

Emotions and virtues in Byzantine Music: Exploring the relevance or complementarity with Positive Psychology - The impact on everyday human life

Ariadni Tsalouchou*

ariadtsa@gmail.com

The paper addresses the affect that Byzantine music and more specifically the sounds of Byzantine music has on the well being of people from the theoretical framework of positive psychology, a new branch of psychology that aims to develop interventions that promote well-being and the possible conditions of life. It's another thing to build capacities to combat depression, anxiety and anger and another to build skills (hope, optimism) that will help you have better relationships, more meaning in life, more commitment more positive emotions. Moreover describes well being from the aspect of positive psychology while analyses goals and philosophy of positive psychology and the effects in different areas of our life (education, health, work, interculturalism, maternity). Also describes the role of Byzantine music in people's mental and spiritual health through the emotional dimensions of well being from the perspective of positive psychology. Especially, describes the role and the importance of emotions in human life while presented emotions arising from Byzantine music according to the church fathers emphasizing positive emotions. Finally, suggests qualitative research which is going to study the positive impact of Byzantine music to individuals using a theoretical framework and methodology of positive psychology. The goal for this suggestion is the use of Byzantine music in interventions that aim to develop the positive characteristics of human beings and thus the personal and social development.

-
- *She studied Counseling and Vocational Guidance and Psychology at the University of Athens. She is at process of PhD candidate at the University of Athens. She has been trained in multicultural Counseling of the National Certifying body qualification and Career guidance (EOPPEP). She has also been trained in Counseling and Vocational Education at the University of Cyprus as well as in Human Recourses management at the University of Aegean. Trained moreover in special needs individuals (Braille, Sign language, disabled), in Violence and conflict in education – experiential activities. Participates in employers' organizations, municipal enterprises and educational and vocational institutes in Europe and Greece. Scientifically responsible for the Employment Support Center at municipality of Volos supporting unemployed, parents and students, minorities, special needs individuals from 2005 aimed at the professional development and career guidance. She worked also in private companies at human resources departments and in public schools in Greece and Cyprus. She has recent research a. in stress, b. in diversity management, c. in counseling and vocational guidance to the unemployed people, d. in people with disabilities, e. in lifelong career management. She is Member of the Hellenic Society of Counseling and Guidance, Hellenic Association of Positive Psychology, Greek Scientific Company of Peer Counseling. She is a student of Byzantine music for almost two years, member of the department of Psaltic Art and Musicology of the Volos Academy for Theological studies and member of the orchestra guitarists "Sempre Viva & Sempre Viva Junior". She has gained scholarship of the State Scholarships Foundation of Greek democracy as she was a higher education student at University of Athens for excellent score. Research fields: Positive Psychology, Career decision making, Counselling, Intervention programs.*