

How does the study of music help in other areas of life?

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Music is a very important part of our daily lives. As Friedrich Nietzsche said, “Without music, life would be a mistake”. Among other things, music reduces your stress and anxiety, as well as improves your memory.

First, listening to or playing music can relieve any stress you may have. Different kinds of music have different effects on how you feel. For example, if you listen to upbeat music, you will feel optimistic and positive. Music absorbs our attention when we listen to it, also making us feel the mood of the music. When I start playing my instrument, whether it is the cello or the piano, my mood shifts to whatever I’m playing. For the few minutes of the piece, I am feeling whatever the music is supposed to make me feel. That carries on to after I finish practicing, and I will still feel the same way. The music I play affects how I feel for a while after I practice.

Music also affects our memory. People suffering from memory loss conditions, such as dementia or Alzheimer’s, often have to go through music therapy in order to try to get their memories back. When you listen to music, you are listening to many things at once. However, when you hear even the slightest bit of the same song, up to months later, you will recognize what you are hearing. When I play my instrument, I have to memorize tempo markings, crescendos and decrescendos, long passages of notes, and so much more. This memory power transfers to other areas of my life, such as sports and school. It lets me memorize study material for tests and plays in various sports.

In conclusion, listening and playing music can impact your life in other areas, including dealing with stress and improving your memory. Music is a crucial part of our lives. Whether it’s playing an instrument, going to a concert, or just listening to the radio, we cannot live without music.