Positive effects of music on humans

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ABSTRACT

**Introduction:** Music is a pleasant sound. It has healing power and provides relaxation. It has the ability to cure a physical or mental fatigue of a tired person. Music is said to have an exhilarating power. It provides absolute tranquility and harmony in which a person listens to music. It connects our soul very deeply that one could experience. **Materials and Methods:** A survey was conducted with the questionnaire containing around 15 questions. This survey was answered by 100 people where most of them were keen listeners to music. These questions were then represented through bar graph which differentiates each and every choice of the question. **Results:** Based on the survey which was conducted, about 99% of the people completely benefited out from listening to music. They had felt the positive effects of music and yet continue to listen. Very few had an opinion that music does not always provide positive effects. **Conclusion:** Therefore, music has a lot of positive effects on humans. It is recommended for people to listen to music.

KEY WORDS: Exhilarating, Fatigue, Healing, Tranquility

INTRODUCTION

Music is a way of expressing emotions in the form of sounds. It is a dynamic form of emotion and conveys a lot of things emotionally, and hence, we find people spending a lot of time in listening to music.[1,2] These sounds contain the rhythm, melody, or harmony which can be obtained through the instruments, voices, or even both. Listening to music can be due to various reasons, but ultimately everyone seeks a pleasant mood and gets many benefits which it provides. Music has significant roles. It increases the stimulation in the brain and helps in providing a positive solution for every problem that we face.

Few reasons for this present generation students to listen to music are mainly for motivation and to overcome stress and depression which has become common everywhere. Music therapy has created a variety of brain areas to engage in emotion, motivation, and cognition which has led to a large increase in the socialization and neuromotor functioning.[3-7] Some positive effects of music are that it decreases stress and depression, improves our mood, and allows us to stay calm and composed. Listening to music has been suggested to reduce anxiety[8,9] and even negative effects of physical pain.[10] Music in another way has emerged as an entertainment to everyone.[11] It has become motivational for many of the scholars as music in many ways in their life.[12] There are even various social and cultural benefits from music.[13] Negative thoughts are one of the main reasons for insomnia people. Music plays a role in removing these negative thoughts from their mind by providing them a peaceful sleep.[14,15] The Mozart effect has concluded that listening to classical music helps in creative thinking and can even improve intelligence quotient level of a student.[16] Listening to music has increased the perception on working with the projects.[17] Positive mood created by music automatically elevates the concentration of student in studies.[18]

MATERIALS AND METHODS

A survey was conducted using the SurveyPlanet which contained 20 questions. These questions covered all the aspects of music, the benefits that they obtain, regarding how much time they spend in listening to music, whether they are aware about music being used in therapies, effectiveness while studying, etc. The
survey was answered by 100 people. At the end of the survey, the data obtained were compiled for statistical analysis.

RESULTS

From Figure 1, we can say that people listen to music mainly for relaxation, while Figure 2 says that slower songs help in providing more concentration toward studies. Figure 3 shows us that music has an effect while studying.

DISCUSSION

The current data correlate with the researches that had already been done. It implies that music has positive effects on humans in many ways. As hypothesized, music has effects on humans and is positively correlated.

Listening to music has improved memory, does things faster, and especially, is a very good stress buster. There is an increase in work performance on listening to music. Various opinions have been put forth by many researchers. It could be observed that about 0–4 h a week, people spend time in listening to music. They listen according to their mood swing. Music is also being used in music therapy for curing patients who are under stressful conditions and emotional and behavioral problems. It has also been proved to cure some of the diseases such as Alzheimer and dementia that occur in the old-age people. Music while studying has given positive results from the above survey that was conducted. Slower music is preferred over the faster music, i.e., melody songs are being listened by many people and thus give them the comfort zone of relaxation. The pop music has been reported to distract the student’s cognitive performance.[16]

The present generation enjoys listening to music. It is believed that music keeps this student motivated all the time. Majority of them listen to music only when they are in a right frame of mind. Apart from the music with lyrics, background music plays a crucial role in improving the child’s performance, thereby resulting in good scores in examination.[19,20] When the data were analyzed, about 63% of the people seemed to perform well as they listened to slow, melodies music. Background music listened by those students has reduced the prompting of teachers to weak students for answering questions.

CONCLUSION

The results obtained clearly show that almost 80–90% of the people benefitted on listening to music. Thus, it can be concluded that music definitely has positive effects on humans.

REFERENCES


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