

Gratitude and sympathy are the first steps to healing: focusing on Hope World Song (希望世上歌)

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ABSTRACT

The purpose of this study is to suggest that activities consisting of sympathy and gratitude are the way to healing. In our team's Hope World (希望世上), we changed the lyrics of *GunbamTaryeong*, which Koreans know the most, to create a healing *Taryeong*. The iterative refrain changed to "It's nice, it's hope, it's a good world for everyone." "The Wind Blows, Spring Has Come, The Moon Is Bright" will be the beginning of each chapter in *GunbamTaryeong*. It looks like a bright lyric, but it also shows both sides. All members participated in changing the lyrics, harmonizing the lyrics and rhythm, preparing props, playing musical instruments, and exciting performances. Therefore, it can be said that it is the story of healing where everyone is together. The song of Hope World is a real *Taryeong* that heals those who plan together, sing together, play musical instruments together. It's a "hope-*Taryeong* (希望打令)" who dreams of a "everyone good world." It's a *Taryeong* that lingers in my mouth and comes to mind. In this way, activities consisting of mutual cooperation and love doubled gratitude and sympathy for each other, and we think healing was achieved in the process. In this study, we suggest that sympathy and gratitude are perhaps the first steps towards healing. The Hope World Song (希望世上歌) is available on our channel YouTube (<https://youtu.be/hgPiD4g2-iM>).

Keywords gratitude and sympathy, healing, hope-*Taryeong* (希望打令), Hope World Song (希望世上歌)

INTRODUCTION

Activities consisting of mutual trust and cooperation are maximized with positive emotional expressions of empathy and gratitude. Emotions are analyzed as social variables based on the idea that cultures from certain historical periods affect individuals' inner realities and their various emotions, from sympathy to emulation.^{1,2} From a social functional point of view, emotional expression provides information to the other person and provides opportunities for concrete action.³⁻⁶ Sympathy can be said to be a caring third-party response.⁷ In psychology Lishner, more and more studies are seeing empathy as a factor that causes altruistic behavior.⁸

Lishner et al.^{9,10} found that when humans or animals were injured or suffered, and when they were experiencing a mismatch in their current needs, one or more dimensions of well-being, they aroused sympathy.¹¹ Social groups closely linked to a greater level of sympathy, helping behavior, and altruism are thought to be more likely to avoid threats from other groups and the environment.¹² This suggests that sympathy is a social-friendly attitude that plays an important role in our social life.¹³ Being grateful seems to be one of the most important factors in a good life. Appreciation is a natural emotional response and is likely a positive and universal tendency to respond to other people's benevolence and altruism.¹⁴ Individuals feel satisfied when they are rewarded and appreciated, and at the same time, they understand emotionally, especially when looking at other people's experiences.¹⁵ Not only do grateful people have fewer negative emotions, but they also tend to experience positive emotions such as satisfaction, happiness, and hope more often.¹⁶⁻¹⁸ Being grateful can increase trust in

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others, help social integration, and help people contribute to groups.^{19,20} Several studies have revealed that the characteristics of gratitude are related to many well-being variables.^{16,17,21} Studies have also consistently found that activities of appreciation improve subjective well-being.²²⁻²⁵

What is *Taryeong*?

Taryeong (打令) is a title that is often seen in traditional Korean music.

It usually represents exciting music. *Taryeong* is even the fastest song among the royal music, Yeongsanhoesang (靈山會相). It is also called *Taryeong* when a shaman sings and dances in shamanic songs. There is also a theory that this became the origin of *Taryeong*. The title of *Taryeong* is mainly attached to faster and more exciting songs such as *ChangbuTaryeong*, *SaeTaryeong*, and *GunbamTaryeong*. So, when we hear *Taryeong*, we get excited and dance on the shoulder.

RESULT AND DISCUSSION

Evolutionists argue that music is acceptable and adaptable because it promotes social cohesion.²⁶⁻²⁸ From the perspective of human subjective emotions, music affects people's hearing through sound, and viewers judge whether they are happy or sad, considerate, or sad through hearing, influencing people's intuition and emotions, and even their thoughts.²⁹

The expression "*Taryeong*" in Korean explains that "it is repeated by expressing thoughts about an object in words or sounds." It can be seen from expressions such as *alcoholTaryeong* and *moneyTaryeong*. The constant demand for alcohol is called *alcoholTaryeong*, and the frequent mention of money is called *moneyTaryeong*. We think it's probably an expression that came from the song *Taryeong* being stuck in our mouth. In that sense, it's good to keep talking about exciting and fun music.

In the History of the Three Kingdoms, there is *BangaTaryeong*. It is said that poor musician Baek Gyeol made *BangaTaryeong*, which resembles the sound of crushing with Geomungo, for his family who had nothing to eat even on holidays.

As such, it can be said that *Taryeong* is a music of strange emotions that combines joy and sadness. Judging from *BangaTaryeong*, *Taryeong* has the effect of healing reality that happily overcomes sadness. His

family would not have been full after hearing *BangaTaryeong*, but they would have been tearfully grateful to have made *BangaTaryeong* for them. It is a sad reality, but it can be said that it is a music that shows the appearance of the Korean people who are overcoming it with fun and excitement. We think this is the real *Taryeong*.

In our team's Hope World (希望世上), we changed the lyrics of *GunbamTaryeong*, which Koreans know the most, to create a healing *Taryeong*. The iterative refrain changed to "It's nice, it's hope, it's a good world for everyone." "The Wind Blows, Spring Has Come, The Moon Is Bright" will be the beginning of each chapter in *GunbamTaryeong*. It looks like a bright lyric, but it also shows both sides. Wind is a dangerous wind for boaters on Yeonpyeong Island, and if you catch a lot of fish, it can be a pleasant money wind. Also, warm spring would be nice, but it shows that there was winter before that. People have overcome difficult times. The same goes for the moon. It was a dark night, so a bright moon was needed. It represents a bright hope for a painful world.

Hope World Song (希望世上歌), a healing *Taryeong* we created, was composed of the premise performance by Hope World leader Ko Kyung-ja. All members participated in changing the lyrics, harmonizing the lyrics and rhythm, preparing props, playing musical instruments, and exciting performances. Therefore, it can be said that it is the story of healing where everyone is together. The song of Hope World is a real *Taryeong* that heals those who plan together, sing together, play musical instruments together. It's a "hope-*Taryeong* (希望打令)" who dreams of a "everyone good world." It's a *Taryeong* that lingers in my mouth and comes to mind.

In this way, activities consisting of mutual cooperation and love doubled gratitude and sympathy for each other, and we think healing was achieved in the process. Therefore, we think sympathy and gratitude are the first steps toward healing.

receptive and include verbal processing of feelings and experiences. In active methods (improvisational, re-creative, compositional), participants are 'making music', and in receptive music therapy, participants are 'receiving' (e.g., listening to) music.³⁰

We wanted to suggest that our music-making activities were better based on the activity and acceptability of music therapy mentioned by Bruscia.

We acknowledge that further research is needed because it is limited to our experience.

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CONFLICT OF INTEREST

None

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