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Music can make a Difference in Mood and Attitude

Research has it that music reduces anxiety and boosts happiness in a great way. Previously, sad music was associated with diminishing moods but recently new research suggests otherwise. However, for some people and circumstances sad music can result to negative profound feelings of grief. Health researchers have discovered that in treating of chronic conditions music also plays a significant role in the healing process. Generally, we can thus advocate music to be a powerful instrument in boosting happiness, mood and attitude.

Music can uplift one’s mood instantly in varying ways. First, Music can induce feelings of happiness. Whenever people feel so depressed, low or sad they usually tend to turn up a favorite music beat. For centuries music has been discounted for injecting happiness to people’s life. The reason for happiness is because the soothing beats usually foster the body to release a hormone called serotonin. This hormone fosters the feeling of wellbeing and happiness as well. Additionally, music also flushes one’s body with a neurotransmitter known as the dopamine which makes one feel good. Therefore, since music facilitates the production of hormones which brings about good feeling, it is of less significance to buy antidepressant medication because music serves this purpose.

Secondly, music motivates one’s spirit and ability to do a certain thing. Songs that have positive and encouraging messages, with inspirational meanings can in a great way lift one’s mood. For example, Kelly Clarkson’s song (Stronger), Survivor’s song “Eye of a Tiger” and others are full of inspirational meaning. The songs induce the body to start feeling as euphoria which creates better inside feelings. Furthermore, the embedded messages in the songs create zeal for one to brush off failure feelings and consequently creating a good attitude of trying again. When one is feeling low or moody, they can consider singing inspiration songs at the peak of their voices. It helps boost their motivation and zeal to do something (Brockman M.).

Music reduces levels of stress and tension. Stress in everyday life is inevitable because life is full of challenges. The stress may be attributed to family issues, work related anxiety or relationships. Music brings down the level of stress, tension and anxiety as well. Relaxing music helps reduce the heart beat rate and relaxes the tensed body muscles. The related physiology of music can thus play a significant role in eliminating the anxiety and moody feelings.

Music changes one’s attitude and perception towards circumstances. Foreseen sadness can result to one feeling down even when it is not present today (Clarkson L.M). If one allows such intuitions to get into their brain, then their perception and attitude towards life changes completely. However, this perception can be changed by listening to favorite beats and tunes. Music brings a positive perception and attitude. Research by the University of Groningen depicted that people’s perception can revolutionized by listening to lively music. Therefore, music provides an alternative of drowning all the perceived depression.

Music modifies one’s brain waves. Besides changing the current disposition and mood, it also can alter future feelings, mood and attitude. Even when the music is switched off, the music never stops to linger in mind (Henry Drucker). This means that as long as the music continues to flash in mind, the attitude and mood will remain positive even in future. That implies that it interferes with the brain in a good way.

Since music is responsible for uplifting one’s mood, then it is important for one to identify the relevant type of music to listen to. Many people are confiscated by questions and wonder what genre or type of music suits what situation. However, you will be surprised to realize that all types of music whether sad, emotional, fast or slow music can change one’s mood in a great way. Researchers from the University of Penn State University identified that people who had a tendency of listening to any type music they always had optimistic, calm and friendly.

In most instances people would recommend soothing music. For example, classic genre masterpieces of legends like Beethoven or even soul and some blues. However, research shows that despite the genre, even the loudest and crankiest music like rock, reggae can bring along good and happy feelings. Therefore after having a crappy day one resolves the feelings by listening to any of your favorite beat to make the feeling better (Henry Drucker).

Music affects the brain because it is known to tap into different parts of the brain. It is for this reason it utilized by many experts for therapy (Brockman M.). The pitch, rhythm and the meter of music are usually managed by the part of the brain which bring along emotions and attitude. The main parts of the brain that are involved include hippocampus; the parietal lobe and the prefrontal cortex are the most active parts involved. The prefrontal cortex manages emotions and the extreme impulses. This part of the brain is nicknamed as the seat of good judgment. It accords assistance in making the right call to circumstances. The hippocampus is responsible for consolidating memories and spatial orientation.

Music is cheap and affordable; with its disposition one can improve life. Better moods and attitudes create a good prospect to life in many ways. Firstly, it enables people to establish healthy and good relationships with others. To prove the statement legit, a research has been conducted by the University of Missouri. The study stamped that music is an important factor in improving people’s mood. Additionally, with a valuable level of happiness it translates to better health, improved relationship satisfactions and enhanced personal behavior; higher levels on income.

Current trends depict that people’s passion for music has tremendously increased. Most children of the current generation have loaded their electronic devices with thousands of favorite songs. At varying moments in life one the kid can listen to the song that suits his current mood. The taste of music tends to vary with age (Clarkson L.M), where you find that old people or working class people prefer slow music which is more rhymed and quite. However, youngsters prefer fast music like dancehalls, techno, rock and hype music.

Based on the above analysis, scientists have done enough research to prove the essence of music in our life. It has many mental benefits which go beyond improving an individual’s mood therefore it cannot be ignored. It helps in improving the memory of an individual especially children. It is for these reason children lessons and learning are mainly composed in a song. For example, even to date one cannot say the alphabetical letters without singing to the tune that was first learned in memorizing the alphabet. It is almost impossible to sing the tune. Besides, music has played a significant role in entertainment. In many events the element of music must be factored in. It is for this reason music can never be separated from life.

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