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OUD INSTRUMENT INTERVENTIONS FOR HEALING PURPOSES: A SYSTEMATIC LITERATURE REVIEW

Muhammad Asyraf Mohd Bakri & Kamal Sabran*

ABSTRACT

Oud, short-necked, and frantic “lute” fret-less lute is traditional instrument music come from the Middle East, which has many advantages over humans. The ‘King of Instruments’ in Islamic civilization is the most commonly used and most important musical instrument among the Arabs. The aim of the present study of the current systematic survey aims to find out the types of research related to the use of Oud musical instruments for healing purposes. This article analyzed the recent literature on advantage instrument music Oud for healing purposes. Guided by the PRISMA Statement (Preferred Reporting Items for Systematic Reviews and Meta-Analysis) research process, a systematic review of the Scopus, Science Direct, PubMed, ProQuest, Springer and EBSCO databases, including those relating to well-being, health, art interventions, 6 related studies. Oud instrument has three benefits for healing purposes. Result shows, in terms of well-being, the average indicates tool helps by showing the constructive impact on the recipient's psychology. In terms of health, the Oud instrument helps by showing a positive effect on the patient's health. In terms of art intervention, the Oud instrument is seen to help in the suitability of the desired music. In conclusion, while there has been no study done on the use of Oud musical instruments in music therapy, despite the fact that these musical instruments have been available for a long time and are increasing in popularity around the world, there is still no research on their use in music therapy.

Keywords: Instrument music traditional, Oud, Well-being, Health, Art intervention

INTRODUCTION

The original Arabic word Oud is pronounced *el-oud*. The e-oud is named after the main body of the instrument, which is made of *agalloch* tree. According to their words, the Turks transformed the world of "Oud" to "Ud." It is referred to as a "lute" in English, a "luth" in French, a "laute" in German, and a "liuto" in Italian by Westerners (Koç, 2013). Oud is a fretless short neck harp with five or six pairs of strings. The music books in Kindi, written that the Oud belonged to the Prophet Adam's 6th generation Lmech, the umbilical cord length must be 30 fingers (about 35 cm) long, and the umbilical cord width must be one-third long; it is referred to as the "carrying instrument king," it must be used as a theoretical tool (Turabi, 1996). The role of this Oud musical instrument is also very important in the performance among genre vocalists such as *Takht*/*Firqah*. It mediates between the rhythm and the melody of the frame, while the vocalist gives the decorated melody. Oud provides a layer of rhythmic texture and melody. This texture provides a framework for tone, intonation, melody direction, and rhythm (Khuri, 2018). Many musical instruments, Oud acceptances, have led it to develop in various countries around the world, including in the Malay Archipelago in the 15th century (Mohd Anis, 1993). This study will emphasize the use of traditional instrument

Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

music Oud for healing purposes through intervention Oud in the study.

There has been a lot of research done on the connection between music and well-being in the elderly. Adults' lives are enriched by music (Cohen, Bailey, & Nilsson, 2002). *Takht* in Turkish, lit platform, refers to a popular music group in the late nineteenth and early twentieth centuries in the Arab world. *Takht*, as defined by Racy, is up to five instrumentalists, including Violin, Oud, Qanun, Nay, and *Riq*, in addition to solo vocalists and small choirs. The musical stimulation produced by this combination of instruments serves as a feature of homogenization of the cognitive schematic structure in the listener's mind (Khuri, 2018). Thus, the sound effects of the Oud musical instrument greatly influenced human well-being through Oud involvement in the *Takh*t performance since time immemorial. Said (2013) claims that a listener can feel anxiety, sorrow, and longing, which causes them to weep and moan. This is because of the effect of the music they use; it is proven that music can have an impact on psychology that makes them easy to draw closer to God. In Islamic culture, music theory plays an important role in health care, especially when it comes to people's spirituality, which is founded on religious elements (Said, 2013). Furthermore, instrumental music songs offer unity and well-being, and for many Syrian women in Northern Jordan, instrumental music songs play an important role in their daily lives, contributing to their well-being and sense of belonging as refugees. These songs are treasured and safely saved on their cell phones. (Boswall & Al Akash, 2017). In Islamic civilization itself, there are several hospitals that accept patients with mental disorders (Mohd Sufie & Sidik, 2016).

There are various methods in applying music as a treatment. According to Gorini (2007), the main way is to use musical instruments. The 'King of Instruments' in Islamic civilization, namely Oud, is the most commonly used and most important musical instrument among Arabs. Patients with psychiatric illnesses such as insanity, addiction, and stress, as well as paralysis and toothache, are typically treated with music therapy. While music therapy cannot entirely cure the condition, it does bring them calm and keep them from behaving out of control, which is particularly important for insane people (Erdal, 2013). Shiloah (1995) states that al-Kindi used music therapy to cure an infant with this disorder. In the case of toothache, Colaklar (2014) claimed that Moses Hamun (Ibn Hamun), a 16th-century Ottoman practitioner, used music therapy to cure the condition. According to Heyd (1963), Ibn Hamun's use of music therapy is recorded in a manuscript named "Kitab Fi' tibb el-Esnan" (The Law of Medicine), which deals with dentistry. The hospital provided specialized services, such as appointing musical instruments and singers to assist patients (Mohd Sufie & Sidik, 2016). Among the diseases that apply treatment methods using musical instruments to produce therapeutic music are Parkinson, Dementia and Alzheimer, but there are still many diseases using music therapy methods as treatment methods (Raglio, Bellelli, Traficante, Gianotti, Ubezio, Villani, & Trabucchi, 2008; Fukui, Arai, & Toyoshima, 2012; Raglio, 2015).

For older people, there is compelling proof that frequent engagement in group music and singing will increase well-being and prevent loneliness, depression and mental wellbeing (Daykin, Mansfield, Meads, Julier, Tomlinson, Payne, Grigsby Duffy, Lane, D'Innocenzo, Burnett, Kay, Dolan, Testoni, & Victor, 2018). Making music for learning purposes is correlated with well-being (as an interactive instrument, for stress control, and as a mood enhancer) and identification since it can help these student teachers have more fun with music teaching, positively affect classroom management and is an accessible, reliable, and appealing pedagogical tool (Pellegrino, 2015). For Oud players, knowledge and highlighting

Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

the rhythm pattern in the game through a strong emphasis on the rhythm of each measure is important. Traditional instruments Oud play a role in mediating the rhythm pattern of the performance revolving around the singer, with the exception of instrumental music and chorus parts, sung by the female choir (Sahhab, 1987).

The Need for a Systematic Review

A systematic examination, according to Petrosino et al. (2001), is the process of identifying, combining, and evaluating all data that can be accessed quantitatively and qualitatively in order to include in-depth answers to the study questions.

Systematic reviews offer a range of benefits over traditional literature reviews. Reviews will be improved by a consistent article retrieval process, a wider area of study, and more critical priorities that can monitor research bias. In addition, this also allows researchers to deliver better data and more tangible findings (Mallet et al., 2012).

In the meantime, a vast number of available systematic studies have been performed around the world on the study of the use of musical instruments for medicinal purposes. However, only a limited number of experiments have been undertaken in the sense of the use of the Oud instrument as a medium for creating music since these instruments are traditional musical instruments and need to deal with contemporary musical instruments that function for healing purposes. A situation that prompted the potential of this musical instrument to cure needs to be understood today. This paper aims to review all available research in order to fill in the gaps by looking at examples of the application of Oud to help humans. This research is critical since there is currently no research focusing on the usage of Oud instruments for healing, despite the fact that the available systematic review papers on Oud are beneficial to human life. This research is also significant because it shows how the emphasis of peer-review research will aid researchers in communicating viewpoints in order to further consider future questions about the selection of conventional Oud musical instruments used for healing purposes that need empirical consideration.

The present systematic analysis was created in response to the following study question: To what extent does the use of traditional Oud musical instruments help in well-being, health and art intervention? The study focuses on the conventional musical instrument Oud assists with healing purposes. Furthermore, this segment addresses the need for a systematic review of Oud's conventional musical instruments, whilst the following section outlines the methods used to address research questions posed by current research. The third field then performs a systematic review and synthesis of empirical literature in order to distinguish, pick, and analyze relevant research on the level of Oud instruments used for healing. Finally, in reference to the questions posed, the final segment addresses the next moves by reflecting on prospective scholars.

METHODOLOGY

PRISMA, funding, inclusion and exclusion requirements, the systematic review method, and the abstraction and analysis of evidence included in the present research are all explained in this portion.

e-Bangi Faculty of Social Sciences and Humanities Universiti Kebangsaan Malaysia
Journal of Social Sciences and Humanities
Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

PRISMA

The PRISMA acronym stands for Preferred Reporting Items for Systematic Reviews and Meta-Analyses, and it is a published standard for doing a systematic analysis of the literature. The aim of publication guidelines is to provide writers with the necessary and relevant information to determine and analyze the quality and rigor of the analysis. PRISMA often emphasizes the assessment analysis, which analyzes randomized trials, which can be seen as critical to reporting comprehensive tests for other types of research (Moher et al., 2009). Furthermore, PRISMA explores a large corpus of research literature over a set period of time, allowing for a precise search of words related to the usage of the Oud instrument in the processing of music for the intent of healing. Furthermore, the usage of PRISMA allows for the proposal of analysis based on coding knowledge from Oud instrument surveys of healing.

Resources

The search terms were based on those utilized in previous surveys, but they were broadened to involve a concentration on the traditional musical instrument Oud on well-being, health, and art interventions. The following index was searched: Scopus. However, it should be remembered that there is no perfect or extensive index, like Scopus. Younger (2010) recommended that researchers conduct their queries in more repositories in order to increase the likelihood of discovering relevant documents. As a result, the current analysis relied on manual searches on a number of well-known databases, including Science Direct, PubMed, ProQuest, Springer, and EBSCO; no data parameters were used. Google Scholar was often used, as well as a manual scan of all applicable journals for related citations.

The systematic review process for selecting the articles

Identification

Three main steps comprised the systematic review process used to compile a number of essential articles for this research. The first step is to identify keywords, which is accompanied by a hunt for related and common terms using the thesaurus, dictionaries, encyclopedias, and previous analysis. Scopus, Science Direct, PubMed, ProQuest, Springer, and EBSCO search strings were used; no data parameter was used. After all relevant keywords were decided, Google Scholar was used, and all relevant papers were hand-checked for pertinent citations that were created in January 2021 (Refer Table 1).

Screening

The first stage of the screening was designed to exclude repeat papers. In this case, 6 articles were excluded during the first stage, while 590 articles were filtered based on the second stage searchers' specified inclusion and exclusion criteria. The first criteria is the category of literature, with scholars deciding to concentrate solely on journals (research articles) as the main source of scientific evidence. This also implies that comprehensive studies, polls, meta-analyses, meta-synthesis, novel series, books, book pages, and conference proceedings are not included in the present research. It can also be remembered that the reviews are based solely on English-language publications. Furthermore, it is important to keep in mind that the

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Journal of Social Sciences and Humanities
Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

time limit has been set at eight years (2014-2021). Furthermore, only studies utilizing Oud musical instruments, health, well-being, and art intervention are selected because they are consistent with the report's objectives. Among all, journals are written in the areas of health, psychology, and the arts are chosen to improve the chances of taking related articles. These principles led to the exclusion of 584 publications in all (Refer to Table 2).

Eligibility

For the third level, classified as certificates, a total of 88 papers have been completed. The title, summary, and main content of all articles are closely checked at this stage in the more applicable notes to ensure that they meet the criteria for inclusion and are suitable for usage in this analysis in order to meet the current objectives. As a consequence, a total of 82 publications were excluded since they were not founded on statistical data and were considered daunting science articles and did not focus on the healing mechanism of altering Oud instruments. Finally, the first 6 articles have been completed and are available for examination. (Refer to Figure 1)

Table 1: Search terms combined with instrument music Oud

'Well-being' or 'psychology' or 'psychosocial or 'life' or 'use music' or 'calmness' or 'physical well-being' or 'suggest recovering' or 'healing purpose' or 'lutes'
'Health' or 'music* therapy' or 'therapies' or 'treatment' or 'patient' or 'diseases or 'healing' or 'medicine' or 'wellness' or 'medical'
'Art intervention' or 'music' 'sing' or 'art education' or 'sound' or 'perform' or 'instrument'

Table 2: The inclusion and exclusion criteria.

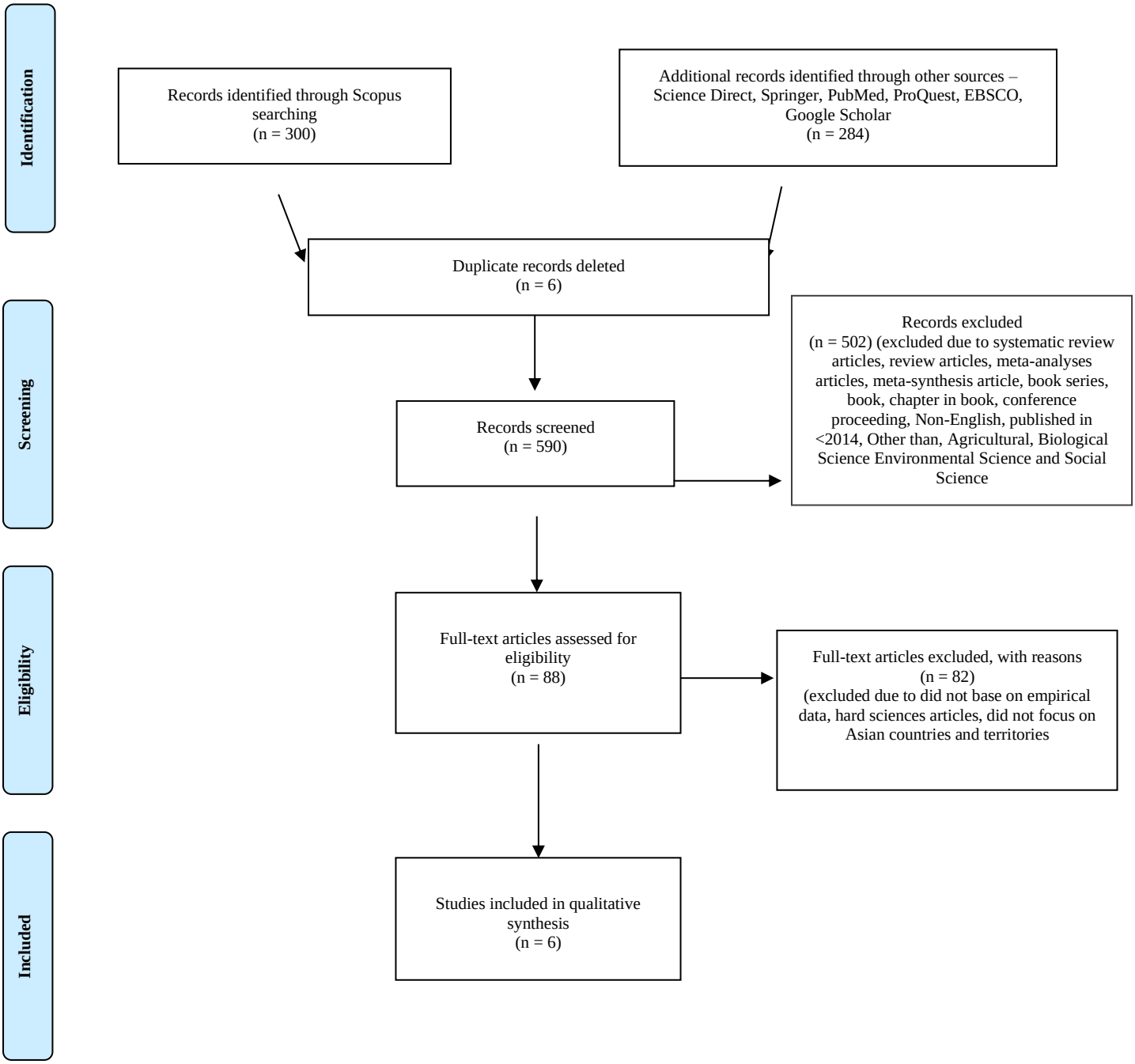
Criteria	**Inclusion**	**Exclusion**
Publication timeline	2014-2021	2014 and before
Document type	Article (with empirical data) and review	Conference proceeding, chapters in book, book series, books etc
Language	English	Non-English
Nature of the study	Focus on methodology	Not focus on methodology

Data abstraction and analysis

This research conducts an integrative survey, one of the survey strategies that analyzes and synthesizes different joint test designs (qualitative, quantitative and mixed methods) and can be done by translating one category into another or quantifying qualitative results (Whitemore & Knafl, 2005). Many of the selected findings have been qualified in this review. At this stage, the author examines a set of six articles carefully in order to obtain statements or data that respond to the research query. The authors then construct concrete groups in the second phase by coding methods based on the layout of the data. Under the scope of this review, suitable writers, based on observations with other co-authors, should regularly present findings while notes are held during the data analysis process, recording the study of results, thoughts, challenges, or any other ideas that might be relevant to the data comprehension.

Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

Figure 1: Flow chart representing the literature search



e-Bangi Faculty of Social Sciences and Humanities Universiti Kebangsaan Malaysia
Journal of Social Sciences and Humanities
Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

Table 2: Study summary Oud in healing purposes.

Study	Year	Country	Intervention	Aim	Outcome
Bastepe-Gray et al.	2020	United State America	While receiving functional magnetic resonance imaging (fMRI), 7 male Ouds (fretless lute) players used three traditional imagery methods (task conditions) to execute output imagery of a pre-memorized brief extract from mainstream oud repertoire: From recollection (internally driven) 1) shut your eyes, 2) open your eyes, and obey the musical score (symbol driven).	To investigate cortical activation patterns in different methods of mental practice of musical performance.	According to the results, not all imagery modalities affect sensory and motor regions in the same way.
Neudorfer et al.	2016	Austria	A local music therapist has been tasked with delivering music therapy to cancer patients through conversation, live music, tension control, and activation. In addition to the human voice, the Harp, Guitar, Oud, Monochord, Frame drum, and Orff instruments are among the instruments that are carried in a mobile instrument box throughout the hospital.	To show how the core concepts of Karl Baier's anthropological theory of spirituality, such as 'situation', 'ground situation' and 'disclosure situation', offer interpretative space for the data.	Spirituality anthropological study helps to elucidate the foundations of metaphysical experiences, and spirituality can be viewed as an especially important phenomenon of human life as a result.
Amiri et al.	2019	Iran	Participants were required to write down their thoughts on paper during the last 15 minutes of each session while listening to live music for 45 minutes. Setar, Tar, Tonbak, Kamancheh, Oud, and Daf were among the instruments used in the performance. Many of these instruments are used in classical Persian songs.	To evaluate the effectiveness of music therapy with Persian traditional music on the treatment of primary insomnia.	Traditional Persian music may be used to increase sleep efficiency and relieve the stress associated with primary insomnia in a simple and cost-effective way.
Luis et. al	2019	Egypt	A credentialed music therapist arranged the structure of the music therapy sessions ahead of time. Patients in the study community were given 20-30 minute sessions of live soothing Oud music played by a professional Oud musician.	To assess the effect of live oud music on physiological and psycholofycal parameters in patients undergoing cardiac surgery, pre-and post-operatively.	In addition to its beneficial impact on pain tolerance and anxiety scores, live oud music therapy has been shown to reduce stress reaction in patients undergoing cardiac surgery.
Ergin et. al	2019	Turkey	After receiving input from faculty members serving in the Department of Music, Faculty of Fine Arts Ege University, musical instruments such as the	To evaluate the effect of listening to music on comfort and anxiety in older adults living in nursing	Music has been shown to reduce anxiety in older adults by improving their ease.

Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

			Violin and Oud that can be performed by older adults were used.	homes.	
Bornand et al.	2019	Switzerland	When in the ICU, patients enjoy the voice of the Oud, a Middle Eastern musical instrument.	To what extent can engineering be used for the use of psychiatry and can smart musical instruments help relieve patients with serious psychiatric pathology during isolation.	Appropriateness of approach: improving patient autonomy and fostering useful exchanges between patients and caregivers allows new initiatives to test these results in several ICUs. The musical instrument's impact on acute psychiatric care can be calculated with certainty.

e-Bangi Faculty of Social Sciences and Humanities Universiti Kebangsaan Malaysia
Journal of Social Sciences and Humanities
Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

RESULTS

The analysis produces related to the musical instrument Oud for healing purposes. (Refer table 3). More specifically, it should be noted that the previous four studies use the Oud instrument as a tool for healing purpose, among which the most are the middle east countries, namely Iran, Egypt and Turkey (Amiri et al., 2019; Luis et al., 2019; Ergin et al., 2019), two past studies focused on europe countries, Switzerland and Austria (Bastepe-Gray et al., 2020; Bornand et al., 2019; Neudorfer et al., 2016) and a past studies focused on latin america country, namely United States America were also included in the survey (see figure 2). In the case of this study, the year of publication, one article was published in 2020 (Bastepe-Gray et al. 2020), four articles were published in 2019 (Amiri et al., 2019; Luis et al., 2019; Ergin et al., 2019; Bornand et al., 2019), and an article published in 2016 (Neudorfer et al., 2016) (see figure 3).

Method analysis with Oud musical instruments for healing recommendations. As shown in Table 3.

(i) How to use intervention instrument music Oud with the purpose of healing? We found that some ways of using Oud musical instruments through solo or in the group, use or in conjunction with other musical instruments. We will elaborate and give examples.

a) Solo; the usage of solo Oud musical instruments in the study to create the sound for healing. Table 3, Bastepe-Gray et al. (2020) for example, 7 male Oud players (fretless lute) are involved in the performance of a short excerpt from the mainstream Oud repertoire using three summary methods (task conditions) during a functional magnetic resonance imaging (fMRI) study: 1) closed eyes, 2) open eyes, and when following the music score, from recollection (internally driven) (symbol driven). In table 3, Luis et al. (2019), for example, patients in the study community underwent a 20-30-minute calming Oud music session from a professional Oud player via a music therapy session. For example, in table 3, Bornand et al. (2019), patients enjoy Oud's tone, a tool widely used in Middle Eastern music when in a hospital's ICU space.

b) In the group; Oud musical instruments use in groups with other musical instruments in research to produce sound for healing purposes. For example, in table 3, Neudorfer et al. (2016), the local music therapist was responsible for talk music therapy for cancer patients utilizing live music, tension control or activation. In addition to human speech, the selection of instruments involves Harp, Guitar, Oud, Monochord, Frame Drum and Orff instruments that are shipped through the hospital in a mobile instrument case. Next, in table 3 Amiri et al. (2019) example, after each session, participants listened to live music for 45 minutes and were invited to write their feelings on paper for the last 15 minutes. The instruments were Setar, Tar, Tonbak, Kamancheh, Oud and Daf. Both these instruments are part of the popular Persian music community. Table 3, Ergin et al. (2019) shows how musical instruments like the Violin and Oud, which can be performed by older people, are utilized after receiving input from faculty members at Ege University's Department of Music.

Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

(ii) How the benefits of the Oud musical instrument intervention for healing purposes in terms of; well-being, health and art intervention?

a) Well-being, table 3, Bastepe-Gray et al. (2020) aims at investigating prefrontal activity trends of various artistic performance mental practice approaches. The findings indicate that not all image modalities affect the sensory and motor areas in the same way. Next, Luis et al. (2019) intend to research the impact of live Oud music on physiological and psycholofycal parameters in patients undergoing pre-and postoperative cardiac surgery. The outcome demonstrates the importance of live music therapy in decreasing the stress reaction of cardiac surgery patients, in addition to its beneficial impact on pain tolerance and anxiety ratings. Table 3, Bornand et al. (2019) aims to research the degree to which innovation can be utilized for the use of psychiatry and to better alleviate patients with severe mental pathology during isolation. The outcome demonstrates the validity of the approach: growing patient autonomy and promoting useful exchange between patients and caregivers helps a new project to test these results in a wide number of ICUs, with a greater diversity of viewpoints and cultures among caregivers, as well as by the involvement of control groups. Upon completion, the musical instrument's impact on acute psychological therapy can be assessed with better certainty.
b) Health, table 3, Neudorfer et al. (2016) aims to demonstrate how the key principles of Karl Baier's anthropological spirituality theory such as 'situation,' 'land situation' and 'disclosure situation' provide interpretative data space. The conclusion suggests spirituality's anthropological study leads to the elaboration of the basis of metaphysical phenomena, and in return, spirituality can be seen as an especially important phenomenon of human life. Next, Amiri et al. (2019) aim to research the efficacy of music therapy of classical Persian music in treating primary insomnia. The outcome shows that classical Persian music can be used as a reliable, cost-effective way to increase sleep quality and minimize the stress associated with primary insomnia.
c) Art intervention, table 3 aims to research the impact of listening to music on relaxation and distress in older adults residing in nursing homes. The outcome suggests that music will alleviate distress faced by older adults as it increased relaxation and mood (Ergin et. al, 2019).

e-Bangi Faculty of Social Sciences and Humanities Universiti Kebangsaan Malaysia
Journal of Social Sciences and Humanities
Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

Figure 2: The country where the study was conducted.

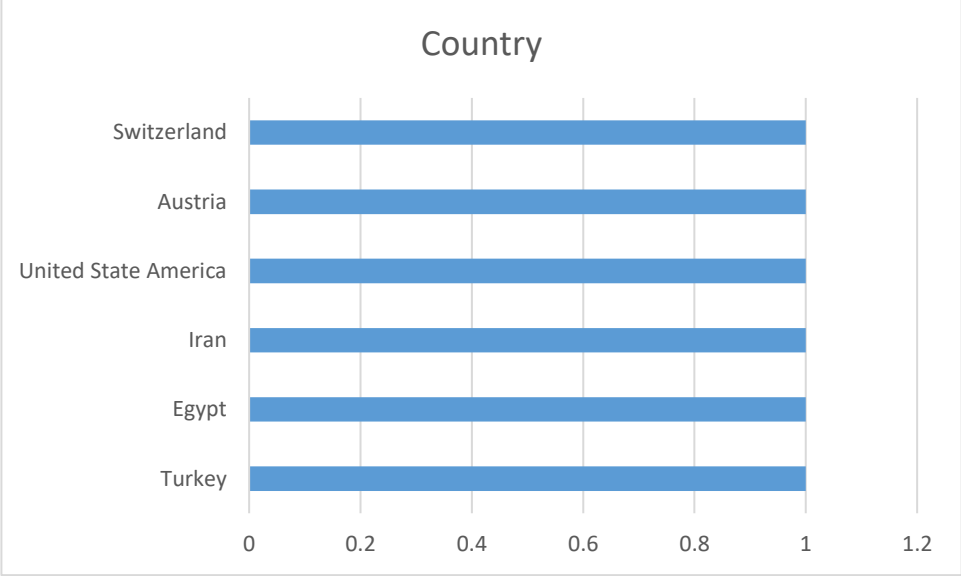
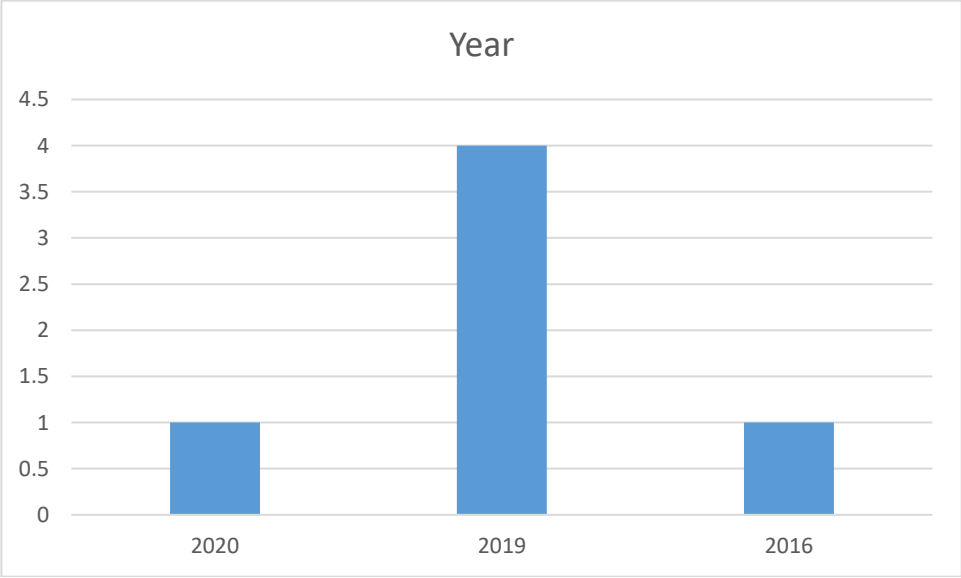


Figure 3: Year of publication.



DISCUSSION

The aim of this research is to explore extensively the motives for selecting Oud instruments for healing purposes and the role of using Oud instruments to influence well-being, health and art intervention. Rather than referring to a theoretical perspective, we would like to know what music therapists actually report on their case studies on this issue.

Knowing that this perspective was raised theoretically and frequently mentioned in the discourse of music therapists, we were surprised to find only 6 cases that clearly referred

Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

to the selection of Oud instruments and their use. Evidently, research on this matter should be expanded, and we will provide suggestions on how to do it later in the discussion. Although there are a small number of cases, there are likely many other instruments besides Oud that are in the world. In fact, the Oud instrument is a traditional musical instrument, and too many other modern musical instruments can use it as a tool to produce therapeutic music for healing purposes. In addition, there are also limitations because many studies do not state musical instruments in research and only mention therapeutic music.

Next, in the study year figure 3, most are doing further testing in 2019. However, there was no study utilizing the Oud instrument in the music therapy treatment system during 2014-2015 and 2017-2018. Lately, we believe that the usage of Oud instruments in studies is steadily well supported by researchers in the use of music therapy as testing uses 2019 and 2020.

In addition, refer to figure 2, mostly from European and Middle Eastern countries using the Oud instrument in therapeutic music research. However, it is not surprising that countries from the Middle East conduct studies using the Oud instrument because the Oud instrument comes from the Middle East. Historically, the Oud instrument has reached the Malay Archipelago. However, no study has been used in Asian countries in the selection of Oud instruments in therapeutic music for healing purposes.

Next, there are findings that can be inferred against the selection by researchers in research according to the suitability of the means and benefits. For example, from the benefits of well-being, the selection of the instrument Oud uses it solo when performing music therapy through the study of Bastepe-Gray et al. (2020), Luis et al. (2019) and Bornand et al. (2019). This shows the use of the appropriate Oud instrument solo for the purpose of healing in terms of well-being. In terms of research assessment, the Oud instrument aids by showing a favorable impact on the psychology of recipients Luis et al. (2019) and Bornand et al. (2019), while there is nothing that does not reach 100 percent from study (Bornand et al., 2019).

In terms of health benefits, the researcher may infer the collection in research according to the suitability of means and benefits. For example, the group's collection of Oud instruments used with other musical instruments in music therapy study Neudorfer et al. (2016) and Amiri et al (2019). This shows that the Oud instrument is not suitable for use solo for the purpose of healing in terms of health. In terms of health, the Oud instrument helps by showing a positive effect on the health of cancer and insomnia patients.

Art intervention can be seen there is the theory and the suitability of the desired use when, according to the analysis by Ergin et al. (2019), the collection of musical instruments is dictated by the intended sound effect, for example, by adding soft music and not by selecting Violin and Oud to further assist in the desired musical therapy. This illustrates that selecting solo or community musical instruments may be embraced in music therapy via art intervention for healing purposes. In terms of art intervention, the Oud instrument is seen to help in the suitability of the desired music.

The study also accepts the selection of Oud instruments since Oud instruments have long been around. The results of the research study through the studies that have been done show a positive effect and help with the purpose of healing.

Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

CONCLUSION

There are many studies in the past through the writings of Islamic scholars, among which this Oud musical instrument is able to treat. The effect of the study shows that the acceptance of the Oud instrument is seen to have many benefits and even able to last until now. In fact, Oud musical instruments flourished in various countries and had their own names. While there have been little studies performed on the use of Oud musical instruments in music therapy, despite the fact that these musical instruments have been around for a long time in many countries around the world, the selection of audio instruments for the intent of healing suggests a positive impact in this review. As a result of previous studies, no study stated an appropriate frequency for producing therapeutic music. In conclusion, no one has studied the sound analysis of Oud instruments for therapeutic music purposes for healing purposes. In addition, therapeutic musicians also prefer other modern musical instruments as therapeutic musical instruments. This study is expected to help therapeutic music researchers, Oud music activists as there is no other study like this that focuses on Oud instruments alone for healing purposes.

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Vol. 19. No.1 (2022). 141-155. ISSN: 1823-884x

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ABOUT THE AUTHORS

MUHAMMAD ASYRAF MOHD BAKRI
Department of New Media Design and Technology, School of Arts
Universiti Sains Malaysia, 11800 Gelugor, Pulau Pinang
asyrafbakri94@gmail.com

MOHAMMAD KAMAL SABRAN (CORRESPONDING AUTHOR)
Department of New Media Design and Technology, School of Arts
Universiti Sains Malaysia, 11800 Gelugor, Pulau Pinang
kamalsabran@gmail.com