



The Psychological Impact of Sri Lanka 'Bali' Shānthikarma Music as a
Psychotherapy for Stress Relief of Professional Dancers

Project Report

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Abstract

Bali Shānthikarma, which is performed to remove the evil dangers caused by the nine planets known as Sun, Moon, Mars, Mercury, Jupiter, Venus, Saturn, Rahu, Ketu, is a Shānthikarma common to all three local dance traditions of the Upcountry, the Low Country, and the Sabaragamuwa. Singing plays a major role in this Shānthikarma and the Atminiya or Gagana will be the main musical instrument here. This Shānthikarma music creates a mental well-being mainly through the Grahapanthi Kavi and playing instruments and is effective in treating to release stress. The main objective of this research is to determine the psychological effects of Bali Shānthikarma music, particularly singing and drumming, as a psychotherapy method in reducing stress among professional dancers and sub-objectives are to promote Bali Shānthikarma music as a traditional psychotherapeutic method for stress relief, encourages future research, supports village-level programs, and explores its role in Sri Lankan healing practices. This is mixed-method research where data has been collected from 50 professional dancers in the Homagama town of the Colombo district. The data collection involved interviews guided by a specifically designed questionnaire collaboration with the professional dancers. Quantitative data analysis was done with SPSS software, while thematic analysis was done for qualitative data. It is being studied that the singing and playing of this Bali Shānthikarma can help relieve the stress of professional dancers. In this Bali Shānthikarma, the planetary poems, especially the planetary poems, are sung to remove the defects coming from the planets, while in addition to these poems, Bali Madupure Kavi, Kadathura Kavi, Heen Hatara Kavi, etc. are also sung to provide peace. That peace will be directly related to relieving the stress of these professional dancers. Also, the sounds produced by the instruments Atminiya and Udakkiya, Gatabara, Daula, Yakberaya used for this purpose play a major role in healing the mind. Accordingly, it is special that this Bali Shānthikarma singing and playing can be used as a traditional psychological treatment method to relieve the stress of professional dancers.

Keywords – Bali, Shānthikarma, Stress Relief, Psychological Treatment, Professional Dancers