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Music and Psychology : Common links and studies

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Abstract

This paper includes a co-relation between music and Psychology. On how the past and even the current research is leading us to so many theories on the origin and the functionality of music listening and also for the application of musical stimuli in all areas of psychology and for research in music cognition. Music is said to enhance intelligence and focus, and boost the immune system as well as self-esteem and confidence. It can be used to relax, to boost and lift our mood, to improve concentration. Music can also be used to aid in insomnia, helping to encourage and induce a deeper sleep or to improve mental health like music is utilized as a structured intervention in treating mental illnesses such as anxiety, depression and schizophrenia, that has been reported as beneficial in relieving symptoms. Music is also understood in every culture throughout the world. It has the power of bringing people together and creating a united community. It creates a sense of belonging and is something that everyone can share in.

Keywords: Music psychology, emotions, music therapy, brain, neurotransmitters

Introduction:

There is a long tradition of thinking about music as a product of human mind. Whether considering composition, performance, listening, or appreciation, the constraints and capabilities of human mind play a formative role. The field has emerged around this approach, known as psychology of music or also termed as music psychology which as the name suggests, is a connecting link between both music and psychology. This branch aims and explains the musical behavior and experience, including the processes through which music is perceived, created, responded to, and incorporated into everyday life. Modern

music psychology is primarily based on indirect observations or experience. Its knowledge tends to interpret the data collected by systematic observation of interaction with human participants. Music psychology is a field of research with practical relevance for many areas, including music performance, composition, education, criticism and therapy, as well as investigations of human attitude, skill, performance, intelligence, creativity and social behavior. Music can relax the mind, energize the body, and even help people better manage pain. The psychological effects of music can be powerful and wide-ranging. Music therapy is an intervention sometimes used to promote emotional health, help patients cope with stress, and boost psychological well-being. It's a form of art and tradition inherent to every known culture on Earth, and in some cases music (particularly the use of chants, horns, and drums) predates organized language. Musical emotions and musical memory can survive long after other forms of memory have disappeared. Part of the reason for the durable power of music appears to be that listening to music engages many parts of the brain, triggering connections and creating associations.

The Psychology of Music

Music is a form of art and tradition inherent to every known culture on Earth, and in some cases music (particularly the use of chants, horns, and drums) predates organized language.Music, however, is both a simple sound and a complex amalgamation of different sounds. Yet, when its properly arranged — the human brain is able to receive that signal and then separate the individual instruments and vocals. It can also recognize specific music chords or notes, understand multiple sets of lyrics, and physically react to the beat, all at the same time. Those levels of complexity add to the artfulness of music and how songs are composed and arranged to generate emotions and pleasure. Different parts of brain process and respond differently But before we can explore the art of music and the different ways it can be used to improve our lives, it's important to understand the ways in which music interacts with our brains. The temporal lobe is constantly engaged when we listen to music — even songs without lyrics. Amygdala serves a purpose that makes it stand apart. The amygdala is the emotional switchboard of the brain, managing both negative emotions (fear or displeasure) as well as positive emotions (enthusiasm or tranquility). The frontal lobe, on the other hand, is where we do our thinking, planning, and reasoning so it functions as a hub for how we respond to certain music. Cerebellum is the part of the brain is responsible for tapping a foot, dancing a jig, or strumming an air guitar, it's the part of the brain that triggers and coordinates movement in response to (or in time with) music. The cerebellum is particularly valuable for many forms of music therapy. As the brain's memory center, it is in charge of storing

information; it also regulates emotional responses to certain things, which can be tied to memories associated with similar triggers.

Affects of music on brain emotions

Music is a powerful emotional stimulus that changes our relationship with time. Time does indeed fly when listening to pleasant music. Music directly impacts the areas of the brain that are most closely associated with emotion. Music has the ability to evoke powerful emotional responses such as chills and thrills in listeners. Positive emotions dominate musical experiences. Pleasurable music may lead to the release of neurotransmitters associated with reward, such as dopamine. Listening to music is an easy way to alter mood or relieve stress. People use music in their everyday lives to regulate, enhance, and diminish undesirable emotional states (e.g., stress, fatigue). Music, can naturally target the dopamine systems of the brain that are typically involved in highly reinforcing and addictive behaviors. Memories are one of the important ways in which musical events evoke emotions. Music can be a powerful tool for identity development Music often creates strong action tendencies to move in coordination with the music (e.g., dancing, foot-tapping). Our internal rhythms (e.g., heart rate) speed up or slow down to become one with the music. We float and move with the music. Music can also help children to 'hear' what certain feelings sound like, and they can learn to tell what emotion is evoked by a piece of music. Improvising with music can help a child to get in touch with and/or express a feeling he or she may be experiencing at the time; whether that may be happy, sad, scared, or mad.

Music as a powerful tool:

Music is a very powerful tool when it comes to our everyday lives because of various reasons and one such reason is the optimistic energy that is transmitted with it. When we are working, exercising or studying, listening to music can help you concentrate on the task at hand. Research carried out at San Diego University shows that “positive” songs, with words about love and positive emotions, cause people to think more optimistically, whereas “sad” songs with negative themes cause people to be more likely to focus on the possible causes and consequences of negative events. Music can be used to help with memory loss and even treat people who have suffered from strokes. Whether you’re listening to music or playing an instrument, it’s good for our brains and can help improve our memories. It is scientifically proven that music enhances brain function; our brains are most active as we listen to music. Some people consider music as a way to escape from the pain of life, bringing relief from all forms of stress, so that is also one of the reasons .Music is also a powerful tool when it comes to things like

working out, music helps to power through the workouts. As we all know how tough it's to stay motivated and keep going so music plays a major role in doing so. Music Connects People Worldwide. Music is understood in every culture throughout the world. It has the power of bringing people together and creating a united community. It creates a sense of belonging and is something that everyone can share in.

Why does music touch the soul?

Music touches our soul as it speaks to us on a primal level. It can take us back to special moments in our lives, making us want to dance, laugh or cry. Music also works as a form of socializing, by bringing people together – think karaoke nights or dancing at a club. Music is universal and has no language barriers. Everyone is affected by the tempo, rhythm and tone of a song. According to scientists, one of the reasons why music has become such an important part of human life is because it can trigger emotional and physical changes. In all probability, music touches our souls so deeply because we humans are born poetic and life has a rhythm of its own. We are surrounded by sounds and patterns. It's only natural that music will be right there with us, enhancing the tunes of our lives, keeping us in touch with nature, beauty, harmony, and our senses in a very diverse world. Music touches our soul because it expresses at times what we can't verbally express ourselves or that it expresses nearly exactly how we feel. Music touches a cord within us that resonates with our heart, mind, and spirit. At times, music helps us to forget our troubles for a moment and lifts us to another dimension. Music soothed the soul during one of the most deeply soulful and spiritual points in life.

How does Music effect mental health and can act as a therapy tool.

Utilizing music as a structured intervention in treating mental illnesses such as anxiety, depression and schizophrenia has been reported as beneficial in relieving symptoms. Some people with mental disorders may be too disturbed to use verbal language alone efficiently as a therapeutic medium. Thus, the musical interaction might support and provide musical resources and competencies very beneficial for patient's everyday life. Music can have unique motivating, relationship-building, and emotionally expressive qualities. Music can improve symptoms associated with mental illness, but it can also provide an environment for social interaction. Music therapy helps the individual to express emotions while producing a state of mental relaxation, and consequently it can be beneficial in decreasing symptoms of depression and anxiety, while enhancing interpersonal relationships. Music engages the neocortex of our brain, which calms us and reduces impulsivity. We often utilize music to match or alter our mood. While

there are benefits to matching music to our mood, it can potentially keep us stuck in a depressive, angry or anxious state. New studies continue to showcase music's effects on the brain. As a result, music therapy has become an increasingly valuable tool for helping patients with all sorts of injuries and negative life experiences. While trauma of any sort can lead to different types of brain atrophy, we now know that music can have the opposite effect; it may not fully repair damaged brain tissue, but music therapy can help create new pathways to compensate for that loss. A 2018 study proved that changes in brain function (caused by listening to music) activities specific of area of brain, which can promote healing, and that healing can take a variety of forms, such as reduced depression, improved abstract thinking, heightened motivation, etc that study went on to suggest that music therapy could be used to deal with anything from "subjective distress experience in chronic pain syndromes, to the reward circuitry involved in addictive disorders, to the psychomotor pathways involved in Parkinson' disease, and even to the functional connectivity changes that occur in autism spectrum disorders". That is not to say that music is some sort of mystical cure-all for every ailment. But there is evidence that implementation of music therapy can succeed as a means of giving people strength as they undergo surgery, chemotherapy, and other complicated treatment regimens.

Conclusion:

Studies show that listening to music can benefit overall well-being, help regulate emotions, and create happiness and relaxation in everyday life. It reduces stress, lessens anxiety, improves exercise, improves memory, improves mood provides comfort, improves cognition and what not. Music can restore some of the cognitive functions, sensory and motor functions of the brain after a traumatic injury. Music does more than just put us in a good mood. It's a wonder drug that sets a lot of things right: It energies your mind, evokes emotions and soothes your soul. The various musical elements of rhythm, melody, harmony, and tempo stimulate a cognitive and emotional response that comprises the affective component of pain, which helps to positively affect mood and results in improved healing. Music is felt so deeply by many as it possess high and low empathy and both activates the areas of the brain linked to auditory and sensory processing. This is a part of the brain's reward system, suggesting that listening to recognizable music is more pleasurable for those who have more empathy. The effects of music listening can be seen on multiple levels of physiology: heart rate, heart rate variability (the variation in beat-to-beat intervals), blood pressure, as well as breathing rate and depth. Music directly touches our hearts, reflecting the individual emotional effects of the piece in question. Scientific evidence suggests that music can have a profound effect on individuals – from helping improve the recovery of motor and

cognitive function in stroke patients, reducing symptoms of depression in patients suffering from dementia, even helping patients undergoing surgery to experience less pain and heal faster, music heals the brain. Music as a therapy tool can result in the outcomes can provide encouraging results for many people, but future studies will be required to show the lasting effects of music therapy. Creating new pathways through the brain could circumvent damaged tissue, thereby restoring previously lost functions. So while music therapy may never provide a path to reverting neurological disorders, there are still obvious benefits from incorporating music into a patient's therapeutic habits.

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