

## **INVESTIGATION OF THE TURKISH ARABESQUE MUSIC IN TERMS OF BASIC CONCEPTS OF THE EXISTENTIAL THERAPY**

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### **Abstract**

Existential therapy, questioning what it means to be human, is based on the existentialist philosophy of examining human's existence. According to this therapy, people try to be aware of their existence with questions such as "Who am I?", "What am I living for?". Freedom, responsibility, meaning of life, life, death, meaning, meaninglessness, choice, isolation, existence in the world, awareness are the most important fundamental concepts of existential therapy. In this study, selected five popular pieces from Turkish arabesque music were investigated in terms of the basic concepts of Existential Therapy. For this purpose, firstly the basic concepts of Existential Therapy were explained and then the expressions in the songs were examined according to these basic concepts. According to findings, it was determined that many of these songs contained existential themes such as questioning the meaning of life, death, and life. As a result; It was seen that the songs in the Turkish arabesque music were suitable for interpretation in terms of Existential Therapy.

**Keywords:** Existentialism, existential therapy, Turkish arabesque music, song, music.