

Theme Song: Is it Therapeutic? Is it Valuable? Is it Encouraging? Uplifting?

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Abstract

The idea of a “theme song” has been suggested as a possible encourager or uplift approach to stress and distress for several people. This brief article examines this issue and offers a few suggestions.

Keywords: *Theme Song; Therapeutic; Valuable; Encouraging; Uplifting*

Often something from a television series strikes a chord with people and the idea is adopted by many. In a television situation comedy, Ally Mc Beal, the heroine of the series sees a psychiatrist who prescribes a “theme song”. The psychiatrist is played by Tracey Ullman and in several episodes discusses the idea of a theme song with Ally Mc Beal.

For further information see: https://allymcbeal.fandom.com/wiki/Dr._Tracey_Clark [1].

This was seen as ludicrous and preposterous by Ally Mc Beal at the time, but there is some semblance of encouragement in that individuals can be stimulated by certain music and receive an “uplift” if you will.

The idea of an uplift was discussed by Haupt [2] in his article “How to find small moments of joy in dark times.”

In the television show, Ally Mc Beal often hums the theme song from the show which is here: <https://video.search.yahoo.com/yhs/search?fr=yhs-infospace-032&ei=UTF-8&hsimp=yhs-032&hspart=infospace¶m1=bw037ujbrxr4tvjfqzmtsg8w&p=vonda+shepard+searching+my+soul&type=ud-c-us--s-p-bchmnwxn--exp-none--subid-none#id=2&vid=5969eda49ddf03d81642197db4e50605&action=click>.

The song seems to be so uplifting and contagious that others in the street join in with humming the song.

And in a sense, people do seem to be encouraged by a card, a voice mail, a text or a reminder or perhaps even a donut or cup of coffee waiting for them at work.

How therapeutic can a theme song or any other song be and what changes can it bring about?

Empirical evidence seems needed in order to ascertain if listening to a “theme song” or for that matter any encouraging upbeat uplifting song may help with blood pressure or lower anxiety or lower depressive feelings.

George [3] has also advocated a theme song. She suggest the song by Dolly Parton- entitled “9 to 5” about a person attempting to get ready to get to work and start the day.

Another suggestion for joggers perhaps is Irene Cara’s song “What a Feeling” and for those who may need a little bit of focus before a workout or a basketball game, “The Eye of the Tiger” from one of the Rocky movies might be appropriate.

The good thing about You Tube is that people can suggest favorite songs that may have helped them through difficult times. Edward Bear (not his name- that is the name of the group) has a poignant song entitled “Last Song”.

<https://video.search.yahoo.com/yhs/search?fr=yhs-infospace-032&ei=UTF-8&hsimp=yhs-032&hspart=infospace¶m1=v60b64dodbo4ezvac2be866u&p=youtube+edward+bear+last+song&type=ud-c-us--s-p-bchmnwxn--exp-none--subid-none#id=1&vid=6cf6401f8859352cd3146060275dbe9c&action=click>.

When you may have had a good workout at the gym and every muscle is stretched and the blood is pumping then the song “Glad All Over” by the Dave Clark Five might be a good one to put on and crank up the volume as they say.

At a party, if one tires of dancing, then the song by the Gentrys “Keep on Dancing” will provide some momentum for the rest of the night.

<https://video.search.yahoo.com/yhs/search?fr=yhs-infospace-032&ei=UTF-8&hsimp=yhs-032&hspart=infospace¶m1=fvouvqvff8i3nlm93fglpzl1&p=you+tube-+keep+on+dancing+the+gentrys+keep&type=ud-c-us--s-p-bchmnwxn--exp-kmu3igvy--subid-none#id=1&vid=2fe5673ff3bdca46b0106c5eba7749c8&action=view>.

Interestingly enough at almost every professional conference that I have attended there is an evening get together with a Disc Jockey who starts off the evening with the song that immortalized the Village People- Y.M.C.A.

<https://www.youtube.com/watch?v=CS9000S5w2k>.

For some people who are recovering from a very bad breakup, and are ready to embark on the dating scene again, the song by Barry Manilow “Ready to take a chance again” is appropriate.

<https://video.search.yahoo.com/yhs/search?fr=yhs-infospace-032&ei=UTF-8&hsimp=yhs-032&hspart=infospace¶m1=tu0scizqno9rcd41txzqtpe1&p=you+tube-+ready+to+take+a+chance+again+barry+manilow&type=ud-c-us--s-p-bchmnwxn--exp-none--subid-none#id=1&vid=3abf6e0631d545abff98ebcfa04f3bc5&action=click>.

For some individuals who need a kind of “wake up call”, here is the William Tell Overture. Depending on

one’s age, they may associate it with the Lone Ranger television show.

<https://video.search.yahoo.com/yhs/search?fr=yhs-infospace-032&ei=UTF-8&hsimp=yhs-032&hspart=infospace¶m1=q5sfr0ni6chwyocc4p2sr7m9&p=youtube+william+tell+overture&type=ud-c-us--s-p-bchmnwxn--exp-none--subid-none#id=2&vid=9a77d9fcd907c5fbe0a72e1d617c357&action=click>.

For some females, the following theme song may be appropriate: <https://video.search.yahoo.com/yhs/search?fr=yhs-infospace-032&ei=UTF-8&hsimp=yhs-032&hspart=infospace¶m1=vsz6qeelslk1nvdpwnwqhaq2&p=YOU+TUBE-+THEME+SONG+FROM+LAVERNE+AND+SHIRLEY&type=ud-c-us--s-p-bchmnwxn--exp-none--subid-none#id=3&vid=6c40fd5365102e9d07332c035618d225&action=click>.

For some individuals who need a little bit more “get up and go” in the mornings- here is the 1812 Overturn- complete with cannons!

<https://video.search.yahoo.com/yhs/search?fr=yhs-infospace-032&ei=UTF-8&hsimp=yhs-032&hspart=infospace¶m1=k5047ydotdz4o934x0dmdzmo&p=you+tube+1812+overturn&type=ud-c-us--s-p-bchmnwxn--exp-none--subid-none#id=1&vid=5426b9cd8df26561b4578f59e353089c&action=click>.

To get things going in the morning, here are three songs from television shows that seem to be highly energetic. The first is from Magnum P.I.

<https://video.search.yahoo.com/yhs/search?fr=yhs-infospace-032&ei=UTF-8&hsimp=yhs-032&hspart=infospace¶m1=msm26vslllxjuky5orzv48&p=theme+song+from+magnum+pi&type=ud-c-us--s-p-bchmnwxn--exp-none--subid-none#id=2&vid=a3a9a81b6166bbef72437059e5cc6221&action=click>.

For those who need some energy and are thinking of a vacation to Hawaii, here is the theme song from Hawaii 5-0: <https://video.search.yahoo.com/yhs/search?fr=yhs-infospace-032&ei=UTF-8&hsimp=yhs-032&hspart=infospace¶m1=ce0nmkcbi6ptuef8oit3mpi9&p=tv+theme+song+from+hawaii+5-0&type=ud-c-us--s-p-bchmnwxn--exp-none--subid-none#id=2&vid=c31310522db5b627ac7b96060610613e&action=click>.

And if you are joining a team at work, this theme from the A-Team may be helpful: <https://video.search.yahoo.com/yhs/search?fr=yhs-infospace-032&ei=UTF-8&hsimp=yhs-032&hspart=infospace¶m1=qoei7cx9hwirpw1hus8cxqm8&p=theme+song+from+the+a+team&type=ud-c-us--s-p-bchmnwxn--exp-none--subid-none#id=2&vid=618becddbe752d8e208a8ccd97ef141b&action=click>.

Shaughnessy and Shepherd [4] have indicated that “little anxieties can be hazardous to your health and have offered some additional suggestions to enjoying small “uplifts” if you will.

Summary and Conclusion

This brief paper has taken a concept i.e. a theme song to another level and attempting to provide some encouragement to those who are struggling with a variety of issues. We still need empirical evidence that proves that having a “theme song” can assist a person with their daily stressors.

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