Janggu and In-seok Seo.

ceremonial and court ensembles (Ko, 2015).

Janggu is a source of Korean national pride because of unique, manifestation of yin-yang five-elements represented in Korean music. “Jang" represents rain, cane, and roe. “Gu” represents drum and dog. Humidity, temperature, and air pressure determine the quality of a janggu. As it gets more digest through humidity and temperature, it makes deep sounds. Each country has its own interesting culture and traditions. So elementally, with both of your hands you're controlling pitch and volume in method of janggu playing. On that account, being ambidextrous involves having both sides of the brain regions to each other a lot, which seems to be related in making balanced mind and body. In this way, the Korean traditional percussion the capital reflected Confucianism, the basic ideology of the dynasty, and the theory of benevolence, righteousness, propriety, wisdom and sincerity.

Born in Jeonguip Geollabukdo province in 1958, In-seok Seo came from a craftman’s family. His grandfather, Yung-kwan Seo and father, Nam-kyu Seo is considered one of the most outstanding percussion masters in the history of Korea. My house was a workplace for my grandfather and father and playground for me in my school days. It was life-changing, and so, in my life, I was in the percussion. It was a family business and the forth hereditary over the last 100 years. He turned over a new leaf and rescued the family business through hard work. Considering his parents' feelings, he decided to go into the family business with delight. He was an official life at one time. In 1996, he was designated No. 12-2 of the Intangible Cultural Properties of Geollabukdo province.

He made janggu (Korean hourglass drum), buk (Korean barrel-shaped drum), and other percussion. He makes a simple, traditional making style because it is how ancient Korean percussion artisans made. He also used a paulownia and various trees and dogskin, cowhide to make a larger and clearer sound. As he gets older, he is able to create deeper and clearer sounds playing janggu, buk and other percussions. The instruments for the master's workplace were mainly made of a kind of birch and paulownia while percussions with beautiful grains were selected to reflect youngster' preference. Their curve and symmetry, their honest and mature matters and, above all, their meticulous workmanship are simply very nice to our eyes, even today.

The order of janggu making made by In-seok Seo (https://youtu.be/vEBzBr0SeXk)

1. Make a good paulownia choice
2. Tree cutting
3. Pruning of outside on the sound chamber
4. Maturing naturally
5. An outward and inward form of carving
6. Heat treatment
7. Planing of leather
8. Tailor and make longer of leather
9. Sewing after cat’s-cradle
10. Making janggu stick
11. The whole constructing and listening sound

RESULTS AND DISCUSSION

With people living longer than before, the idea of quality of life, which comprises of objective descriptors and subjective estimations of physical, material, social, and emotional wellbeing together with the extent of personal development and intended activity (Felece and Perry, 1995; Yap AF et al., 2017), has become meaningful aspect in the measurement of the health of an individual and it has been recognized as a great health product (Frank and Snoek, 2000; Yap et al., 2017). Beat-based timing promotes the fundamental ganglia, among other cortical and subcortical areas of the motor system (Cameron et al., 2016; Chen et al., 2008; Grahn and Brett, 2007; Grahn and Rowe, 2009; Grahn and Rowe, 2013; Teki et al., 2011). Playing percussion that is consisted of harmony of rhythm causing physical reactions (KO, 2015; Robb, 2003).

According to In-seok Seo, cheerful rhythm of janggu promotes the vitality of the elderly. This joining has contributed to the vitality, health improvement and the whole body for the elderly. Instead of visiting hospital, they sit in front of the janggu what could be better than a daily dose of exercise. He reported due to janggu rhythm therapy, the frequency of hospital has been diminishing gradually after joining janggu class. They move to the rhythm of the janggu quite well. They make them alert and focused. Therefore, the author thinks this might help them forget their anxieties, this very moment, janggu rhythm therapy lays the foundation of a more vital lifestyle.

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CONFLICT OF INTEREST

None.

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